© Susan Collins, 2026 susan@dowwer.ca www.dowser.ca

Dowse Your Gut Microbiome
Susan Collins

Key Facts About Your Gut Microbiome

There are more nonhuman cells in your gut microbiome that there are human cells in your body. We live in a symbiotic relationship with our gut. We need it to live, it needs us to live. Wait! What is living in our gut that isn't us? We host a lot of creatures, including bacteria, viruses, fungi, single cell organisms and critters that could be called parasites if they weren't essential for our health. In the best of all possible worlds, we and they are in perfect balance and everyone is healthy.

Honestly, the critters we host don't care that much about us as humans, and the gut can become a source of inflammation in the rest of our body. This inflammation is generally considered the source of a variety of diseases.

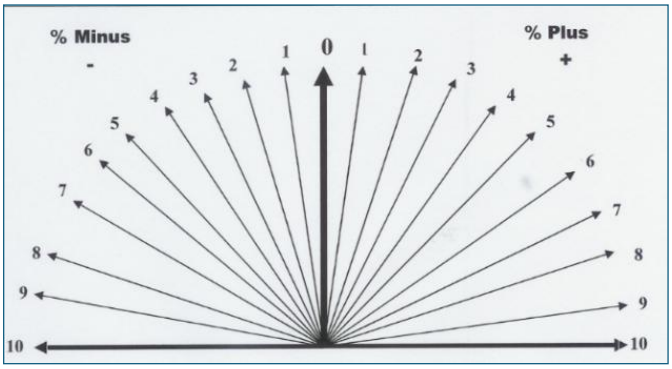
How does the gut get create so much inflammation in us? Surely we humans are in charge of what goes in our stomachs? True, there is a very strong gut brain connection, but about 80% of the signals are going from the microbiome to your brain and only about 20% of the signals go from the brain to the gut. The microbiome demands to be fed! It can create those food cravings that we know we shouldn't indulge in, but do.

Aside from nutrition, other factors influencing our gut health are sleep, exercise, stress levels, medications and environmental factors such as electromagnetic frequencies.

Let's do some dowsing to see if your gut microbiome is supporting your human health or laying the groundwork for a disease state in your human body.

1. Do the Dowsing Protocol. (Request from Susan if you don't have it.)

2. Dowse: Does my gut microbiome support my human health? Use the PLUS / MINUS Chart (below) to show percentage influence, with MINUS 10 being the worst influence and PLUS 10 being the best.



3. Dowse: Can I improve the degree to which my gut microbiome supports my human health with dowsing?

4a. If YES: Use the Dowsing Protocol to DISCONNECT nonbeneficial aspects of the Gut Microbiome at the appropriate rate intensity, then MAXIMIZE its beneficial aspects on an ONGOING basis so that you experience good human health.

Not to be reproduced without written permission from Susan Collins

Then dowse: To what degree does my gut microbiome now support my human health? Use the PLUS / MINUS Chart to show percentage support after dowsing. (It may take a little while for the dowsing to create the beneficial effects, so repeat the dowsing at least once a day.

4b. If NO: Use the PLUS / MINUS Chart to dowse the table below to see what influence each of the items currently has on your health. Once you have identified areas that need improvement, make a plan to create better circumstances.

Items	**Overall influence on my human health**			**How effective will my plan be**
	Too Much	**Too little**	**Do Differently**	
Alcohol				
Antibiotics				
Chemical exposure				
EMF exposure				
Exercise				
Nutrition				
Prebiotics				
Probiotics				
Sleep				
Smoking				
Stress				
Other				

Questions to help make a plan

1. Do I get enough protein in my diet?
2. Do I get enough sleep on a regular basis?
3. Do I do enough strength (weighted) exercise on a regular basis?
4. Do I get enough endurance (cardio) exercise on a regular basis?
5. Do I have enough social engagement (meet with friends) on a regular basis?
6. Do I consult with medical professionals appropriately?
7. Do I undergo appropriate medical testing (such as blood work and body scans)?
8. Do I have effective ways of managing my stress?
9. Should I ask for and accept help more often?
10. Would it help me to dowse more often?
11. Would using a Dowsing Protocol help me to be more accurate?
12. Add your own:

Definitions of things in your Gut Microbiome

Bacteria single-celled organisms that thrive in the human body that can quickly adapt and reproduce. While some cause infections, most are harmless or beneficial, aiding in digestion, immunity, and ecological nutrient cycling.

Not to be reproduced without written permission from Susan Collins

Virus A tiny, non-living infectious pathogen that needs a living host cell to reproduce. It consists of genetic material (DNA or RNA) enclosed in a protein coat.

Protozoa microorganisms that lack cell walls and are often considered the simplest organisms in the animal kingdom, acting as free-living organisms in moist habitats or as parasites.

Archaea single-celled microorganisms that possess unique membrane lipids, cell walls, and genetic machinery.

Eukaryotes organisms whose cells have a membrane-bound nucleus.

Antibiotics fight bacterial infections by killing bacteria or stopping them from reproducing. They do not work on viral infections like colds or flu.

Prebiotics non-digestible plant fibers that act as food for beneficial bacteria (probiotics) in your gut. They reach the colon where they ferment, nourishing good bacteria and enhancing gut health.

Probiotics live microorganisms, often called "good" bacteria, that provide health benefits when consumed in adequate amounts

Not to be reproduced without written permission from Susan Collins