

JIALIN YANG 06-Mar-1985

Male

1 INTERNATIONAL PATIENT **MELBOURNE VIC 3000**

Dr.RAJIV JOSHI (UK) INTELLIGENT SCREENING UK 62 LUMINOSITY CRT/40 DRAYTON GREEN RD Collection Date: 13-May-2024 **LONDON UK 1000**

LAB ID: 3987169 UR NO.: 6274729

3987169

Received Date: 20-May-2024

COMPLETE MICROBIOME MAPPING REVIEW PROFILE

Parasites & Worms	Bacteria & Viruses	Fungi and Yeasts
	Bacillus species. Enterococcus faecium Klebsiella species	
Key Phyla Microbiota Firmicutes:Bacteroidetes Ratio	0.76 < 1.00 RATIO	

Relative Commensal Abundance of the 6 Phyla groups can be found on page 4 of this report



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		,	-		
Parasites and Worms.	Result	Range	Units		
Parasitic Organisms					
Cryptosporidium species	<dl< td=""><td>< 1.0</td><td>x10^5 org/g</td><td></td><td></td></dl<>	< 1.0	x10^5 org/g		
Entamoeba histolytica.	<dl< td=""><td>< 1.0</td><td>x10^5 org/g</td><td></td><td></td></dl<>	< 1.0	x10^5 org/g		
Giardia intestinalis	<dl< td=""><td>< 1.0</td><td>x10^5 org/g</td><td></td><td></td></dl<>	< 1.0	x10^5 org/g		
Blastocystis hominis.	<dl< td=""><td>< 1.0</td><td>x10^5 org/g</td><td></td><td></td></dl<>	< 1.0	x10^5 org/g		
Dientamoeba fragilis.	<dl< td=""><td>< 1.0</td><td>x10^5 org/g</td><td></td><td></td></dl<>	< 1.0	x10^5 org/g		
Endolimax nana	<dl< td=""><td>< 1.0</td><td>x10^5 org/g</td><td></td><td></td></dl<>	< 1.0	x10^5 org/g		
Entamoeba coli.	<dl< td=""><td>< 5.0</td><td>x10^5 org/g</td><td></td><td></td></dl<>	< 5.0	x10^5 org/g		
Pentatrichomonas hominis	<dl< td=""><td>< 1.0</td><td>x10^5 org/g</td><td></td><td></td></dl<>	< 1.0	x10^5 org/g		
Worms Ancylostoma duodenale, Roundworn	m Not Dete	ected			
Ascaris lumbricoides, Roundworm	Not Dete		Necator an	nericanus, Hookworm	Not Detected
Trichuris trichiura, Whipworm	Not Detected		Enterobius vermicularis, Pinworm		Not Detected
Enterocytozoon spp	Not Detected		Hymenolepis spp, Tapeworm		Not Detected
Strongyloides spp, Roundworm	Not Dete	ected	Taenia spe	cies, Tapeworm	Not Detected
Comments Not Detected or soller to discuss the sol		-t-lil- DNA to t			

Comment: Not Detected results indicate the absence of detectable DNA in the sample for the worms reported. NOTE: Reflex testing is performed on clinically indicated samples

Opportunistic Bacteria/Overgrow	th Result	Range	Units
Bacillus species.	<i>3.41</i> *H	< 1.00	x10^4 CFU/g
Enterococcus faecalis	<dl< th=""><th>< 1.00</th><th>x10^5 CFU/g</th></dl<>	< 1.00	x10^5 CFU/g
Enterococcus faecium	<i>5.67</i> *H	< 1.00	x10^5 CFU/g
Morganella species	<dl< th=""><th>< 1.00</th><th>x10^5 CFU/g</th></dl<>	< 1.00	x10^5 CFU/g
Pseudomonas species	<dl< th=""><th>< 1.00</th><th>x10^4 CFU/g</th></dl<>	< 1.00	x10^4 CFU/g
Pseudomonas aeruginosa.	<dl< th=""><th>< 3.00</th><th>x10^4 CFU/g</th></dl<>	< 3.00	x10^4 CFU/g
Staphylococcus species	<dl< th=""><th>< 1.00</th><th>x10^3 CFU/g</th></dl<>	< 1.00	x10^3 CFU/g
Staphylococcus aureus	<dl< th=""><th>< 5.00</th><th>x10^3 CFU/g</th></dl<>	< 5.00	x10^3 CFU/g
Streptococcus species	1.49	< 3.00	x10^6 CFU/g
Methanobrevibacter smithii	<dl< th=""><th>< 3.50</th><th>x10^5 CFU/g</th></dl<>	< 3.50	x10^5 CFU/g
Desulfovibrio piger	<dl< th=""><th>< 18.00</th><th>x10^7 CFU/g</th></dl<>	< 18.00	x10^7 CFU/g
Enterobacter cloacae complex.	<dl< th=""><th>< 5.00</th><th>x10^5 CFU/g</th></dl<>	< 5.00	x10^5 CFU/g
Potential Autoimmune Triggers			
Citrobacter species.	<dl< th=""><th>< 5.00</th><th>x10^4 CFU/g</th></dl<>	< 5.00	x10^4 CFU/g
Citrobacter freundii.	3.63	< 5.00	x10^4 CFU/g
Klebsiella species	<i>9.09</i> *H		x10^3 CFU/g
Klebsiella pneumoniae.	0.30	< 5.00	x10^5 CFU/g
Prevotella copri	<dl< th=""><th>< 1.00</th><th>x10^9 CFU/g</th></dl<>	< 1.00	x10^9 CFU/g
Proteus species	<dl< th=""><th>< 5.00</th><th>x10^5 CFU/g</th></dl<>	< 5.00	x10^5 CFU/g
Proteus mirabilis.	<dl< th=""><th>< 1.00</th><th>x10^4 CFU/g</th></dl<>	< 1.00	x10^4 CFU/g
Fusobacterium species	1.00	< 10.00	x10^4 CFU/g
Fungi & Yeast	Result	Range	Units
Candida albicans.	<dl< th=""><th>< 5.00</th><th>x10^4 CFU/g</th></dl<>	< 5.00	x10^4 CFU/g
Candida species.	<dl< th=""><th>< 5.00</th><th>x10^5 CFU/g</th></dl<>	< 5.00	x10^5 CFU/g
Geotrichum species.	<dl< th=""><th>< 3.00</th><th>x10^2 CFU/g</th></dl<>	< 3.00	x10^2 CFU/g
Saccharomyces cerevisiae.	<dl< th=""><th>< 3.00</th><th>x10^3 CFU/g</th></dl<>	< 3.00	x10^3 CFU/g
Rhodotorula species.	<dl< th=""><th>< 1.00</th><th>x10^3 CFU/g</th></dl<>	< 1.00	x10^3 CFU/g



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ONDON UK 1000	Re	eceived Da D-May-2024		398/169
acterial Pathogens	Result	Range	Units	
Aeromonas hydrophila.	<dl< td=""><td>< 1.00</td><td>x10^3 CFU/g</td><td></td></dl<>	< 1.00	x10^3 CFU/g	
Campylobacter species.	<dl< td=""><td>< 1.00</td><td>x10^5 CFU/g</td><td></td></dl<>	< 1.00	x10^5 CFU/g	
C. difficile, Toxin A	<dl< td=""><td>< 1.00</td><td>x10^4 CFU/g</td><td></td></dl<>	< 1.00	x10^4 CFU/g	
C. difficile, Toxin B	<dl< td=""><td>< 1.00</td><td>x10^4 CFU/g</td><td></td></dl<>	< 1.00	x10^4 CFU/g	
Enterohemorrhagic E. coli	<dl< td=""><td>< 1.00</td><td>x10^5 CFU/g</td><td></td></dl<>	< 1.00	x10^5 CFU/g	
Enteroinvasive E. coli/Shigella	<dl< td=""><td>< 1.00</td><td>x10^3 CFU/g</td><td></td></dl<>	< 1.00	x10^3 CFU/g	
Enterotoxigenic E. coli LT/ST	<dl< td=""><td>< 1.00</td><td>x10^5 CFU/g</td><td></td></dl<>	< 1.00	x10^5 CFU/g	
Shiga-like Toxin E. coli stx1	<dl< td=""><td>< 1.00</td><td>x10^4 CFU/g</td><td></td></dl<>	< 1.00	x10^4 CFU/g	
Shiga-like Toxin E. coli stx2	<dl< td=""><td>< 1.00</td><td>x10^4 CFU/g</td><td></td></dl<>	< 1.00	x10^4 CFU/g	
Salmonella species.	<dl< td=""><td>< 1.00</td><td>x10^5 CFU/g</td><td></td></dl<>	< 1.00	x10^5 CFU/g	
Vibrio species.	<dl< td=""><td>< 1.00</td><td>x10^4 CFU/g</td><td></td></dl<>	< 1.00	x10^4 CFU/g	
Yersinia species.	<dl< td=""><td>< 1.00</td><td>x10^5 CFU/g</td><td></td></dl<>	< 1.00	x10^5 CFU/g	
Helicobacter pylori	<dl< td=""><td>< 1.0</td><td>x10^3 CFU/g</td><td></td></dl<>	< 1.0	x10^3 CFU/g	
Comment: Helico Pylori viruleno	ce factors v	will be liste	ed below if detected POSITIVE	
H.pylori Virulence Factor, babA	Not Dete	ected	H.pylori Virulence Factor, cagA	Not Detected
H.pylori Virulence Factor, dupA	Not Dete	ected	H.pylori Virulence Factor, iceA	Not Detected
H.pylori Virulence Factor, oipA	Not Dete	ected	H.pylori Virulence Factor, vacA	Not Detected
H.pylori Virulence Factor, virB	Not Dete	ected	H.pylori Virulence Factor, virD	Not Detected
iral Pathogens	Result	Range	Units	
Adenovirus 40/41	Not Dete	ected		

Viral Pathogens	Result Rai
Adenovirus 40/41	Not Detected
Norovirus GI/II	Not Detected
Rotavirus A	Not Detected
Sapovirus (I,II,IV,V)	Not Detected
Astrovirus (hAstro)	Not Detected

Normal Bacterial GUT Flora	Result	Range	Units	
Bacteroides fragilis	<i>0.5</i> *L	1.6 - 250.0	x10 ⁵ CFU/g	
Bifidobacterium species	<i>5.6</i> *L	> 6.7	x10^5 CFU/g	•
Bifidobacterium longum	<i>5.1</i> *L	> 5.2	x10^5 CFU/g	•
Enterococcus species	2447.0 *H	1.9 - 2000.0	x10 ³ CFU/g	•
Escherichia species	3366.5	3.7 - 3800.0	x10^4 CFU/g	•
Lactobacillus species	10.3	8.6 - 6200.0	x10^3 CFU/g	
Lactobacillus rhamnosus	<i>0.1</i> *L	8.3 - 885.0	x10^3 CFU/g	•
Clostridium species	35.8	5.0 - 50.0	x10^7 CFU/g	•
Oxalobacter formigenes	<dl *l<="" th=""><th>> 5.00</th><th>x10^6 CFU/g</th><th></th></dl>	> 5.00	x10^6 CFU/g	
Akkermansia muciniphila	<i><dl< i=""> *L</dl<></i>	1.00 - 50.00	x10^7 CFU/g	
Faecalibacterium prausnitzii	265.9	200.0 - 3500.0	x10^6 CFU/g	•

Methodology:



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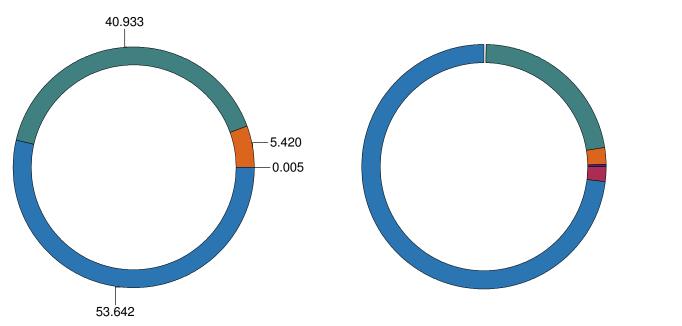
Introduction:

Your gut microbiome is a collective name for the 40 trillion cells and up to 1000 microbial species that include bacteria, viruses, fungi, parasites, and archaea and reside in our gut. The number of gut bacterial cells is approximately equal to the total number of human cells in our body, so if we consider only cell counts, we are only about half human. In terms of gene counts, the microbiome contains about 200 times more genes than the human genome, making bacterial genes responsible for over 99% of our body's gene content! Of all the microbial communities in the human body, the gut microbiome is by far the most dense, diverse, and physiologically important ecosystem to our overall health.

Relative Commensal Abu	ndance Result	Range	Units
Bacteroidetes Phylum	53.642	50.000 - 95.000	%
Firmicutes Phylum	<i>40.933</i> *H	3.500 - 40.000	%
Proteobacteria Phylum	5.420	0.500 - 12.500	%
Actinobacteria Phylum	0.005	0.001 - 4.818	%
Euryarchaeota Phylum	0.000	0.000 - 0.017	%
Verrucomicrobia Phylum	0.000	0.000 - 2.400	%

Your Phyla:

Healthy Phyla:



NOTE: Relative abundance reference ranges have been based on a healthy population study.

King CH, et., al. (2019) Baseline human gut microbiota profile in healthy people and standard reporting template. PLoS One. 2019 Sep 11;14(9):e0206484.



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LONDON UK 1000

Opportunistic Bacteria Comment

BACILLUS SPECIES ELEVATED:

PHYLUM: Firmicutes

DESCRIPTION:

Bacillus species are spore forming, gram-positive rods belonging to the Bacillaceae family. The majority of Bacillus species have little or no pathogenicity. However, some species, particularly Bacillus cereus and licheniformis, have been implicated in food poisoning and opportunistic infections, which may be characterised by abdominal pain with diarrhea or nausea and vomiting and transmitted via ingestion of contaminated food.

TREATMENT SUGGESTIONS:

Infection is usually self-limited and does not require any targeted therapy. In severe cases or immunocompromised, treatment with vancomycin, gentamicin, chloramphenicol, or carbapenems should be considered. Rule out allergy to above medication before prescribing/taking.

ENTEROCOCCUS FAECIUM ELVATED:

PHYLUM: Firmicutes

DESCRIPTION:

Enterococcus faecium is a gram-positive bacterium commensal bacterium inhabiting the gastrointestinal tracts of humans. It can however, be implicated in a variety of infections of which urinary tract infections are the most common. Enterococci have recently emerged as a prevalent multidrug-resistant nosocomial pathogen. Resistant Enterococci densely colonize the gut particularly following antibiotic treatment, which can deplete the GI tract of protective commensals.

TREATMENT SUGGESTIONS:

Treatment of Enterococcus species in gut flora may not be necessary or recommended. However, if there is overgrowth of this genus with implicated infection, treatment may be warranted. Enterococci are challenging to treat due their drug-resistant mechanisms. Ampicillin is the preferred antibiotic used to treat enterococci infections if required. Rule out allergy to above medication before prescribing/taking.

METHANOBREVIBACTER SMITHII:

PHYLUM: Euryarchaeota

DESCRIPTION:

Methanobrevibacter smithii is a methane-producing microbe that plays an important role in the gut ecosystem by facilitating carbohydrate fermentation and production of short-chain fatty acids by commensal bacteria. Approximately 70% of the healthy cohort has below detectable levels of Methanobrevibacter smithii.

Potential Autoimmune Comments

KLEBSIELLA SPECIES ELEVATED:

PHYLUM: Proteobacteria

DESCRIPTION:

Klebsiella is a genus of Gram-negative, oxidase-negative, rod-shaped bacteria that is ubiquitous in the environment and part of the normal intestinal flora. However, they can also behave as opportunistic human pathogens. Overgrowth may cause diarrhea, gas, abdominal pain, and bloating. Klebsiella may cause histamine release and increased intestinal inflammatory activity. It also may be associated with antibiotic-associated haemorrhagic colitis.

TREATMENT SUGGESTIONS:

A practitioner may take into consideration a range of patient factors and symptoms to determine if treatment is necessary. Klebsiella appears to thrive in individuals on a high starch diet. Avoiding carbohydrates such as rice, potatoes, flour products and sugary foods may reduce the amount of Klebsiella in the gut. Resistance to common antibiotics is common and the use of herbal antimicrobials oregano (Origanum vulgare), sage (Salvia officinalis) or thyme (Thymus vulgaris) may be effective.



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Phyla Microbiota Comment

FIRMICUTES (PHYLUM) ELEVATED:

Firmicutes are a phylum of diverse bacteria which are primarily grouped into classes, Bacilli, Clostridia, Erysipelotrichia and Negativicutes. They are found in various environments, including the intestinal tract, and the group includes some notable pathogens. Firmicutes are involved in energy resorption in the gut microbiome and levels may be affected by diet. Elevated levels and disturbance of gastrointestinal microbiome balance, particularly Firmicutes/Bacteroidetes ratio, have been associated with inflammation, obesity, diabetes and with a high sugar/ fat diet.

TREATMENT SUGGESTIONS: Consider using Bifidobacterium or Saccharomyces containing probiotics. It may also be suggested to optimise the patient diet. A lower fat diet may help to normalize Firmicutes levels.



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Normal Bacterial Flora Comment

BACTEROIDES FRAGILIS LOW:

PHYLUM: Bacteroidetes

DESCRIPTION: Bacteroides fragilis is an anaerobic, Gram-negative bacterium. It is part of the normal microbiota of the human colon and is generally commensal. Bacteroides fragilis plays an intricate role in the human colon and usually has a beneficial relationship with the host. Low Bacteroides fragilis levels have been associated with inflammatory bowel disease and Crohn's.

TREATMENT SUGGESTIONS: Treatment may involve the use of probiotics and dietary modification.

BIFIDOBACTERIUM LONGUM LOW:

PHYLUM: Actinobacteria

DESCRIPTION:

Bifidobacterium longum is a Gram-positive, catalase-negative, rod-shaped bacterium present in the human gastrointestinal tract and one of the Bifidobacterium species. It can induce and regulate immune responses, reduce the expression of inflammatory cytokines, and maintain the normal intestinal barrier function.

Bifidobacterium longum is a clinically effective, well-established, multifunctional probiotic that has a long history of human use in alleviating gastrointestinal, immunological, and infectious diseases such as constipation, antibiotic associated diarrhoea, irritable bowel syndrome and ulcerative colitis. Low levels may be associated with irritable bowel syndrome, asthma, autism, depressive disorder and with pathogenic bacteria infection.

TREATMENT SUGGESTIONS: Treatment may involve the use of Bifidobacterium longum containing probiotics and treatment of any intestinal infections.

BIFIDOBACTERIUM SPECIES LOW:

PHYLUM: Actinobacteria

DESCRIPTION:

Bifidobacterium is a genus of gram-positive, nonmotile anaerobic bacteria that are ubiquitous inhabitants of the gastrointestinal tract and considered a probiotic. Bifidobacterium species prevent diarrhea and intestinal infections, alleviate constipation, and stimulate the immune system. Low levels may be associated with irritable bowel syndrome, asthma, autism, depressive disorder and with pathogenic bacterial infection.

TREATMENT SUGGESTIONS: Treatment may involve the use of Bifidobacterium containing probiotics and treatment of any intestinal infection.

ENTEROCOCCUS SPECIES ELEVATED:

PHYLUM: Firmicutes

DESCRIPTION:

Enterococci are Gram-positive facultative anaerobic cocci, commonly found in the environment, water, food, human skin, oral cavity and intestine. Non-faecium, non-faecalis enterococci are increasingly recognized in reports as causes of the bloodstream, urinary tract or endovascular infections. Elevated enterococcal colonization of the GI tract is the main predisposing factor for severe infections, which occur through gut translocation. High levels may also be due to reduced digestive capacity, constipation, or small intestinal bacterial overgrowth.

TREATMENT SUGGESTIONS: Commensal probiotic cocktails are suggested to prevent and reverse gut elevated colonization.

LACTOBACILLUS RHAMNOSUS LOW:

PHYLUM: Firmicutes

DESCRIPTION:

Lactobacillus Rhamnosus is a Gram-positive anaerobic bacterium and is one of the most widely used probiotic strains, of which various health effects are well documented including the prevention and treatment of gastro-intestinal infections and diarrhea and even preventing certain allergic symptoms.



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Decreased Lactobacillus rhamnosus colonisation has been shown to decrease gastro-intestinal health, increasing the risk of gastro-intestinal infections and diarrhea as well as extra-intestinal infections including oral and respiratory health. Studies have also revealed that chronic psychological stress and alcohol use may be associated with a decrease in Lactobacillus species, as well as antibiotic / medication use.

TREATMENT SUGGESTIONS: Treatment may involve the use of Lactobacillus containing probiotics and treatment of any intestinal infections

LACTOBACILLUS SPECIES LOW NORMAL:

PHYLUM: Firmicutes

DESCRIPTION:

Lactobacillus species is below average.

Lactobacillus is a genus of Gram-positive rod-shaped, non-spore-forming bacteria which constitute a significantly important component of the human gastrointestinal system.

Lactobacillus exhibits a mutualistic relationship with the human body, as it protects the host against potential invasions by pathogens, and in turn, the host provides a source of nutrients. Lactobacilli are among the most common probiotic found in food such as yogurt, and it is diverse in its application to maintain gut health and to help treat ailments clinically such as diarrhea and obesity.

Lactobacillus species promote the anti-inflammatory response, thereby supporting the improvement of symptoms pertaining to asthma, chronic obstructive pulmonary disease, neuroinflammatory diseases, cardiovascular diseases, inflammatory bowel disease (IBD) and chronic infections in patients. Reduced levels increase the risk of infections and inflammation. Studies have also revealed that chronic psychological stress and alcohol use may be associated with a decrease in Lactobacillus species, as well as antibiotic / medication use.

TREATMENT SUGGESTIONS: Treatment may involve the use of Lactobacillus containing probiotics and treatment of any intestinal infections.

OXOLOBACTER FORMIGENES LOW:

PHYLUM: Proteobacterium

DESCRIPTION:

Oxalobacter formigenes is a Gram negative oxalate-degrading anaerobic bacterium. Oxolate is formed in the liver by amino acid catabolism as well as present in a wide range of foods including tea, coffee, chocolate and certain fruits and vegetables. High concentration of oxalate in the urine is related to the potential formation of calcium oxalate kidney stones. Oxolobacter Formigenes is the main known bacterial species involved in oxalate degradation in the gut and maintains oxalate homeostasis. Levels of O. Formigenes tends to decrease with age as well as with the use of antibiotics or other drugs. Low levels may be associated with calcium oxide stone formation, inflammatory bowel disease or Crohn's.

TREATMENT SUGGESTIONS:

Treatment options include probiotic treatment and low oxalate diet modification. Urinary oxalate levels may also need to be investigated.

AKKERMANSIA MUCINIPHILA LOW:

PHYLUM: Verrucomicrobia

Akkermansia muciniphila is a Gram-negative, strictly anaerobic, non-motile bacterium, often considered a human intestinal symbiont. There is growing evidence to suggest that the prevalence of this bacteria is associated with intestinal homeostasis, immunity, and a healthy gut. Decreased colonisation levels may be associated with obesity, type 2 diabetes, and inflammation.

TREATMENT SUGGESTIONS: Treatment may involve the use of probiotics, treatment of any intestinal infections and dietary modification.



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The Four "R" Treatment Protocol

	Using a course of antimicrobial, antibacterial, antiviral or anti parasitic therapies in cases where organisms are present. It may also be necessary to remove offending foods, gluten, or	ANTIMICROBIAL	Oil of oregano, berberine, caprylic acid
		ANTIBACTERIAL	Liquorice, zinc carnosine, mastic gum, tribulus, berberine, black walnut, caprylic acid, oil of oregano
REMOVE		ANTIFUNGAL	Oil of oregano, caprylic acid, berberine, black walnut
REM	medication that may be acting as antagonists.	ANTIPARASITIC	Artemesia, black walnut, berberine, oil of oregano
	Consider testing IgG96 foods as a tool for removing offending foods.	ANTIVIRAL	Cat's claw, berberine, echinacea, vitamin C, vitamin D3, zinc, reishi mushrooms
		BIOFILM	Oil of oregano, protease
REPLACE	In cases of maldigestion or malabsorption, it may be necessary to restore proper digestion by supplementing with digestive enzymes.	DIGESTIVE SUPPORT	Betaine hydrochloride, tilactase, amylase, lipase, protease, apple cider vinegar, herbal bitters
ш	Recolonisation with healthy, beneficial bacteria. Supplementation with probiotics, along with the use of prebiotics helps re-establish the proper microbial balance.	PREBIOTICS	Slippery elm, pectin, larch arabinogalactans
REINOCULAT		PROBIOTICS	Bifidobacterium animalis sup lactise, lactobacillus acidophilus, lactobacillus plantarum, lactobacillus casei, bifidobacterium breve, bifidobacterium bifidum, bifidobacterium longum, lactobacillus salivarius ssp salivarius, lactobacillus paracasei, lactobacillus rhamnosus, Saccaromyces boulardii
ANCE	Restore the integrity of the gut mucosa by giving support to healthy mucosal cells, as well as immune support. Address whole body health and lifestyle factors so as to prevent future Gl dysfunction.	INTESTINAL MUCOSA IMMUNE SUPPORT	Saccaromyces boulardii, lauric acid
& RE		INTESTINAL BARRIER REPAIR	L-Glutamine, aloe vera, liquorice, marshmallow root, okra, quercetin, slippery elm, zinc carnosine, Saccaromyces boulardii, omega 3 essential fatty acids, B vitamins
REPAIR		SUPPORT CONSIDERATION	Sleep, diet, exercise, and stress management