



Vinnie Riego

Gut Microbiome Mapping Result Summary

Practitioner	Georgia Foti
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Results

This is a brief summary of the main findings from your gut microbiome test. We will discuss an in depth treatment plan at your upcoming appointment.

Main findings

1.Low butyrate

Summary: Short chain fatty acid. Keeps gut barrier intact
Common causes: insufficient fibre intake, slow transit time, antibiotics
Treatment: dietary fibre

2. Low pancreatic elastase

Summary: digestive enzyme that the pancreas makes, to digest fats, carbs and proteins.
Common causes: intestinal malabsorption, gut mucosal atrophy, bowel inflammation
Treatment: digestive enzymes, herbal bitters

3. High Firmicutes:Bacteroidetes Ratio

Summary: maintains intestinal valance. When this ratio is high it is commonly associated with bowel inflammation
Common causes: Stress, high animal protein diet, lack of sleep, lack of exercise
Treatment: probiotics, address dysbiosis (imbalanced gut microorganisms) increase vegetable intake, stress management

4. Blastocystis hominis infection

Summary: parasite

Common causes: contaminated food/water/objects

Treatment: antiparasitic diet, antiparasitic herbs

5. Enterococcus faecium overgrowth

Streptococcus oralis overgrowth

Streptococcus salivarius overgrowth

Methanobrevibacter smithii overgrowth

Summary: 4 x opportunistic bacterial overgrowths

Common causes: low stomach acid, antacid use, reduced digestive capacity, poor diet, stress or constipation

Treatment: antiparasitic diet, antibacterial herbs

6. Normal bacterial gut flora generally too low/high

Summary: healthy gut bacteria

Common causes: antibiotics, low fibre intake, dysbiosis

Treatment: correct dysbiosis, probiotic, prebiotic, dietary fibre

Treatment Plan

The above results are all very common findings and can be effectively addressed with the appropriate supplements, lifestyle and dietary changes.

Looking forward to discussing a treatment plan at your upcoming appointment on 27/11/24.