

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) | [] | Potential resistance to standard caprylic acid/antifungals. |
| Rhodotorula | [] | Associated with environmental toxins or mold exposure. |
| Geotrichum candidum | [] | Linked to dairy consumption, bloating, and malabsorption. |
| Biofilm Indicators | [] | 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:** _____
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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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