

Microbiome Restorative Therapy:

A Special Interview with Dr. Margo Roman

By Dr. Karen Becker

KB: Dr. Karen Becker

MR: Dr. Margo Roman

KB: Dr. Roman, talk to me about how you first learned about microbiome restorative therapy and your introduction to this.

MR: Well, what happened was I read an article about a physician who had a woman he was treating for *Clostridium difficile* (C. diff). *Clostridium difficile* actually kills about 14,000 people in the United States a year. It's really a very serious issue. They think that 300,000 people in the United States get it, and over a million probably get it but they're not documented.

The woman was dying, and she was down to like 80 pounds. He basically took the husband's feces, put it in a blender, put it through a nasogastric tube (NG tube), and gave it to the wife. Within two days, she was having normal bowel movements and completely recovered. He did like 120 cases with 97 percent success with one treatment.

KB: Wow.

MR: With that kind of success, I thought, "Dogs eat poop anyway." I'm not doing anything that they wouldn't do; I'm just directing them towards the right poop to eat.

KB: Yeah.

MR: That's the whole point. If I can give them the biome, if there a hundred trillion microbes in a normal human being – 500 species from the beginning to the end and thousands of subspecies – we need to figure out how we can replace those. We just can't do it with a probiotic.

KB: How long ago was this when you read this study, and you thought, "My goodness..."

MR: I read the article probably 10 years ago or more. I kept saying, "I should just do it. I should just give a dog a poop from my healthy dogs and see what happens." The first case I did, it was a dog that had spent over 16,000 dollars at Angell Animal Medical Center for severe gastrointestinal (GI) problems and Addison's disease. The dog was so emaciated. His name was Stovin. He was emaciated. They had to carry him in. He was hemorrhaging from the gut. They had done biopsies in the gut. They wanted to go and do exploratory surgery to see if they could find out why he was hemorrhaging from the gut.

It turned out that he did also have this immune endocrine imbalance that Dr. Alfred Plechner talks about. But in any case, I gave him the ozone, the acupuncture, and the fecal transplant, and he completely recovered. You would not even know his picture before and after. I mean, he doesn't look like the same dog.

KB: Wow.

MR: When that happened, it was so clear in my mind that, wow, that makes sense that this dog had been on multiple antibiotics, multiple drugs, was treated for bladder infections, for everything. He completely never needs anything anymore except his Addison's medication and he's on a fresh food [diet]. That was a shock to me. As I kept saying, "Well, if poop would work on something so severe, poop would work on things that aren't as severe and things that are maybe even more serious." We've been treating cancer cases.

I have my dog, Geneva, who's almost 15. She's had breast cancer for over eight years, a malignant mammary carcinoma. She's spayed. She's never had antibiotics in her life, never had drugs (except for heartworm pills for a few months), and is only on homeopathy, acupuncture, and ozone. She's been living with this cancer and also a lung tumor that she has for eight years. What is in her immune system that enables her to keep surviving where another dog just doesn't make it?

KB: Yeah.

MR: There's got to be some kind of innate ability for the immune system to keep fighting. That's why I used my dogs because they've never had antibiotics in their life. They've only been on raw, fresh organic food. I don't use any genetically modified organism (GMO) in their food. I make their food fresh as often as I can and then freeze some of it. If I can use that, the original kind of, hopefully, four generations of that in a clean way, that's better than using a dog who's a donor dog in a hospital, who's eating Hill's diet, and who's been on antibiotics multiple times.

KB: Sure.

MR: I think you have to find the client base. If you're a veterinarian, find the client base that has been strictly eating a raw diet and the owners have been holistically trying to raise their dogs to keep them off of medications.

One of the most unusual case... I've got two that I think. I may have talked about them in the other interviews, and you can cut them out. One was a dog who was extremely aggressive, had aggressive tendencies, and was always attacking his sister. He's a wire-haired fox terrier. His name is Archie and his sister is Agatha. They fight all the time. He always stands on her and dominates her. He's just not nice at all and a very anxious dog.

We gave him a fecal transplant. He does also have this immunoglobulin deficiency with Dr. Plechner's test. We gave him the fecal transplant, and 24 hours later, he's kissing his sister. He's grooming his sister. He's playing with her and can eat foods he never could eat before.

KB: Wow.

MR: That to me was like, "Oh my gosh."

KB: Right.

MR: Now, where do all these neurotransmitters come from? They got to come from your gut. What produces oxytocin? It's produced by your hormonal system, but what feeds your hormonal system? It's all the gut flora that interfaces each other, which we know nothing about right now; we really don't. We're just at the cutting edge of that. National Institutes of Health (NIH) is spending millions of dollars on that. When I gave him that, that was such...

What really cleaved me into the killing of the biome is that he got heartworm pill and got an Interceptor. When I went to a conference about 25 years ago, they were presenting Interceptor, and one of the comments about it was that it was used in Japan as a drug, which they found got rid of parasites. What

they thought was, “Gosh, it got rid of parasites. Let’s use it for dog.” They started using it for dogs 20-something years ago.

I asked the question at the conference, “What was it used for in Japan?” [The answer was] it was used as an antibiotic for the intestinal tract. Both Interceptor and Heartgard are antibiotics. This dog, two and a half weeks after being perfect, got his Interceptor. Twenty-four hours later, he almost killed his sister, and they both ended up at Angell ripped apart. It was clear to me that this biome is very fragile. Something so simple as a heartworm pill, or what we think as simple as a heartworm pill, could totally throw out that balance of the symbiosis in the gut.

I’m very careful about getting my heartworm pills now. In my own dogs, what I do is I take their stools. I keep it for 24 hours, give them their heartworm pill at a lower dosage, and then give them their biome back again because I can’t afford to lose their biome with a heartworm pill. Those of my clients that have had fecal transplants were doing that, too, as well, because in my area of the country, heartworm is not that big of an issue. It’s an issue, but it’s not like it is in the South.

KB: Dr. Roman, we know that you’ve talked about dermatology cases, cancer, and obviously, GI problems. Over the course of the last 10 years since you’ve been doing this therapy, what other types of cases have you used restorative therapy for?

MR: Well, behavior. We’ve been using it for a lot of different behavior cases. We’ll go into Mojo, the cat, who I gave a fecal transplant to and who had severe atopic dermatitis. He had scabs on his face. He was angry. He was miserable. He had been neutered at six weeks or eight weeks of age. He had no idea what hormones were.

We gave him a fecal transplant from my cat, Trapper, who was raised on a raw diet and who didn’t get neutered until he was a year old. At that time, we gave him a fecal transplant from him at a year old. This cat who was grumpy, who had scabs all over his face, who had been on cyclosporine, and who had been to allergists and dermatologists... He was going everywhere and was miserable. I gave him a fecal transplant with good nutrition. We did the fecal transplant with ozone therapy to get rid of the biofilm of the gut and use that to support his immune system. Within a week, his coat came back. He was happy. He wasn’t scratching anymore.

In about six weeks into it, she [the owner] calls me again and says, “I want to do a fecal transplant again.” I said, “Why?” She said, “Because he’s so much better.” She literally drove from Cambridge to my hospital in Hopkinton. I gave her a piece of poop, about this big, from my cat litter box. I gave it to her. She took it home. She popped it down the cat’s mouth. I didn’t hear from her for six weeks. Six weeks later, she calls me again and she says, “I want to do it again.” I said, “Why?” She said, “Because he’s so good. He’s so happy. He’s playing. He hasn’t gone like this for forever.” I thought, “Okay. Let’s give him another one.”

Literally, I brought another piece of fresh poop from my cat litter box to her. She drove it back home. She gave it to him. About two days later, she calls me and she goes, “I’ve got a problem.” I said, “What’s wrong?” She said, “I think it’s his anal glands. He’s just acting so odd.” I said, “Come back out.” She drove an hour or whatever back to my hospital. I checked his anal glands. There is nothing in there. There is nothing in the anal glands. I said, “Please describe to me what you’re seeing.” [She said,] “He was sexually humping her arm. He was so excited.” I said, “Forget Viagra. I think I just found the fountain of youth.”

KB: How interesting.

MR: They don’t need to be selling pharmaceuticals to stimulate the hormonal balance. And we never think about, where do all your sexual hormones and your growth factors come from? Your gut. If you

don't even have them and you've been on so many antibiotics, you can't regenerate that kind of youthful vigor.

I have four generations, or three here, of standard poodles. The youngest ones, they are still very sexual and humping everything. We use their biome. We have a system called microbiome mixology, where we mix the biome of the older dogs with cancer with dogs that are younger, or with the youthful vigor of a youthful dog. This microbiome mixology has been amazing. Dogs that have cancer, we're giving them the biome, and they are acting like puppies.

KB: Wow.

MR: They're getting the history of being able to fight the cancer. It's actually really interesting. For behavior, coprophagia is a really obnoxious behavior that we don't like dogs to do. Coprophagia is probably their need to find something that their body is missing.

KB: Sure.

MR: They know they need something. They are striving for it. But if they eat their own stools, they're not getting any more than what they just put in. They're just recycling the same bad crap.

KB: Yup.

MR: What I did is I had a dog that was a NEADS dog, which is New England Assistance Dog Service, a beautiful, beautiful Labrador that was raised to do service job. Because the dog would turn around and eat his poop as soon as he went to the bathroom, he could not be a service dog. He had this anxiety level as well. We did the fecal transplant with the ozone to kill the biofilm, got him on a raw fresher diet, and everything else. He still, even on a fresh diet, was eating his poop. I gave him the new fecal transplant. And 24 hours later, he stopped eating poop. He has not eaten poop in six weeks, which is amazing to me. That is amazing.

KB: It is amazing.

MR: They know they need something. If they can't get it, they're going to try to find it in some way. We've done about four coprophagia cases. They all stopped eating their poops. That's pretty. That's exciting, just from eating poop to stop eating poop.

KB: Yeah. By feeding them poop, which is fascinating really. I mean, your cure, it's very homeopathic. You're treating them with the remedy that their bodies need in small quantities to help restore and treat a behavior that is unwanted, which is fascinating. Totally fascinating.

MR: In homeopathy, we use what's called... There is bowel nosodes. I haven't really tried that specific aspect of homeopathy and fecal transplants. Bowel nosodes, I studied them 20 years ago when I started studying homeopathy. What they did is they took these biomes of individuals. There's Gaertner ones. There's a bunch of them. They found that these biomes taken as a homeopathic actually cured people of very bad diseases. I have made biome homeopathic nosodes from my dog's stools, but I have access to fresh ones, so I'm using those instead.

KB: Margo, if people are listening to this – and they've never heard of this before – and they ask their veterinarian who says, “Oh my goodness, I don't know what you're talking about. It sounds crazy.” if people wanted to learn more or if they wanted to do this, can you go orally? Can you do it intrarectally? Breakdown how you actually do it.

MR: Okay. We actually have a very good Website that has a lot of this on it – a lot of research articles from children's Hospital, from the Massachusetts General Hospital (MGH), from Mayo Clinic's, and from the Cedars Sinai Medical Center. These are all places that are doing fecal transplants in people. In Massachusetts General Hospital, they're doing it through capsules. They're freezing capsules, and they're taking them that way. You could do that. You could put it in capsules and give it to the animal.

The Website that we have is (we have two names): MicrobiomeRestorativeTherapy.com, but we also have an easy one that's easy to remember. It's EatSh*tAndLive (EatSh-tAndLive.com). Because we're discreet, we're not saying the word. And to make it funny, because it is gross and because people would remember it if it is sort of funny. They'll go and look at it. But the idea is that there are several ways to do it.

The one that we are predominantly doing now is we have a small, little blender, very inexpensive. It doesn't have to be a fancy blender. It's like a 20-, 18-, or 15-dollar blender. We take the fresh biome and poop. We put it in the blender with normal saline. We blend it not for long time because we want to heat it all up in the blender, then we filter it a little bit just to keep the bigger pieces out, so we can put it into a syringe, and then we put it into a syringe.

We first do the rectal ozone to get rid of the biofilm. You give the dog a few minutes to let the ozone do what it has to do. Let them go outside and defecate so that they clear out the colons. If we give it when the animals throw its feces in it, they may have the urge to poop it all out and then we haven't done anything. We allow them to evacuate outside and then we infuse the feces material into the colon as a liquid slurry. I massage the colon up and down to give it a chance to sort of find its new home.

Before I even do this, they must establish a good terrain. What I mean by that is we need to get the gut in an acceptable situation, so that it can accept this new biome. They have to be eating no GMO, fresh foods, raw food, probiotics, maybe colostrum, and some nutraceuticals for the gut, glandulars for the gut, that help the gut get stronger. I love them to be on fresh, organic tripe if I can, because that's really feeding the gut. And then we do this fecal transplant. What I find is that if I give them the terrain to stick, it sticks. Because I can keep giving them new biomes all the time, but I want to give them one and make it stay there.

KB: Right.

MR: Some dogs can't hold it. Some dogs, especially if they have this immunoglobulin deficiency of Dr. Plechner's, they need to be rebooted every so often.

KB: Inoculated. Yeah.

MR: These clients, they come in. They get a bag of poop, and they keep it in the freezer. When the dog starts having an issue, they pop a piece of poop down their throat, and then they're better. Sometimes, they work better if it's fresh. But most of the time, they can just use it frozen. That seems to be enough to balance and back out again.

The other way you can do it is literally take a piece of poop from the... I call it the one-hand method, where you just put out one dog and the dog's in the same room. You push it down the other dog's mouth. But I think you need to prime them first.

If they're on GMO-based diet – and most of the commercial dog foods that are out there have genetically modified corn, wheat, soybean, or anything in it – the glyphosate, it kills the microbiome. That's the whole idea of glyphosate. It kills the whole... It pulls all the minerals out of the soil and out of the organisms, so they can't function. It ruins the biodiversity of the soil. But these glyphosate-ready, Roundup-Ready products have a lot of glyphosate in there. I think that kills the biome.

I heard in one interview that Monsanto was going to come out with glyphosate as an antibiotic for the intestinal tract, because it killed all the bacteria in the gut. Well, that's not what I'm trying to do. If I wanted to kill all the bacteria in the gut, then I guess eat foods that are made with Roundup. But I want to try to restore those thousands of subspecies and 500 species that are normally there.

KB: What have you found amongst our professional peers? I want to know what the acceptance was. What are our professional peers saying? Are people interested? Do other veterinarians want to learn from you? Are you lecturing? What are your findings with people's interest in learning more about this type of therapy? What has your reception been?

MR: The reception's been amazing. I was just in Mumbai, at the Bombay Veterinary College. I gave this lecture. Of course, they're not doing it at all in India. And then I went to Madrid, the "Madrid Declaration on Ozone Therapy," which was mostly all physicians.

In the United States, the fecal transplant for *C. diff* is widely accepted now as being 97 percent effective for *C. diff* and being used in the United States. But they are also using vancomycin and metronidazole to kill the gut. I'm trying to encourage these physicians to look at ozone to be that link, but at the same time, stimulating the gut in a healthy way versus killing all the bacteria with vancomycin and metronidazole. And at this conference, which I was just at like two weeks ago, the reception was amazing.

KB: Great.

MR: All these physicians came up to me. They were so excited about it. They want to start doing the fecal transplants. This is overseas doing it. In the veterinary field, I've had some veterinarians who have called me. I've shipped my dog's biome to Dallas, Chicago, and to California. I have a few who wanted overseas. I'm not sure whether I can do that. I think that's not acceptable.

KB: Yup.

MR: But what my hope is that we can establish a group of dogs in each area of the country that are clean biome donors. Just like we have blood donors that we use, we can have fecal donors that are really usable in your practice. I tell clients and people who are calling me to ask their vet who the most natural, weird dog breeder or owner in their client base is. That could be the supplier for this biome and help some of these dogs that have been treated overly with antibiotics.

When I take my intakes – and I make a list of all the drugs that these animals have had – sometimes they've been on antibiotics 20 times. How could they have anything live left in their bodies when they've been on antibiotics so much? It doesn't seem like it's possible for this biome to live through that.

KB: Sure. What you've provided is hope for people and actually, basically free therapy for people who have got really sick pets. This is a fabulous, free, and common-sense treatment, which as you already pointed out, dogs are naturally doing. They're just not reseeded their gut with healthy poo. The fact that you are as passionate as you are about educating, not only pet owners but other veterinarians, I'm excited to see where this goes over the course of the next five or 10 years in terms of people having not just amazing testimonials, but in terms of acceptance within our profession.

I appreciate your input and you talking with me today. Thanks, Margo.

MR: Thank you very much.

[END]