



Gut Report

POWERED BY BIOHM TESTING

Important! Please Read: The Arthur Andrew Medical Gut Report is for personal research purposes only. The BIOHM Gut Report is not approved to, nor is it intended to, diagnose any disease or condition. You should always consult a physician regarding any questions pertaining to your own health and wellness. The comparative data in this report is based on data from the National Institutes of Health (NIH) Human Microbiome project and research conducted at Case Western Reserve University, Center for Medical Mycology.

YOUR GUT HEALTH ON JULY 20TH, 2019

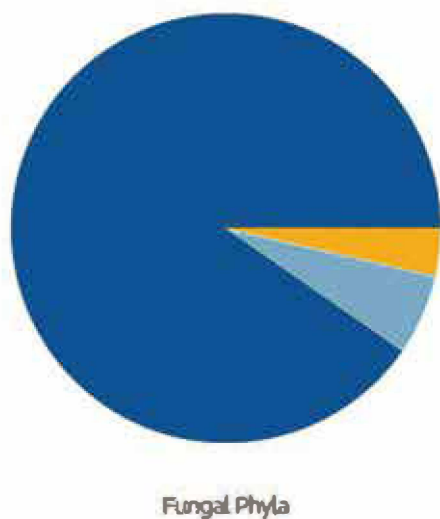
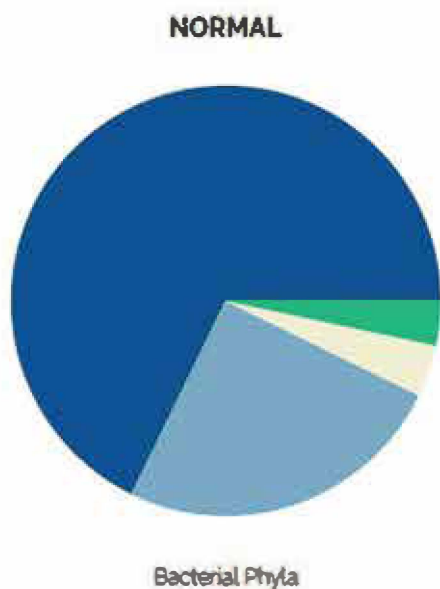


YOUR GUT SCORE

The Arthur Andrew Medical Gut Score compares your gut microbiome to other normal gut microbiomes. The higher the number, the more diversity of bacterial and fungal species you have and the better overall digestive health and balance found in your gut. Think more = better when it comes to diversity

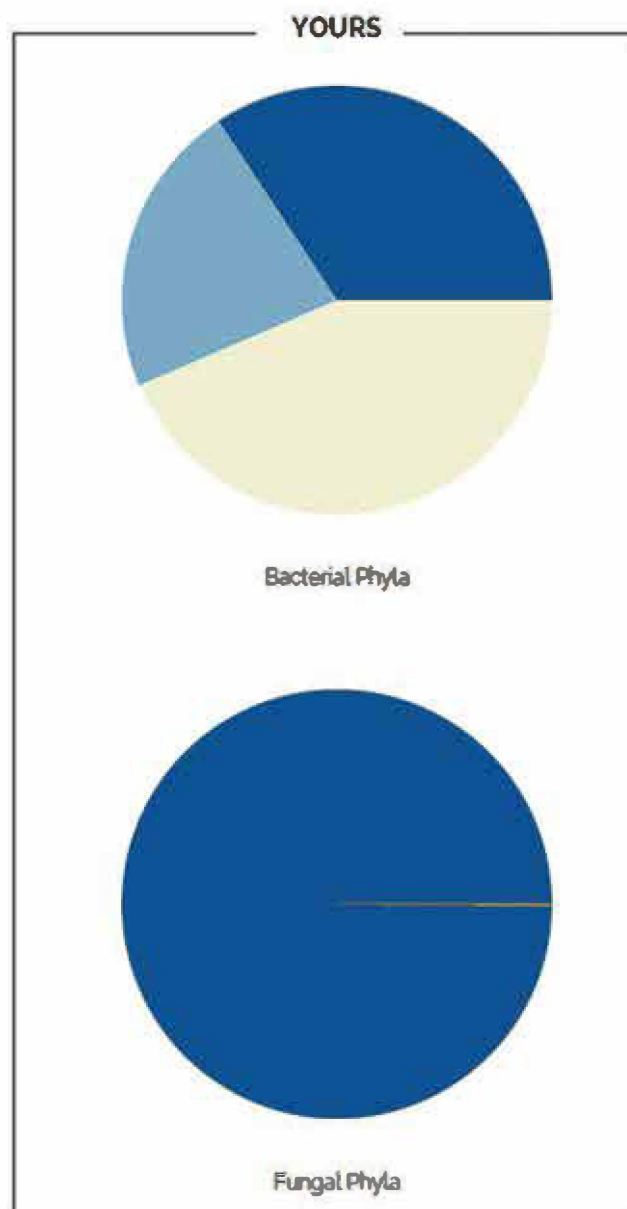
YOUR GUT'S BACTERIAL AND FUNGAL COMMUNITIES

What is phylum? Phylum is a major family of microorganisms (such as bacteria and fungi). It's important to analyze because it gives us a good basis for determining overall gut health. The charts below show how your phylum compares to people who have a normal balance gut.



BACTERIAL PHYLA KEY

- Bacteroidetes
- Firmicutes
- Proteobacteria
- Other



FUNGAL PHYLA KEY

- Ascomycota
- Basidiomycota
- Other

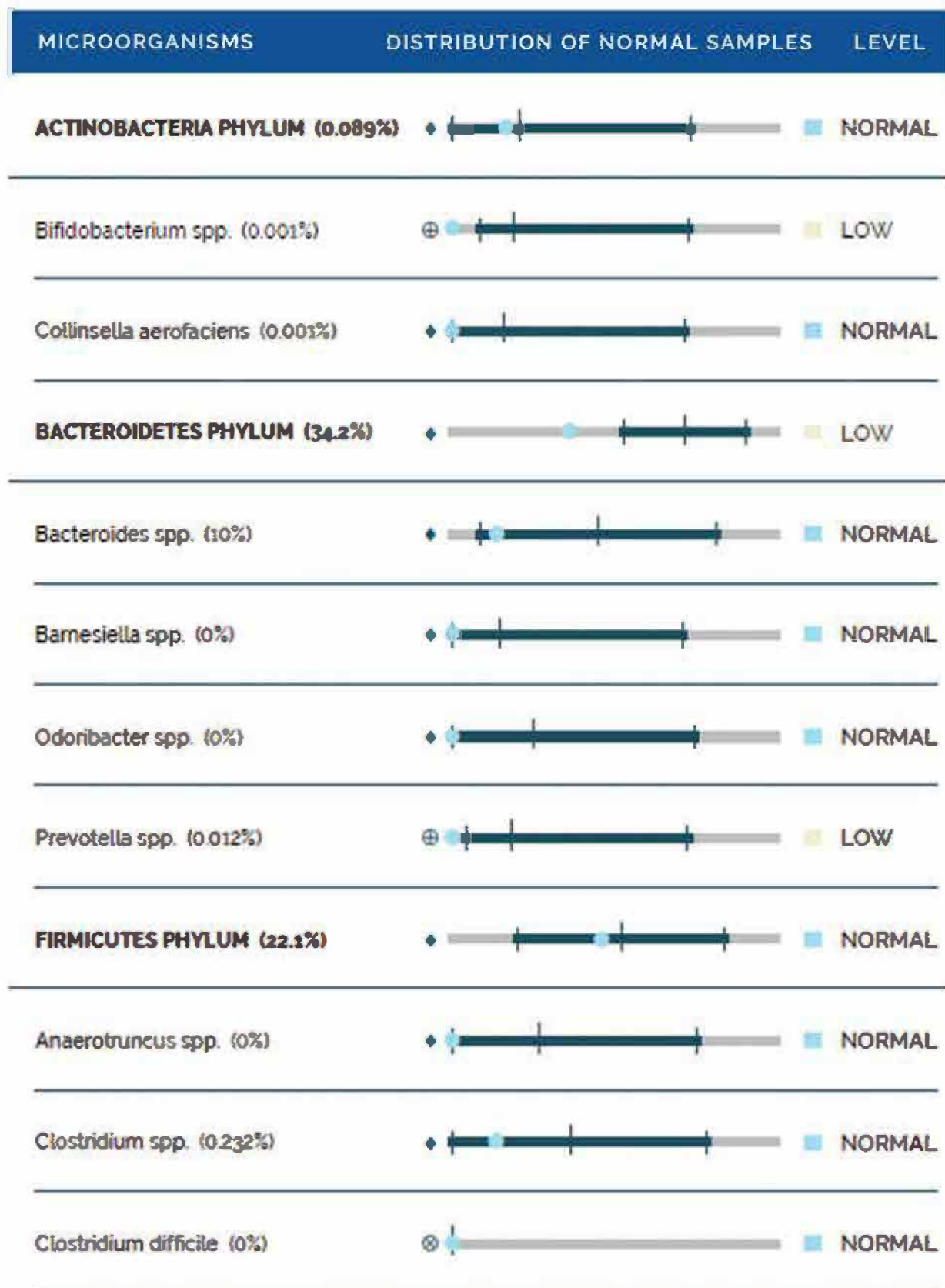
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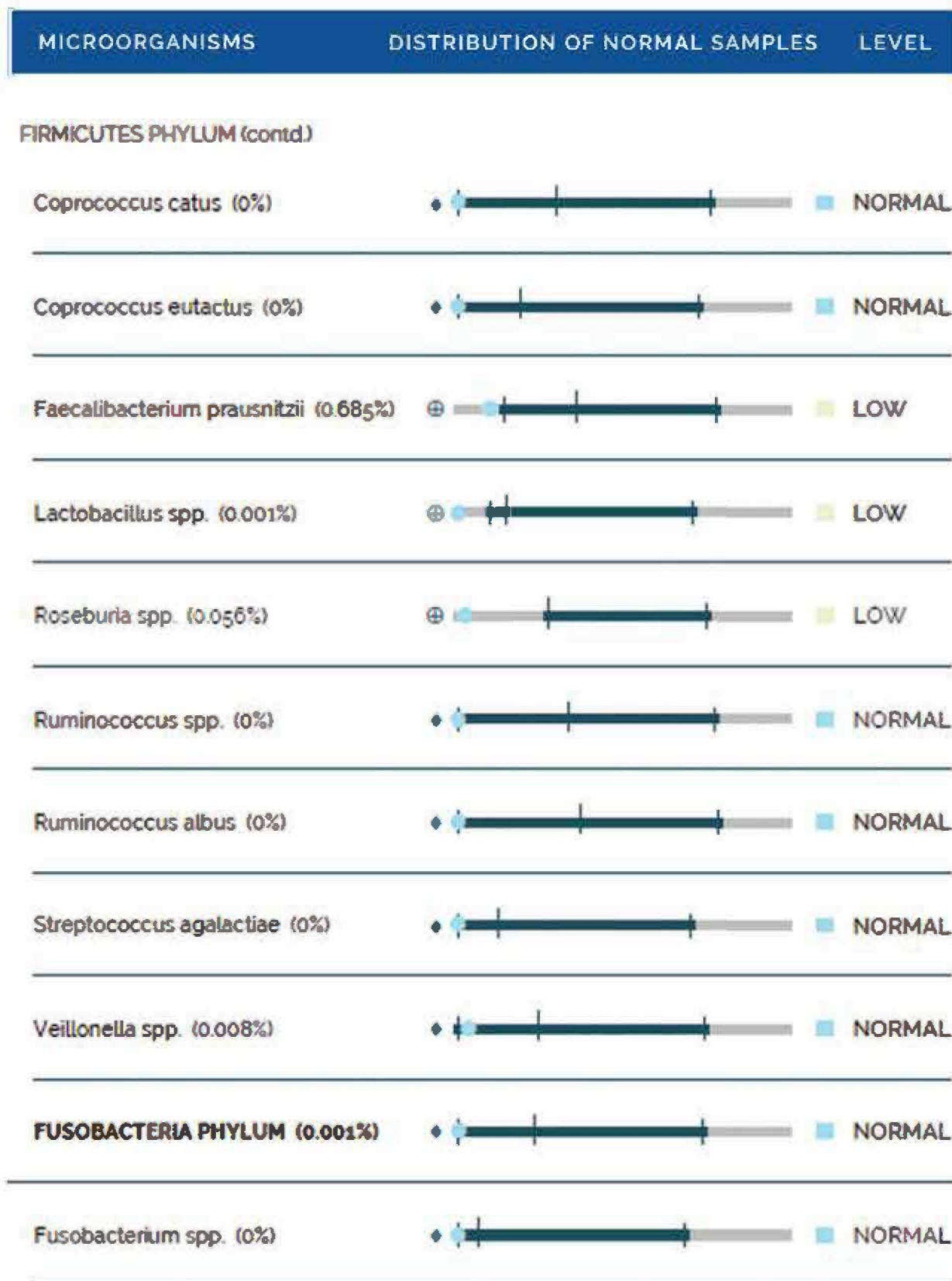
The results in Part III reflect the specific bacterial and fungal species found in your gut's microbiome.

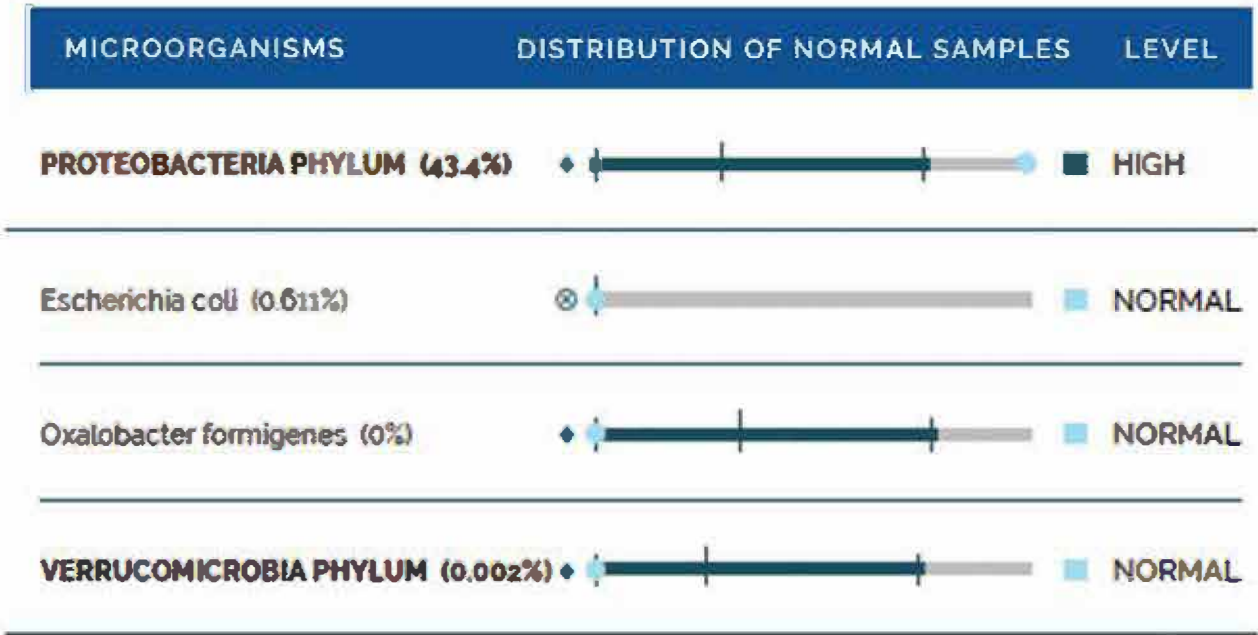
- The blue dot is your result; the % indicates how much of each community in your gut (bacterial and fungal) is made up of this microorganism.
- The blue bar represents the range in which your level falls for each organism. Your goal is for all levels to fall on the blue line, which represents the normal, balanced gut level.
- ⊕ Indicates a beneficial strain, based on supporting literature
- ⊗ Indicates a pathogenic strain, based on supporting literature.
- ◆ Indicates a neutral strain.
- The color blocks tell you whether your levels are low, high, or in the normal, balanced range compared to the normal gut microbiome.

■ LOW ■ NORMAL ■ HIGH

PART 3







MICROORGANISMS	DISTRIBUTION OF NORMAL SAMPLES	LEVEL
ASCOMYCOTA PHYLUM (99.9%)		NORMAL
<i>Candida</i> spp. (3.22%)		NORMAL
<i>Candida albicans</i> (1.16%)		HIGH
<i>Candida tropicalis</i> (0.003%)		NORMAL
<i>Pichia</i> spp. (0.004%)		LOW
<i>Saccharomyces</i> spp. (0%)		LOW
<i>Saccharomyces cerevisiae</i> (0%)		LOW
BASIDIOMYCOTA PHYLUM (0%)		NORMAL
ZYGOMYCOTA PHYLUM (0%)		NORMAL

Gut Recommendations

YOUR GUT'S BALANCE

YOUR GUT SCORE: 2 OUT OF 10 (POOR)

When it comes to your gut's balance, the key to remember is the more diverse your gut's bacteria and fungi are, the better. So while your report will show you how you measure up for each particular organism, our goal is to help you make your gut as diverse as possible.

With a Gut Score of 2, you've got some room for improvements. With a few tweaks and optimizations, your gut's diversity should be in great shape!

FACTORS THAT IMPACT YOUR GUT'S BALANCE

So what can impact your gut's balance? There are actually a number of factors. Specifically, your gut can be impacted by:

- Genetics
- Diet
- Exercise
- Environmental toxins
- Sleeping habits

In the following section, we'll list out the specific steps you can take to optimize your gut.

Gut Recommendations

YOUR GUT REPORT TAKEAWAYS

Let's go over a few key takeaways from your results:

- Your gut diversity is poor.
- Some of your bacterial and fungal levels are within a normal and healthy range
- Several of your levels are out of balance
- Two of your major bacterial families (phyla) are slightly out of balance (Bacteroidetes and Proteobacteria; Proteobacteria elevation, in particular, is indicative of gut dysbiosis and inflammation)
- Many of your beneficial types of organisms are low (Bifidobacteria, Lactobacillus, Faecalibacterium, Prevotella, Saccharomyces, Roseburia)
- Candida albicans levels are elevated

YOUR RECOMMENDATIONS

With a Gut Score of 2, you've got some room for improvement. By implementing the recommendations listed below, you'll be well on your way to an optimized gut!

DIETARY RECOMMENDATIONS

Based on your results and questionnaire, I recommend the following nutritional adjustments:

Increase your plant intake

- You reported about 2 cups of fruits & vegetables; recommend increasing to 9 cups/big handfuls daily of a variety of whole fruits, vegetables, and leafy greens
- Plant-based foods like beans, lentils, nuts, and seeds contain healthy fiber, which is associated with increases in "good" gut flora
- Fiber, especially from raw leafy greens, has been shown to improve Bacteroidetes levels, as well as beneficial strains like Bifidobacteria, while reducing Proteobacteria
- Work to incorporate prebiotic fibers from foods like dandelion greens, raw garlic, raw, apples, and artichokes
- A diet lacking fiber can also encourage constipation
- Plants are full of antioxidants which help reduce inflammation in the body; berries, citrus, broccoli, kale, and beets are especially rich sources
- Too much sugar can encourage Candida growth, but fruits and veggies don't have this effect

Gut Recommendations

Increase Probiotic, Fermented, and Cultured Foods

- Fermented foods are probiotic powerhouses!
- Try to get in at least one serving of foods that are natural probiotic sources daily
- Good foods to consider include kimchi, fermented vegetables, kombucha, kefir, and plain yogurt
- Add yogurt or kefir to smoothies; use kimchi on top of baked potatoes or salads; enjoy kombucha in place of soda or juice
- Naturally probiotic foods can help improve your *Saccharomyces* quantity and quality, encouraging fungal balance
- Fermented foods can also encourage overall gut diversity

LIFESTYLE RECOMMENDATIONS

Based on your results & questionnaire, I recommend the following lifestyle adjustments:

Gut-Healing Support

- Persistent inflammation disrupts gut balance; supporting the mucosal lining can be beneficial to reduce inflammation and improve symptoms
- You may want to work with your functional practitioner to see if small intestine bacterial overgrowth (SIBO) is an issue for you.
- If SIBO is an issue, the following step by step can support healthy gut balance: if SIBO is not an issue, you can simply omit the Biocidin and biofilm disruptor to support gut balance and mucosal health (both can, however, be beneficial to support healthy Candida levels, as well)
- STEP ONE: Remove potential food triggers (dairy, corn, gluten, and soy are common issues); Avoid ALL artificial sweeteners – disrupt the microbiome and increase Proteobacteria
- STEP TWO: Consider adding a strong biofilm disruptor, like nattokinase (Arthur Andrew's Nattovena is a potent source of this enzyme), as well as a good antimicrobial, like Biocidin. Biocidin can be taken as directed on the label.** Provide digestive support with ½-1 Tbsp raw apple cider vinegar right before meals and Digestive Enzymes 30 minutes before

Gut Recommendations

- STEP THREE (can be done after first week of step 2): Reinoculate with good probiotic, minimum of 6 billion CFUs in each dose, range of Lactobacillus and Bifidobacteria, as well as S. boulardii. Arthur Andrew offers a probiotic (SyntoU) with Lactobacillus, Bifidobacteria, and S. boulardii, as well as enzymes, as potent biofilm disruptors. Fermented foods such as miso, sauerkraut, kombucha, and kimchee can also be helpful.
- STEP FOUR (can be done concurrently with other steps): Mucosal support – bone broth, collagen peptides, fermented foods; Healthy fats (omega-3s like fish, walnuts, chia seeds and flax) and nourishing protein to promote cell growth; Ginger, turmeric, aloe-vera to reduce inflammation; Marshmallow Root and DG Licorice soothe mucosal membranes

**Recommend speaking with your holistic practitioner to collaborate on best way to incorporate these suggestions into current treatment plan*

***Please note that a temporary "increase" in symptoms or worsening is a normal and expected reaction from the Biocidin and indicates it's "working". If severe, reduce dosage and work back up; should improve within a week of use*

Stress Management

- You reported elevated stress; stress causes an actual physical response and has been linked to increased Proteobacteria and Candida levels
- Mind-body connection is astounding; imagine every cell of your body being healthy and whole
- Try to implement a daily mindful breathing routine, taking multiple "breathing breaks" per day to reset and calm the vagus nerve
- Breathing exercises can improve stress response and put your body into a "rest and digest" state instead of "fight or flight"
- When you're stressed and in "fight or flight," digestion slows, encouraging GI discomfort and symptoms like heartburn and constipation
- This is an easy, quick breathing exercise to incorporate into your day: 4-8-7 Breath Pattern - inhale for a count of 4, hold for a count of 8, exhale for a count of 7; reduces cortisol levels
- Taking five deep belly breaths to calm your nervous system and kick-start digestion before eating can also help reduce stress and move your body into "rest and digest"
- Healthy hormone balance is drastically affected by cortisol levels and chronic stress

Gut Recommendations

SUPPLEMENT RECOMMENDATIONS

Based on your questionnaire and results, I recommend the following supplement choices:

Continue

- Current supplement regimen

ADD:

- Daily fish oil (at least 1000mg of omega-3 fatty acids per serving)
- Daily prebiotic supplement to support anti-inflammatory strains (Bifidobacteria and Lactobacillus)
- Daily probiotic supplement: make sure it contains *S. boulardii*
- Multivitamin with Vitamin A (retinol form)
- Vitamin D; can improve Proteobacteria levels
- Magnesium; can improve constipation
- Hormone Support to improve menstrual imbalances
- Adaptogens to support stress response
- Digestive Enzymes, 30-60 minutes before meals to support digestion
- Mucosal/Heartburn Support
- Gut Balance Support

Gut Recommendations

SUPPLEMENT RECOMMENDATIONS

A quick note on Supplements: Restoring your health and gut balance is tricky; picking a good supplement to support you shouldn't be. Below, we hand-picked supplements we believe to offer the highest quality to provide you with a truly ideal option.

TO OPTIMIZE YOUR GUT



Floraphage™

- Increases growth rates of probiotic organisms by as much as 24x
- Bacteriophage (bacteria "eater") that targets and destroys specific bacteria
- Acts as a selective anti-microbial, attaching to specific "bad" bacteria and causing the bacteria to rupture
- Releases nutrients from ruptured organism, creating prebiotics for good bacteria and may improve effectiveness of supplemented probiotics
- Promotes beneficial bacterial growth to help support a balanced microbiome



Nordic Naturals ProOmega 2000

- Features a concentrated, sustainably sourced, purified source of omega-3 fatty acids, 90+% in highly absorbable, naturally found, triglyceride form.
- Non-GMO and free of all gluten, wheat, dairy products, colors, artificial flavors, artificial sweeteners, and artificial preservatives.
- Easy-to-take softgels that won't leave you burping up any fishy smells.
- Nordic Naturals has been around for over 20 years and is a highly respected industry leader in product quality.

Gut Recommendations



Syntol

- Combination of probiotics, prebiotics, and enzymes formulated to be an effective daily probiotic
- B. subtilis was shown in vitro to inhibit Candida albicans growth: may support healthy yeast balance
- Contains 13.6 Billion CFUs (Colony Forming Units) of various beneficial probiotic strains per dose, including Lactobacillus and Bifidobacteria strains along with B. subtilis and S. boulardii.
- Use of spore forming bacteria allows it to withstand a broader range of environments from pH changes to temperature



Pure Encapsulations Pure Food Nutrients®

- A well-rounded multivitamin with food-based and fermentation-derived compounds that aid in gut and mucosal health.
- Contains forms of highly bioavailable vitamins and minerals, including folate and methylcobalamin, the active form of B12.
- Incorporates a phytonutrient blend with potent bioflavonoids that work as antioxidants to fight free radicals.
- This vegan blend does not contain iron, making it ideal for those with constipation, as excess iron can discourage motility.

Gut Recommendations



Pure Encapsulations Vitamin D3

- Provides vitamin D3, the most bioavailable form of Vitamin D
- This liquid vitamin conveniently allows you to dispense individual drops or mix into foods or beverages.
- Suspended in medium chain triglyceride (MCT) oil, a fat that aids the absorption of the fat-soluble vitamins.
- Vitamin D3 supports healthy Proteobacteria levels, which may, in turn, promote gut integrity and inflammation management.



Pure Encapsulations Magnesium Citrate

- Magnesium citrate may help aid in daily bowel motility, so it's a good choice for constipation struggles.
- Magnesium is often deficient in the diet, but it's essential for supporting bone density maintenance, normal cardiac rhythms, lung, and kidney function.
- Taken before bed, magnesium may have a calming effect, promoting healthy sleep.
- Made with vegan, hypoallergenic ingredients.

Gut Recommendations



Fibrovera+%

- Proprietary blend of microbial and botanical compounds selected to support female hormone health and balance
- Fibrin is a key building block in tissue repair; excess fibrin from excess estrogen can encourage fibroids and inflammation
- Formulated to work with a balanced food and supplement regimen to target symptoms associated with hormonal imbalances
- Designed to support women during all phases of the lifecycle



Herb Pharm Ashwagandha+

- Ashwagandha is an adaptogens; adaptogens have traditionally been used to support energy and performance, while helping the body adapt to stress.
- Prepared from dried, whole root of certified organic ashwagandha plants.
- Comes in an easy-to-take, rapidly absorbed liquid tincture.
- It's pure and made only with cane alcohol and distilled water.



Devigest

- Contains full spectrum enzyme blend to promote healthy digestion of protein, carbohydrates, fats, fibers, and dairy
- Alpha galactosidase may improve digestion and reduce gas and bloating
- Designed to ease digestion of infrequent or accidental dairy or gluten consumption in those with a sensitivity to these food components
- A 100% vegetarian blend that's non-GMO and gluten-free

Gut Recommendations



Pure Encapsulations DGL Plus*♦

- Because you mentioned digestive distress, DGL Plus is a good all-encompassing option that may assist in symptom relief.
- Made with licorice extract, aloe vera, slippery elm, and marshmallow root, all proven to soothe the mucosal lining of the digestive tract.
- Deglycyrrhizinated licorice (DGL) has been processed to remove glycyrrhizin, making it safer for longer term consumption.
- It's hypoallergenic and free of yeast, artificial colors, and flavors.



Lifestyle Awareness Regularity Ease Tea*♦

- A comforting, delicious tea that supports regular bowel movements and occasional constipation.
- Organic senna leaf is a natural, non-prescription, FDA-approved laxative for occasional constipation.
- Proprietary herb blend contains six different herbs, including fennel and ginger, which have been shown to be helpful in balancing digestion.
- USDA organic, fair trade certified, gluten free, vegan and kosher.

Gut Recommendations



Nattovena*+%

- Potent source of nattokinase boasting 4,000 FU per capsule
- Nattokinase is a strong disruptor of biofilms, as well as unwanted proteins such as excessive fibrin
- Nattokinase is being studied for its impact on the reduction of cardiovascular risk factors

**Please note, if pregnant or planning to become so, these are not recommended*

+Use caution with nursing

%Check with practitioner before using if on anticoagulants/blood thinners"

