

## PATHOGENS

### BACTERIAL PATHOGENS

<i>Enterohemorrhagic E. coli</i>	4.97e 3 - <b>HIGH</b>	This bacterium can lead to colitis, anemia, and kidney failure. This infection often comes from food or water. Undercooked foods, raw milk, and unpasteurized juices. Symptoms can include fever, cramping, fatigue, nausea, and diarrhea. This will need to be addressed with antimicrobials.
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### PARASITIC PATHOGENS

**NO COMMENTS**

### VIRAL PATHOGENS

**NO COMMENTS**

## HELICOBACTER PYLORI

### H.PYLORI & VIRULENCE FACTORS

**NO COMMENTS**

## COMMENSAL/KEYSTONE BACTERIA

### COMMENSAL BACTERIA

<i>Bacteroides fragilis</i>	6.96e 8 <b>LOW</b>	<b><i>This bacterium is involved in microbial balance, barrier integrity, and helps neuro-immune health. Helps digest carbohydrates. It's a good bacterium! Low levels can contribute to inflammation. Addressing other gut dysbiosis found in</i></b>
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		<b>this test will be important for this bacterium to recover</b>
<i>Roseburia spp.</i>	2.35e 7 <b>LOW</b>	<b>Roseburia spp. is part of the Clostridia class. This bacterium influences colonic motility, immunity, and inflammation levels. Low levels are associated with IBS, type 2 diabetes, nervous system conditions, and allergies. Inflammation is present when this is low. To nourish this bacterium, include more fiber in the diet.</b>

**BACTERIAL PHYLA – 90% of bacteria in the gut**

<i>Bacteroidetes</i>	2.04e 11 <b>LOW</b>	<b>When this bacterium is low, other inflammatory species of bacteria are present. Butyrate supplementation will be an important addition to your protocol once your dysbiosis is under control.</b>
<i>Firmicutes</i>	1.74e 10 <b>LOW</b>	<b>This phylum is where most of the butyrate producing bacteria reside. Possible causes of a low level are antibiotics, medications, poor diet, chemotherapy, other infections, alcohol, and smoking. Address any of these along with other gut infections in this report will help this bacterium recover.</b>

**OPPORTUNISTIC/OVERGROWTH MICROBES**

**DYSBIOTIC & OVERGROWTH BACTERIA**

<i>Bacillus spp.</i>	3.49e 6 <b>HIGH</b>	<b>This bacterium is present on 99% of everyone's GI Map. It's main representation indicates that your stool sample was viable.</b>
<i>Enterococcus faecalis</i>	9.54e 4 <b>HIGH</b>	<b>This bacterium is associated with low stomach acid, poor digestive function, SIBO, constipation. This bacterium has resistance to antibiotics. Antibiotics tend to cause further overgrowth. Improving constipation, improving digestion, and antimicrobials will help tame this bacterium.</b>

Pseudomonas spp.

1.46e 4 HIGH

***This bacterium is histamine producing. It can also cause one to be gluten sensitive. This bacterium is known to increase during stress, trauma, surgeries, and cancers. Imbalance of this bacterium affects all parts of the intestines—epithelial barrier, tight junction, and intestinal permeability. Symptoms: histamine issues, loose stools, dehydration, and bloating. If experience symptoms it can be helpful to remove dairy, gluten, and eggs. If not presenting, you may keep these foods. Addressing gut dysbiosis with antibiotics will help eradicate the bacterium.***

#### COMMENSAL OVERGROWTH MICROBES

NO COMMENTS

#### INFLAMMATORY & AUTOIMMUNE RELATED BACTERIA

Klebsiella spp.

9.52e 3 HIGH

***Most commonly resides in the oral cavity and respiratory tract. Often presents after antibiotic use. Can lead to histamine in the gut. This is a hydrogen sulfide producing bacteria—associated with C. diff. This bacterium can lead to conditions like pneumonia, UTIs, and sepsis. It has also been linked to Crohn's disease, ulcerative colitis, and colorectal cancer. Symptoms: abdominal pain, bloating, diarrhea. It is a very inflammatory bacterium. Working on your entire gut dysbiosis, yeast with allow for the elimination of Klebsiella. Continue to work on digestion always.***

#### COMMENSAL INFLAMMATORY & AUTOIMMUNE RELATED BACTERIA

NO COMMENTS

FUNGI/YEAST

FUNGI/YEAST

Candida spp.

6.58e 3 HIGH

**Candida is a normal part of the GI tract—until it is overgrown. It's important to note that when we get GI Map results, we want this to be undetectable. Yeast is present in the mouth, esophagus, small intestine, stomach, and vagina. The GI Map is good for looking for colon overgrowth. Candida increases inflammation and pokes holes in the gut lining. Candida occurs for a reason—finding the reason is key to eradicating it. Copper imbalance in women is a leading cause of systemic candida. Continue to work on mineral balancing and reduce gluten intake can be helpful to eradicate yeast overgrowth. Always work on digestion.**

**Common symptoms of candida**

- Gas
- Abdominal cramps
- Diarrhea/constipation
- Micronutrient deficiencies
- Inflammation
- Thrush
- FMS
- Joint pain
- Flashes
- Histamine-type symptoms
- Allergies
- Migraines/ headaches
- Brain fog
- Sinusitis
- Fungal infections on nails/athlete's foot
- Asthma
- Ear infections
- Weight issues (loss or gain)
- Fatigue

VIRUSES

VIRUSES

**NO COMMENTS**

**PARASITES**

**PROTOZOA**

**NO COMMENTS**

**WORMS**

**NO COMMENTS**

**INTESTINAL HEALTH MARKERS**

**DIGESTION**

**NO COMMENTS**

**GI MARKERS**

**NO COMMENTS**

**IMMUNE RESPONSE**

**NO COMMENTS**

**INFLAMMATION**

**NO COMMENTS**

**RECOMMENDED PROTOCOLS**

**ORAL HEALTH PROTOCOL**

Brushing daily, first thing once you wake in the morning

Recommended two toothpastes Triolin (works on biofilms) or Forest Blue Toothpaste. These toothpastes are useful for elevated levels of oral bacteria that have shown up on your GI MAP results. Another good idea is to dip your toothbrush into 3% H2O2 after every toothbrushing to sanitize. Remember to change your toothbrush/toothbrush head out on a regular basis and sanitize your mouth guard if you use one.

If you would like to make a homemade antibacterial toothpaste, see below.

**Toothpaste:** Combine 1/2 cup baking soda + 1 tsp salt or mineral salt in large container. Dip toothbrush in 3% H2O2 before dipping into baking soda mixture and then brush for 2 minutes.

**WaterFloss (or floss):** Use 3% hydrogen peroxide with water by diluting 1:1 to 3:1 ratio (H2O2 + water). Use WaterFloss around gum line of each tooth daily, or you can floss daily.

**Mouthwash:** Use 3% H2O2 and 1/2 tsp salt or 1 to 3 ratio (H2O2 + water) and gargle once every 24 hours.

## **OTHER PROTOCOLS:**

Take a Triolin oral wash and use once daily and/or drink Triolin and swirl around the mouth as you drink. Chew xylitol gum throughout the day (xylitol kills the strep).

## **GIU PROTOCOLS:** duration 6-12 weeks

**DIET:**

- Depending on your sensitivities to foods, it may be helpful to avoid high histamine foods (fermented foods, dried fruits, bone broths, processed meats), dairy, grains, food colorings, sulfites, preservatives, and sugar alcohols (erythritol, xylitol) temporarily.
- At times, it is a very good idea to test for Lyme disease and/or mold if you feel you have had these exposures. These conditions, if not addressed, can keep one

from recovering from SIBO or these conditions can lead to a relapse:

- Practice deep breathing to keep the body in a more parasympathetic state (rest & digest) to allow for the best digestion and absorption of nutrients
- **Chew your food thoroughly.** This is important because larger pieces of undigested foods contribute to SIBO and other gut infections.
- **Stop or reduce drastically any smoking, alcohol consumption, refined carbohydrates, and sugar.** These all feed SIBO and gut infections.
- **Crucial to keep working on digestion with inner water, digestive enzymes, digestive enzymes with HCl, TUDCA** — bile support, or dandelion root tea.

### SUGGESTED SUPPLEMENTS

PROBIOTIC	FUNCTIONS OF ACTION	SIBO
<a href="#"><u>Blacidin Liquid</u></a>	Addresses bloating, all healthy healthy bacteria & fungal balance	Begin with 1 drop twice a day, and gradually increase to 10-15 drops twice a day. <b>**Always take on an empty stomach (30 mins before a meal or 2 hours after)**</b>
<a href="#"><u>Blacidin Probiotic</u></a>	Helps with nausea, healthy healthy, anti-inflammatory and protects bacteria	20 drops twice a day — may take with Blacidin Liquid. No need to dilute up. <b>**Always take on an empty stomach (30 mins before a meal or 2 hours after)**</b>
<a href="#"><u>Blacidin Oils</u></a>	Essential for viruses, liver protection, and microbial balance	2 capsules twice a day — may take with Blacidin Liquid. No need to dilute up. <b>**Always take on an empty stomach (30 mins before a meal or 2 hours after)**</b>
<a href="#"><u>Blacidin Probiotic AD</u></a>	Help with elimination, GI flora, microbial balance, intestinal barrier support, and inflammation	1 capsule a day — anytime

<b><u>GINGER</u></b> <b><u>Relax</u></b>	<b>Helps with the off-balance biotin components, aids in reduction of inflammation</b>	<b>1-2 capsules 1-2 hours away from food, medications, and other supplements. Most take this at bedtime. 2 capsules are the suggested dose but if constipated, you can reduce to 1 a day</b>
<b><u>Vitamin A</u></b> <b><u>Supports</u></b>	<b>Specific for clearing candida from nasal cavity, improves sinuses</b>	<b>Start before use. Use at least once a day in each nostril. Use up to 3 times a day if needed and providing relief</b>
<b><u>HEAL &amp; SEAL</u></b> - <b>stool testing gut dysbiosis, pathogen eradication - duration 3 weeks</b>		
<b><u>Mucinase</u></b> <b><u>Mucosa</u></b> <b><u>Supports</u></b>	<b>Helps focus the gut with amino acids like mucopolysaccharide</b>	<b>1 capsule a day</b>
<b><u>Supports</u></b>		
<b><u>Gene-Breath</u></b>		<b>Human-made or store-bought</b>
<b><u>Antibiotics</u></b> <b><u>Use or Discontinue</u></b>		<b>Clippy, cly, maribion, roxy, malix, or phloxin</b>

Evenbetternow and its practitioners can also provide a 30-minute consultation option which can be conducted by phone or Zoom, should you need more support after you have received your GI Map written review and protocol. You can order your 30 min. consultation [here](#). If you have questions or need assistance ordering from our website, please call us at 520-877-2637 or email us at [admin@evenbetternow.com](mailto:admin@evenbetternow.com).

It is suggested to retest with a GI map stool test again after 2 months of completing the full protocol, this includes the Heal & Seal for 2 months.

You can reorder your GI Map [here](#). Please note, we are not associated with DHA laboratory and are not responsible for your order or you receiving your test results. Any questions regarding your order or status of your test results are to be directed to them at [info@dhalab.com](mailto:info@dhalab.com) or 847-222-9546.

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