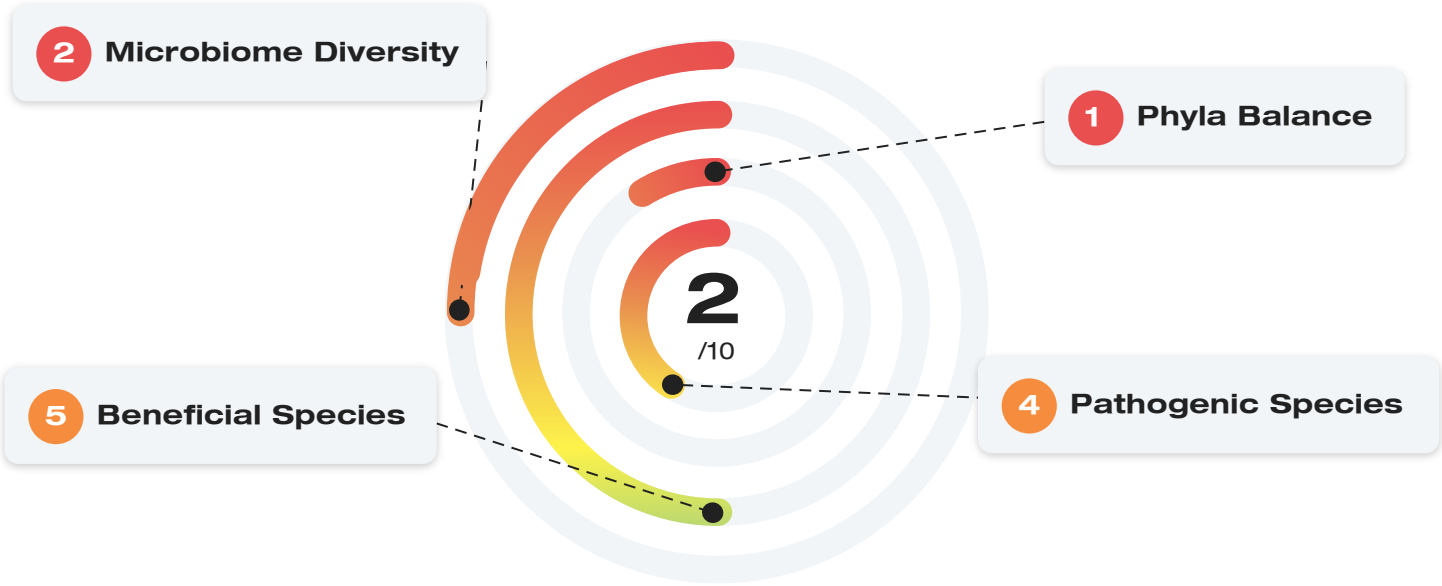
Jonathan's Gut Report

Kit ID #589027-001

Reported on Monday, November 23, 2020

Gut Score



BEHIND YOUR GUT SCORE

Your Gut Score is based on four criteria: your Microbiome Diversity, your Phyla Balance, your Beneficial Species levels, and your Pathogenic Species levels. The sections below break down your scores for each of the criteria making up the Gut Score so you can better see where the imbalances lie. However, the four criteria considered for the Gut Score aren't all equal! Your overall Phyla Balance, for instance, is a far more important piece of the equation and overall health of your microbiome than your Beneficial Species.

MICROBIOME DIVERSITY

2/10 Poor

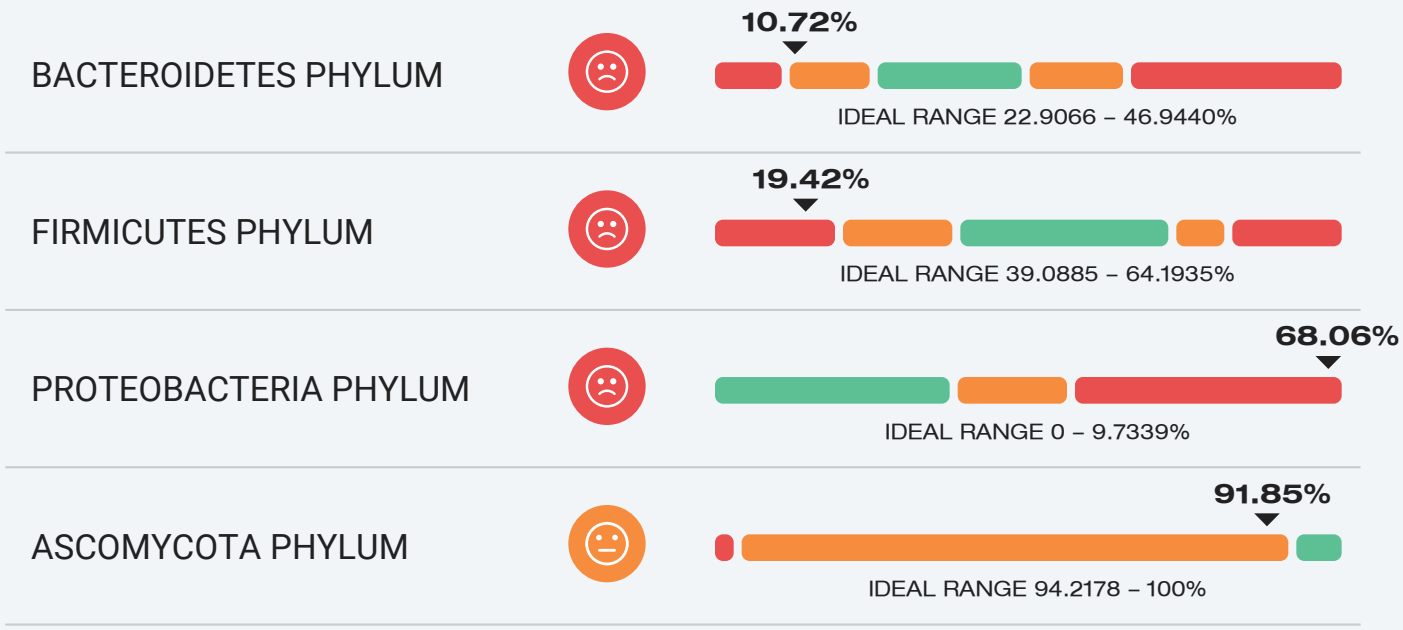
Diversity describes how many different kinds of bacteria and fungi are in your microbiome. Research suggests more microbiome diversity is associated with better health.

PHYLA BALANCER

1/10: Poor

A **phylum** is a grouping of similar species, and those species can be beneficial (good), pathogenic (bad), or neutral (see Beneficial Species, Pathogenic Species, and Additional Species for more detail). Based on the research, a healthy microbiome is associated with the presence of a few major phyla balanced together, like Bacteroidetes, Firmicutes, and Proteobacteria, where Proteobacteria makes up a small amount, and Bacteroidetes and Firmicutes compose the majority. Ascomycota is the dominant fungal phylum. A higher score for Phyla Balance indicates that your microbiome is closer to an ideal phyla composition.

Microorganisms



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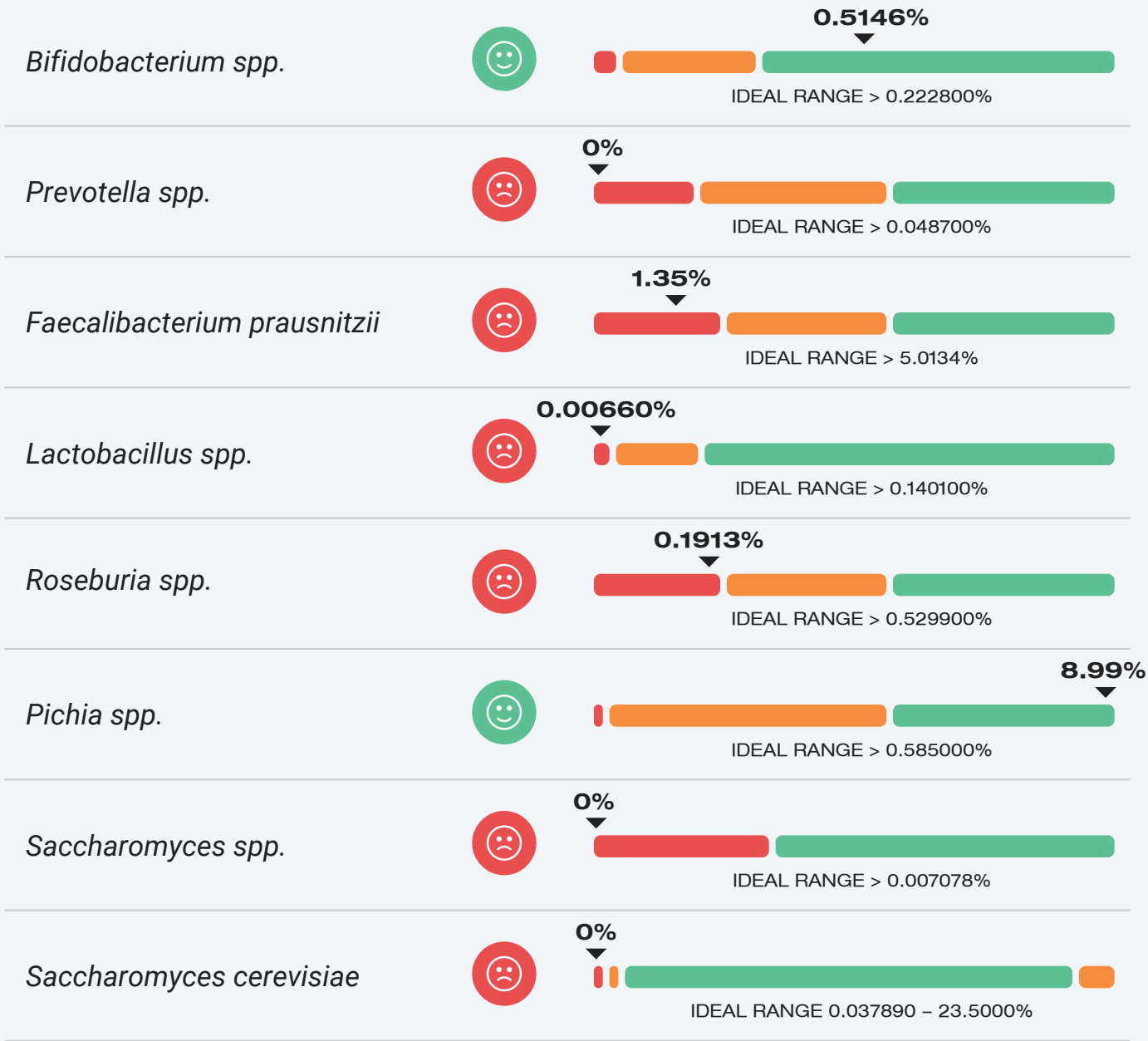
BENEFICIAL SPECIES

5/10: Okay

The Good Guys

Beneficial species are those microbes that provide specific benefit to the host, aka, YOU! There are many, but the most prominent ones of the human microbiome include the five bacterial and two fungal species shown below.

Microorganisms



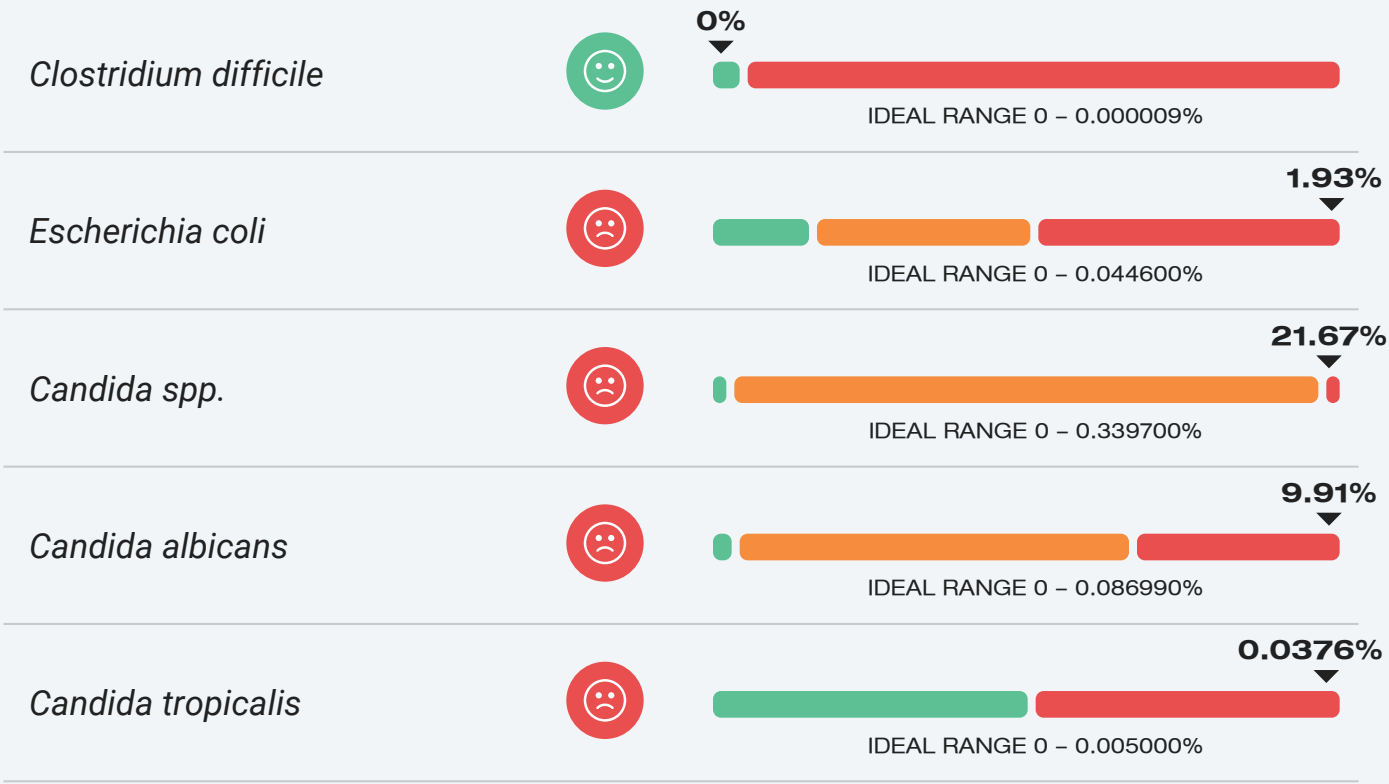
PATHOGENIC SPECIES

4/10: Okay

The Bad Guys

Pathogenic species are particular microbes that, especially when out of balance with the rest of the microbiome, can cause disease, inflammation, and damage to the host (YOU). There are many potential pathogens, but a healthy microbiome is able to keep these in check. The five prominent pathogens we look out for are the two bacterial and three fungal species shown below.

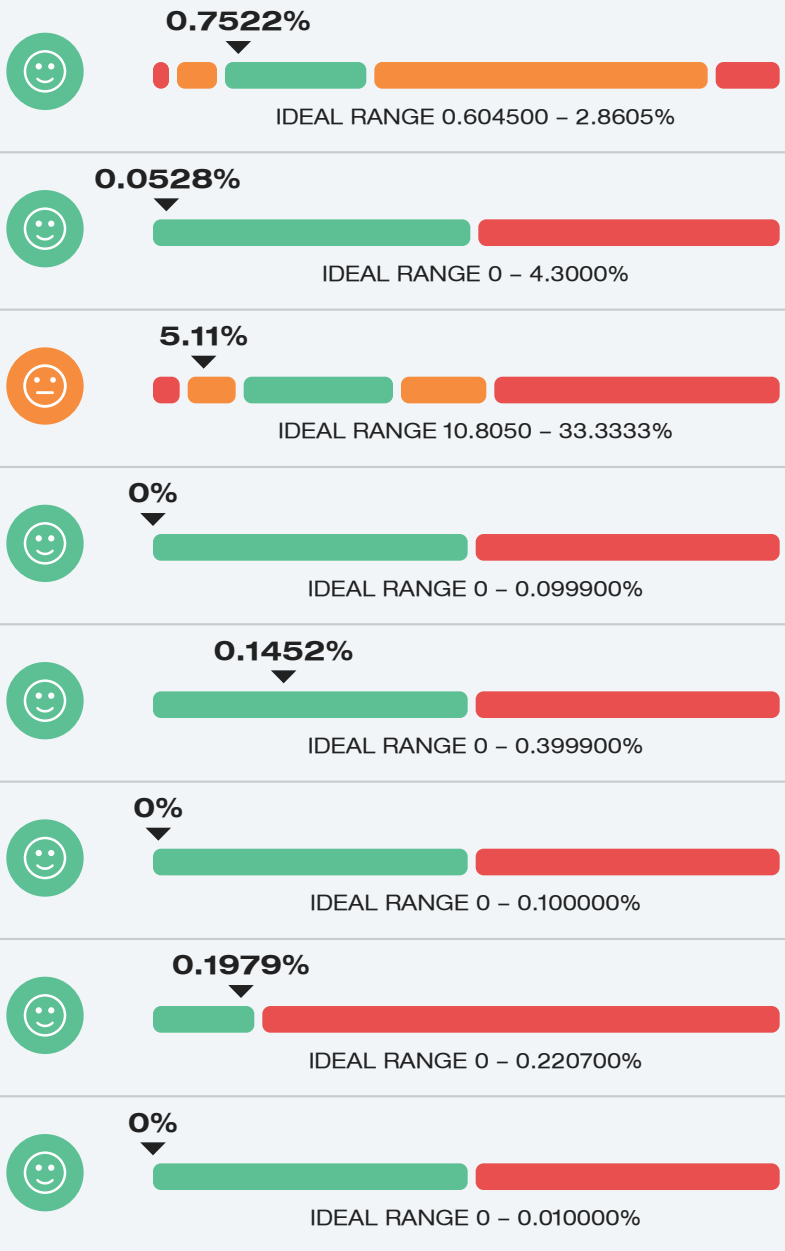
Microorganisms



ADDITIONAL SPECIES

Our testing can detect up to a thousand different bacterial and fungal species in a person's microbiome. We have isolated a subset of yours here. These represent the ones of medical significance that can impact your well being and are used to determine your gut profile score.

Microorganisms



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ADDITIONAL SPECIES

Coprococcus eutactus	0%	IDEAL RANGE 0 – 0.100000%
Ruminococcus spp.	2.48%	IDEAL RANGE 0 – 0.010000%
Ruminococcus albus	0%	IDEAL RANGE 0 – 0.001000%
Streptococcus agalactiae	0%	IDEAL RANGE 0 – 0.001000%
Veillonella spp.	0.0132%	IDEAL RANGE 0 – 0.100000%
FUSOBACTERIA PHYLUM	0.0330%%	IDEAL RANGE 0.000010 – 0.001530%
Fusobacterium spp.	0.0330%	IDEAL RANGE 0 – 0.200000%
Oxalobacter formigenes	0%	IDEAL RANGE 0 – 0.001000%
VERRUCOMICROBIA PHYLUM	0.2177%	IDEAL RANGE 0.005500 – 0.130300%

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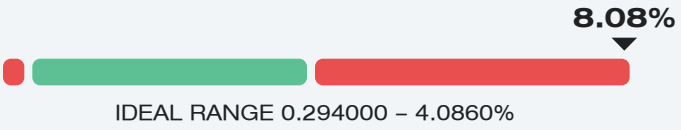
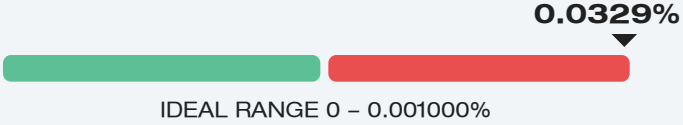
ADDITIONAL SPECIES

BASIDIOMYCOTA PHYLUM



ZYGOMYCOTA PHYLUM



Insights

These recommendations are based on your overall gut score and answers provided in your survey.

DIETARY

Eat More Vegetables to Increase Antioxidants, Fiber, and Support Detoxification

WHAT THIS MEANS

Choose a variety of non-starchy vegetables, aiming for 4+ cups daily.

WHY IT'S IMPORTANT

Fiber from vegetables supports healthy Bacteroidetes levels, nurtures beneficial species, and has been shown to reduce Proteobacteria levels. Vegetables also supply a myriad of antioxidants which improve overall health and inflammation. Cruciferous vegetables, specifically, encourage healthy liver detoxification and microbiome diversity.

HOW TO IMPLEMENT

Incorporate high-fiber, nutrient-dense options like kale, cabbage, beets, cauliflower, broccoli, and spinach throughout the day.

DIETARY

Reduce Sugar and Processed Carbohydrates to Reduce *Candida*

WHAT THIS MEANS

Limit processed foods with refined grains, like cookies, cake, crackers, and refined bread, pasta, bagels. Avoid sweets, added sugars, and artificial sweeteners.

WHY IT'S IMPORTANT

Processed foods and sugar feed imbalance, *Candida*, and inflammation. Artificial sweeteners have been shown to increase dysbiosis and encourage pathogenic growth.

HOW TO IMPLEMENT

Avoid fast food, added sugar, and refined grains. If you're craving sweetness, opt for natural sources like whole fruits and stevia or monk fruit in moderation.

DIETARY

Add Microbial and Motility Supporting Foods to Encourage Gut Balance

WHAT THIS MEANS

Certain foods and herbs can help fight pathogenic overgrowth and imbalance, acting as natural antimicrobials, as well as encourage healthy digestive motility.

WHY IT'S IMPORTANT

Overgrowth of pathogenic species or imbalances in the overall microbiome can cause inflammation, digestive symptoms, and other health complications. High levels of *Candida* can promote digestive symptoms and leaky gut. Focusing on encouraging healthy gut motility, foods that are likely to mitigate dysbiosis, and natural antimicrobials can help improve symptoms, restore gut balance, and promote overall health.

HOW TO IMPLEMENT

Work to incorporate multiple items from the following list daily, and preferably at every meal. Teas with a mix of these ingredients are a great option, multiple times a day. Cinnamon, turmeric, ginger, oregano, clove, garlic, fennel, peppermint, chamomile, pineapple, dandelion greens, apple cider vinegar, and coconut oil. Additionally, work to avoid added sugars and artificial sweeteners.

LIFESTYLE

Incorporate Breath Work to Reduce Stress

WHAT THIS MEANS

Working to incorporate exercises and tools to reduce and manage stress is crucial to gut balance.

WHY IT'S IMPORTANT

Stress has been linked to elevated Proteobacteria, inflammation, digestive symptoms, and more.

HOW TO IMPLEMENT

Incorporate breathing exercises, meditation, and restorative exercise into your daily routine. Try the 4-8-7 breath to start and end your day; inhale for a count of 4, hold for a count of 8, then exhale for a count of 7 (hold and exhale should be nearly twice the length of the inhale). Consider adding in yoga and/or Qigong into your movement routine.

LIFESTYLE

Increase Exercise to Support Overall Health and Gut Balance

WHAT THIS MEANS

Incorporate a variety of movement into your week, aiming for a minimum of 3 days/ week, 30+ minutes per day.

WHY IT'S IMPORTANT

Exercise helps reduce weight, improve blood sugar balance, and promotes a healthy shift in the microbiome.

HOW TO IMPLEMENT

Choose exercises like strength training, walking, hiking, and yoga to build a regular routine of movement. Try to include some form of purposeful movement daily.