

Advanced Microbiome & Metabolic Interpretation Worksheet

Client Name: _____ Date: ____ Test Type: Shotgun Metagenomics (Advanced Sequencing)

Section 1: The "Ghost Microbe" & Diversity Assessment

Use this section to identify findings that standard 16S PCR tests may have missed.

- **Alpha Diversity Score:** _____ (Goal: High diversity)
- **Key Species/Strains Identified:**
 - ☐ *Akkermansia muciniphila* (Low/High) — Target: Mucus lining & insulin sensitivity
 - ☐ *Faecalibacterium prausnitzii* (Low/High) — Target: Butyrate production & inflammation
- **Metabolic Potential Identified:** _____

Section 2: The Hidden Kingdom (Mycobiome)

Assess for fungal overgrowth and non-traditional yeast strains.

Fungal Marker	Present?	Clinical Significance
Candida (Non-albicans)	<input type="checkbox"/>	Potential resistance to standard caprylic acid/antifungals.
Rhodotorula	<input type="checkbox"/>	Associated with environmental toxins or mold exposure.
Geotrichum candidum	<input type="checkbox"/>	Linked to dairy consumption, bloating, and malabsorption.
Biofilm Indicators	<input type="checkbox"/>	Persistent symptoms despite previous "cleanses."

Section 3: Metabolic Fire & Phyla Ratios

Evaluate the risk for metabolic endotoxemia and systemic inflammation.

- **Firmicutes/Bacteroidetes (F/B) Ratio:** ____ (High ratio = higher calorie harvest)

- **Proteobacteria Level:** ____ %
 - *Critical Marker:* If **>5%**, the client is in a state of "Metabolic Fire" (LPS-driven inflammation).
- **LPS (Lipopolysaccharide) Potential:** ☐ Low ☐ Moderate ☐ High

Section 4: The Estrobolome (Gut-Hormone Axis)

Check for markers of estrogen reabsorption and hormonal imbalance.

- **Beta-Glucuronidase Level:** ____
- **Associated Symptoms (Check all that apply):**
 - ☐ Heavy/painful periods
 - ☐ Breast tenderness
 - ☐ Difficulty losing weight (hips/thighs)
 - ☐ Recalcitrant acne or brain fog

Section 5: The "Target" Phase Protocol

Based on the findings above, select the "Sniper" interventions.

1. **Precision Probiotic:** _____ (e.g., *Akkermansia* for insulin, *F. prausnitzii* for inflammation)
2. **Bacteriophage Therapy:** _____ (Targeting specific pathogens like *E. coli* without harming beneficial flora)
3. **Biofilm Disruptor:** _____ (e.g., *Bismuth*, *ALA*, or *Cellulase/Hemicellulase* enzymes)
4. **Botanical/Antifungal:** _____

Practitioner Observations:

Next Steps:

- ☐ Re-test in ____ months.
 - ☐ Adjust dietary triggers (e.g., dairy if *Geotrichum* is high).
 - ☐ Begin Biofilm phase for ____ days before introducing antifungals.
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