



***Refer to respective bottles for daily supplement serving dosages.**

****Klaire Labs: Register as Patient. Use Code: 78G**

*****View Medical Disclosure at bottom of page**

Step II. Eradication & Re-inoculation: The Microbial Matrix (8 weeks)

I. Supporting Detoxification and Digestion:

EXPLANATION: The below list will support the journey in a healthy, safe and comfortable way. These below supplements while you are eradicating and seeding the digestive system will not only aid the process but also abate any uncomfortable detoxification symptoms.

A. Betain HCl: (Need 1 bottle total)

Register as patient. Use Code: 78G

<https://klaire.com/bhc-betaine-hci>

Warning: Do not take HCl if you are currently taking any anti-inflammatory drugs and/or medications such as corticosteroids (e.g. predisone), aspirin, Indocin, ibuprofen (e.g. Motrin, Advil, etc.) or other NSAIDS. Do not take HCl if you have been clinically diagnosed with a stomach ulcer.

<https://chriskresser.com/get-rid-of-heartburn-and-gerd-forever-in-three-simple-steps/>

B. Digestive Enzymes:

Digestive Enzymes: (1 bottle - 180 capsules)

Register as patient. Use Code: 78G

<https://klaire.com/cp6241-digestive-enzymes>



C. Maximum Keto Electrolytes:

Maximum Keto Electrolytes: (2 bottles total)

<https://amzn.to/3eKgYxA>

D. Gallbladder Enzymes: (5 boxes total)

ONLY Purchase If Gallbladder Has Been Removed

Gallbladder Enzymes

(2 boxes)

<https://bit.ly/3dHmZK3>

(3 boxes)

<https://bit.ly/389OdrA>

E. Bentonite Clay

Detox clay to pull out die-off of pathogenic bacteria, parasites, toxins etc

Bentonite Clay (1 bag)

<https://amzn.to/3jPkAku>



II. Eradication

A. SIBO Positive Antimicrobials

(You **HAVE** SIBO)

(To Eradicate: SIBO (Small Intestinal Bacteria Overgrowth) Campylobacter (C. jejuni, C. coli and C. lari, Clostridiodes difficile, (C. difficile), toxin A, Escherichia coli (E. coli) O157:H7, Enterotoxigenic E. coli, (ETEC) LT/ST, Shiga-like Toxin producing E. coli (STEC) stx1/stx2, Salmonella, (S. enterica), Shigella (S. boydii, S. sonnei, S. flexneri, and S. dysenteriae), Vibrio cholerae, cholera toxin gene (ctx), Adenoa Virus, 40/41, Norovirus GI/GII, Rotavirus A, Candida albicans, Candida spp, Geotrichum, etc. etc.

1. (Weeks 1-8) Bio-film Disrupter

Breaks Up the Biofilm where pathogenic microbes, yeasts, parasites etc. reside in

Interfase Plus: (1 bottle - 120 capsules)

<https://klaire.com/k-intp120-interfase-plus>

2. (Weeks 1-8) IBGuard

(Peppermint oil in microspheres to protect peppermint from being destroyed by stomach acid & allow for proper distillation into small intestine)

IBGuard: (3 boxes)

<https://amzn.to/3ByFXk9>



3. (Weeks 1-8) GI Synergy

GI Synergy: (1 Container - 90 packets)

<https://amzn.to/3xUStIL>

4. (Weeks 1-8) Ecophage

Ecophage: (1 bottle)

<https://bit.ly/3tYU6nt>

5. **Parasites Positive ONLY:**

IF YOU TESTED POSITIVE for Any of the Following Parasites:

Cryptosporidium (C. parvum and C. hominis), **Entamoeba, histolytica** (E. histolytica) Giardia (G. lamblia only - also known as G. intestinalis and G. duodenalis), Blastocystis hominis, Ascaris lumbricoides (roundworm), Trichuris trichiura (human whipworm), Enterobius, Vermicularis, Taenia Solium, Wuchereria, bancrofti, Trichinella, Fasciola, Hepatica

(Weeks 5-8) Scram OR R.U.G.

Scram: (1 bottle)

<https://amzn.to/2Wp7Mah>

OR

RUG: (1 Bottle)

<http://bit.ly/3r9qjFF>



(Weeks 5-8) Liver Rescue:

(mandatory if using Scram or RUG!) Liver Rescue (1 bottle)

<https://amzn.to/2QJ7paQ>

B. SIBO Negative Antimicrobials

(You **DO NOT HAVE** SIBO)

(To Eradicate: SIBO (Small Intestinal Bacteria Overgrowth) Campylobacter (C. jejuni, C. coli and C. lari, Clostridiodes difficile, (C. difficile), toxin A, Escherichia coli (E. coli) O157:H7, Enterotoxigenic E. coli, (ETEC) LT/ST, Shiga-like Toxin producing E. coli (STEC) stx1/stx2, Salmonella, (S. enterica), Shigella (S. boydii, S. sonnei, S. flexneri, and S. dysenteriae), Vibrio cholerae, cholera toxin gene (ctx), Adenoa Virus, 40/41, Norovirus GI/GII, Rotavirus A, Candida albicans, Candida spp, Geotrichum, etc. etc.

1. (Weeks 1-8) Bio-film Disrupter

Breaks Up the Biofilm where pathogenic microbes, yeasts, parasites etc. reside in.

Interfase Plus: (1 bottle - 120 capsules)

<https://klaire.com/k-intp120-interfase-plus>

2. (Weeks 1-8) Garlic Extract

Only Order If You DO NOT Have SIBO.



Garlic Extract (1 bottle)

<https://amzn.to/3xFEqpH>

<https://klaire.com/k-intp120-interfase-plus>

3. (Weeks 1-8) IBGuard

(Peppermint oil in microspheres to protect peppermint from being destroyed by stomach acid & allow for proper distillation into small intestine)

IBGuard: (3 boxes)

<https://amzn.to/3ByFXk9>

4. (Weeks 1-8) GI Synergy

GI Synergy: (1 Container - 90 packets)

<https://amzn.to/3xUStIL>

5. (Weeks 1-8) Ecophage

Ecophage: (1 bottle)

<https://bit.ly/3tYU6nt>

6. **Parasites Positive ONLY:**

IF YOU TESTED POSITIVE for Any of the Following Parasites:

Cryptosporidium (C. parvum and C. hominis), **Entamoeba, histolytica** (E. histolytica) Giardia (G. lamblia only - also known as G. intestinalis and G. duodenalis), Blastocystis hominis, Ascaris lumbricoides (roundworm), Trichuris trichiura (human whipworm),



Enterobius, Vermicularis, Taenia Solium, Wuchereria, bancrofti,
Trichinella, Fasciola, Hepatica

(Weeks 5-8) Scram OR R.U.G.

Scram: (1 bottle)

<https://amzn.to/2Wp7Mah>

OR

RUG: (1 Bottle)

<http://bit.ly/3r9qjFF>

(Weeks 5-8) Liver Rescue:

(mandatory if using Scram or RUG!) Liver Rescue (1 bottle)

<https://amzn.to/2QJ7paQ>

III. Re-inoculation Probiotics: The Microbial Matrix

A. Spore Based Probiotics

Spore based probiotics are also sometimes called soil based probiotics as they are the same thing.

Scroll down to Sources at bottom of page to read the scientific journals on each bacterial overgrowth and the probiotic strains that help prevent and eradicate the pathogenic bacteria and balance the microbiome.



1. SIBO Positive (You Have SIBO)

Just Thrive Probiotic + Antioxidant: (2 bottles)

<https://bit.ly/3eT885z>

2. SIBO Negative (You **DO NOT** Have SIBO)

Feel Good SBO Probiotics+ : (2 bottles)

<https://amzn.to/3HViA7e>

B. Targeted Probiotics:

Please locate the pathogenic bacteria you found on your test as described in the video and purchase the specific probiotic strains for your specific strains. If the probiotics overlap for whatever reason **DO NOT** purchase them twice. Simply purchase **ONE** round for 8 weeks as described in the directions below.

Scroll down to Sources at bottom of page to read the scientific journals on each bacterial overgrowth and the probiotic strains that help prevent and eradicate the pathogenic bacteria and balance the microbiome.

1. Overgrowth of *Blastomyces gilchristii*

Verdict: *blastomyces gilchristii* is a fungi which is mold spores are converted into a pathogenic yeast once the spores are inhaled. Eradication: GI Synergy (contains 3 products in 1 - one of which is called Paristonal which is a product that fight fungal overgrowth). Probiotics to fight fungal infections:



Lactobacillus acidophilus, Lactobacillus casei, Saccharomyces boulardii, *Lactobacillus rhamnosus*

GI Distress Relief Probiotic: (1 bottle)

<https://bit.ly/3u4f709>

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://bit.ly/3ymwYSO>

Vital-Immune Biotic

Claire Labs: Register as patient. Use Code: 78G

<https://klaire.com/v171-10-vital-immune-biotic-tm>

2. Overgrowth of Campylobacter (C. jejuni, C. coli and C. lari)

Probiotic Strains : L. salivarius, L. reuteri, Bacillus

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://bit.ly/3ymwYSO>

Ther-biotic Synbiotic: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

<https://bit.ly/3ylfdTL>

3. Candidiasis (Albicans ... etc any strain)

Probiotic strains: Lactobacillus acidophilus, Lactobacillus casei, **Saccharomyces boulardii**



GI Distress Relief Probiotic: (1 bottle)

<https://bit.ly/3u4f709>

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://bit.ly/3ymwYSO>

4. Overgrowth of Citrobacter

Probiotic strains : L. plantarum, L. salivarius, L. casei, L. acidophilus, B. animalis subsp. lactis and B. bifidum, Lactobacillus, helveticus, Lactobacillus rhamnosus

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://bit.ly/3ymwYSO>

5. Overgrowth of Clostridioides difficile (C-Diff):

Probiotic Strains: Saccharomyces boulardii, Lactobacillus rhamnosus

(C. Diff is a bacteria that is labeled a “super bug.” All this means is that it is caused by the overuse of antibiotics in our culture and cannot be killed with anti-biotics as it is resistant to them through micro-evolution. C. Diff runs rampant historically in hospitals and can often be seeded in the gut during a time of surgery or even from a visit to a loved one in a hospital. It also is a pandemic in factory (CAFO) farms as anti-biotics are violently abused in the husbandry of our meat/poultry supply. It is an anti-biotic resistant super bug. Ironically it’s conventionally addressed using MORE antibiotics to bring it under control. But obviously, being that C. Diff is an anti-biotic resistant super bug, any additional antibiotics can further weaken the gut microbiome and immune system even further - so



it's counterintuitive. To rebalance the gut microbiome and prevent a future reoccurrence of C. Diff overgrowth, it's best to use herbal methods so as to not decimate beneficial bacteria in your the gut microbiome but rather being down the levels of C. Diff and build up a healthy community of strong beneficial bacteria to fight off C. Diff in the future. Garlic does this expertly as well as boosting stomach acid (HCl) to prevent reoccurrence.)

GI Distress Relief Probiotic: (1 bottle)

<https://bit.ly/3u4f709>

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://bit.ly/3ymwYSO>

6. Enterotoxigenic E. coli (ETEC) LT/ST

Probiotics: Lactobacillus reuteri, Lactobacillus Plantarum,
Saccharomyces: Pediococcus acidilactici and S. cerevisiae
boulardii, Lactobacillus rhamnosus, Lactobacillus
johnsonii, bacillus licheniformis

Ther-biotic Synbiotic: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://bit.ly/3ylfdTL>

GI Distress Relief Probiotic: (1 bottle)

<https://bit.ly/3u4f709>

7. Overgrowth of Escherichia coli (E. coli) O157:H7

Probiotics: Bifidobacterium breve, L. rhamnosus and L.
acidophilus, Saccharomyces Boulardii, L. rhamnosus,



L. acidophilus, Bifidobacterium animalis, Lactobacillus reuteri,
Lactobacillus acidophilus, Lactobacillus plantarum,
Lactobacillus rhamnosus, Bifidobacterium longum, Bifidobacterium infantis

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://bit.ly/3ymwYSO>

GI Distress Relief Probiotic: (1 bottle)

<https://bit.ly/3u4f709>

8. Enterobacter hormaechei

Probiotic Strain Needed: Lactobacillus Plantarum

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://bit.ly/3ymwYSO>

9. Overgrowth of Enterococcus (faecium, ...)

Probiotic Strain: L. rhamnosus

Ther-biotic Synbiotic: (1 bottle)

<https://bit.ly/3ylfdTL>

10. Overgrowth of Klebsiella (pneumoniae)

Probiotic Strains: Bifidobacterium longum, L. plantarum, L.
salivarius, L. casei, L. acidophilus, B. animalis subsp. lactis and
B. bifidum



Probiotic Pro Bb536: (1 bottle total)

<https://amzn.to/37qGk2M>

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://bit.ly/3ymwYSO>

11. Overgrowth of Methanobrevibacter Smithii (M Smithii)

Probiotic strains: *L. plantarum*, *Lactobacillus reuteri*, *L. salivarius*, *L. casei*, *L. acidophilus*, *B. animalis* subsp. *lactis* and *B. bifidum*

Ideal Bowel Support by Jarrow Formulas (high dosage of *L. Plantarum* for methanogens in methane SIBO): (1 bottle)

<https://amzn.to/3OlyBPO> OR <https://bit.ly/3Oocw9C>

Ther-biotic Synbiotic: (1 bottle)

<https://bit.ly/3ylfdTL>

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://bit.ly/3ymwYSO>

12. Overgrowth of Prevotella Copri

Probiotic Strains: *Lactobacillus acidophilus*, *Lactobacillus casei*, *Bifidobacterium bifidum*



Probiotic Pro Bb536: (1 bottle total)

<https://amzn.to/37qGk2M>

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://bit.ly/3ymwYSO>

13. Overgrowth of Proteus spp

Probiotic Strains: Lactobacillus casei, Lactobacillus reuteri

Ther-biotic Synbiotic: (1 bottle)

<https://bit.ly/3ylfdTL>

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://bit.ly/3ymwYSO>

14. Overgrowth of Streptococcus spp.

Probiotics Strains: Lactobacillus rhamnosus

Lactobacillus reuteri, Bifidobacterium

Ther-biotic Synbiotic: (1 bottle)

<https://bit.ly/3ylfdTL>

15. Overgrowth of Salmonella



Probiotic Strains: *Saccaromyces Boulardii*, *Bacillus Subtilis*, *Lactobacillus Plantarum*

Salmonella is an enteric pathogenic bacteria. It resides in the biofilm of the gut and attaches to the epithelial layer of the gut lining.

GI Distress Relief Probiotic: (1 bottle)

<https://bit.ly/3u4f709>

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://bit.ly/3ymwYSO>

16. Overgrowth of Shigella

(*S. boydii*, *S. sonnei*, *S. flexneri*, and *S. dysenteriae*)

Probiotic Strains: *Lactobacillus reuteri*

Ther-biotic Synbiotic: (1 bottle)

<https://bit.ly/3ylfdTL>

17. Overgrowth of Shiga-like Toxin producing E. coli (STEC) stx1/

Probiotic Strains: *Bifidobacterium*, *Pediococcus*, and *Lactobacillus*

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://bit.ly/3ymwYSO>



18. Overgrowth of Parasites

Cryptosporidium (C. parvum and C. hominis), Entamoeba histolytica (E. histolytica), Giardia (G. lamblia only - also known as G. intestinalis and G. duodenalis), Blastocystis, hominis, Ascaris lumbricoides (roundworm), Trichuris trichiura (human whipworm), Enterobius Vermicularis, Taenia Solium, Wuchereria bancrofti, Trichinella, Fasciola, Hepatica

Probiotics strains to fight overgrowth: L. reuteri, Lactobacillus casei ...

Vital ImmuneBiotic: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

<https://klaire.com/v171-10-vital-immune-biotic-tm>

Ther-biotic Synbiotic: (1 bottle)

<https://bit.ly/3ylfdTL>

19. Overgrowth of Trypanosoma Cruzi

Here is the verdict: It's a Parasite. Trypanosoma cruzi is a flagellate protozoan.

Eradication Plan: Do the Parasite protocol and recipe plan. Weeks 1-4 you will follow the eradication supplements based on if you have SIBO or not. Then in weeks 5-8 you will swap out GI Synergy for the parasite supplement (either R.U.G. or SCRAM and follow the directions on the back of the bottle, slowly increasing pills as instructions on back of



bottle)

Probiotic strains: Lactobacillus casei

Vital Immune Biotic (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://klaire.com/v171-10-vital-immune-biotic-tm>

20. Overgrowth of *Vibrio cholerae*, cholera toxin gene (ctx)

**Probiotic Strains: Lactobacillus rhamnosus,
Bifidobacterium longum**

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://bit.ly/3ymwYSO>

21. *Serratia marcescens*

**Probiotic Strains: Lactobacillus acidophilus
Lactobacillus plantarum**

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G

<https://bit.ly/3ymwYSO>



Probiotic Strains Research Sources:

Spore Probiotics:

<https://pubmed.ncbi.nlm.nih.gov/16117982/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6770835/>

https://mysolluna.com/2017/07/19/why-you-need-soil-based-probiotics-sbos/?_ga=2.23980541.674618648.1647304925-264663639.1647304923&_gac=1.179836118.1647304925.Cj0KCQjwz7uRBhDRARIsAFqjulk5HR3QqlF8xoljR8nZTRI4QFDeTds_aT4k-P3JpSCJr9mvQYDIgXkkaAgVREALw_wcB&_gl=1*zedk0x*_ga*MjY0NjYzNjM5LjE2NDczMDQ5MjM.*_ga_88WLBCKNJH*MTY0NzMwNDkyMS4xLjEuMTY0NzMwNDk0Ny4zNA

<https://www.amymyersmd.com/article/soil-based-probiotics-sibo/>

1. Blastomyces gilchristii

Verdict: blastomyces gilchristii is a fungi which is mold spores are converted into a pathogenic yeast once the spores are inhaled.

Eradication: GI Synergy (contains 3 products in 1 - one of which is called Paristonal which is a product that fight fungal overgrowth)

Probiotics to fight fungal infections:



Lactobacillus acidophilus, Lactobacillus casei, Saccharomyces boulardii, Lactobacillus rhamnosus

Products:

Vital-Immune Biotic

<https://klaire.com/v171-10-vital-immune-biotic-tm>

GI Distress Relief Probiotic: (1 bottle)

<https://bit.ly/3u4f709>

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G) <https://bit.ly/3ymwYSO>

Research:

<https://www.frontiersin.org/articles/10.3389/fmicb.2022.814831/full>

<https://journals.asm.org/doi/10.1128/JCM.02078-20> Campylobacter (C. jejuni, C. coli and C. lari only)

L. salivarius and L. reuteri

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8150830/>

2. Campylobacter (C. jejuni, C. coli and C. lari only)

L. salivarius and L. reuteri

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8150830/>



3. Candidiasis Albicans

Lactobacillus acidophilus, Lactobacillus casei, Saccharomyces boulardii

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4603435/>

<https://pubmed.ncbi.nlm.nih.gov/6762128/>

<https://pubmed.ncbi.nlm.nih.gov/8228371/>

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0012050>

<https://pubmed.ncbi.nlm.nih.gov/17885943/>

4. Overgrowth of Citrobacter

L. plantarum, L. salivarius, L. casei, L. acidophilus, B. animalis subsp. lactis and B. bifidum, Lactobacillus helveticus, Lactobacillus rhamnosus

<https://pubmed.ncbi.nlm.nih.gov/22430833/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5609747/>

5. Clostridiodes difficile (C. Diff):

Saccharomyces boulardii, Lactobacillus rhamnosus



Na, Xi, and Ciaran Kelly. "Probiotics in Clostridium difficile infection." *Journal of clinical gastroenterology* 45.Suppl (2011): S154.

https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=Probiotics+in+Clostridium+difficile+Infection&btnG=#d=gs_qabs&u=%23p%3DyL1_mJJXCK4J

Na, Xi, and Ciaran Kelly. "Probiotics in Clostridium difficile infection." *Journal of clinical gastroenterology* 45.Suppl (2011): S154.

https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=Probiotics+in+Clostridium+difficile+Infection&btnG=#d=gs_qabs&u=%23p%3DyL1_mJJXCK4J

6. Enterotoxigenic E. coli (ETEC) LT/ST

Lactobacillus Plantarum, Saccharomyces: *Pediococcus acidilactici* and *S. cerevisiae boulardii*, Lactobacillus rhamnosus, L. reuteri, *Lactobacillus johnsonii*, bacillus licheniformis

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5510153/#!po=69.9219>

7. Escherichia coli (E. coli) O157:H7

L. rhamnosus, L. acidophilus, bifidobacterium breve, Saccharomyces boulardii, Bifidobacterium animalis, Lactobacillus reuteri, Lactobacillus acidophilus, Lactobacillus plantarum, Lactobacillus rhamnosus, Bifidobacterium longum Bifidobacterium infantis



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6069398/>

<https://pubmed.ncbi.nlm.nih.gov/10424093/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1201237/>

8. Enterobacter hormaechei

Here's the verdict: enterobacter hormaechei is a bacterial pathogen related to Enterobacter cloacae.

Eradication: GI Synergy (antibacterial herbs)

Probiotic Strain Needed: Lactobacillus Plantarum

Products:

Lactoprime Plus

<https://klaire.com/k-lpp-lactoprime-plus>

Research:

<https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/enterobacter-hormaechei>

<https://www.liebertpub.com/doi/abs/10.1089/jmf.2018.4329>

<https://bmcvetres.biomedcentral.com/articles/10.1186/s12917-019-2207-z>

9. Enterococcus (faecium ...)



L. rhamnosus

<https://journals.asm.org/doi/10.1128/AEM.01243-16>

10. Klebsiella pneumoniae, Klebsiella

Bifidobacterium longum, L. plantarum, L. salivarius, L. casei, L. acidophilus, B. animalis subsp. lactis and B. bifidum

<https://www.sciencedirect.com/science/article/pii/S1286457915002312>

<https://pubmed.ncbi.nlm.nih.gov/19462517/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5609747/>

11. Methanobrevibacter Smithii (M Smithii)

L. plantarum, Lactobacillus reuteri, L. salivarius, L. casei, L. acidophilus, B. animalis subsp. lactis and B. bifidum

<https://pubmed.ncbi.nlm.nih.gov/28429333/>

<https://www.scientificwellness.com/blog-view/probiotic-for-methane-dependant-constipation--635>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5609747/>



<https://www.nature.com/articles/s41598-021-84641-8>

12. Overgrowth of Prevotella Copri

Lactobacillus acidophilus, Lactobacillus casei, Bifidobacterium bifidum

Guerreiro, Catarina Sousa, et al. "Diet, microbiota, and gut permeability—the unknown triad in rheumatoid arthritis." *Frontiers in Medicine* (2018): 349.

<https://www.frontiersin.org/articles/10.3389/fmed.2018.00349/ful>

https://scholar.google.com/scholar_lookup?author=B.+Zamani&author=HR.+Golkar&author=S.+Farshbaf&author=M.+Emadi-Baygi&author=M.+Tajabadi-Ebrahimi&author=P.+Jafari+&publication_year=2016&title=Clinical+and+metabolic+response+to+probiotic+supplementation+in+patients+with+rheumatoid+arthritis%3A+a+randomized,+double-blind,+placebo-controlled+trial&journal=Int+J+Rheum+Dis&volume=19&pages=869-79#d=gs_qab&s&t=1656476603882&u=%23p%3DJfnBolQAfsoJ

13. Overgrowth of Proteus spp

Lactobacillus casei, Lactobacillus reuteri

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7355612/>



14. Streptococcus spp.

Lactobacillus rhamnosus GG,[10] Lactobacillus reuteri, Bifidobacterium

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6519182/#!po=9.57447>

15. Salmonella:

Saccaromyces Boulardii, Bacillus Subtilis, Lactobacillus Plantarum

<https://pubmed.ncbi.nlm.nih.gov/10424093/>

<https://www.sciencedirect.com/science/article/abs/pii/S0034528811003419>

<https://www.sciencedirect.com/science/article/pii/S0023643821015929>

16. Overgrowth of Shigella (S. boydii, S. sonnei, S. flexneri, and S. dysenteriae)

Lactobacillus reuteri

<https://www.spandidos-publications.com/10.3892/etm.2020.8469>

17. Overgrowth of Shiga-like Toxin producing E. coli (STEC) stx1/

Bifidobacterium, Pediococcus, and Lactobacillus

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4364364/#!po=11.6162>



18. Overgrowth of Parasites

Probiotics strains to fight overgrowth:

L. reuteri, *Lactobacillus casei* ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3182331/>

19. Trypanosoma Cruzi

Here is the verdict: It's a Parasite. Trypanosoma cruzi is a flagellate protozoan.

Eradication Plan: Do the Parasite protocol and recipe plan. Weeks 1-4 you will follow the eradication supplements based on if you have SIBO or not. Then in weeks 5-8 you will swap out GI Synergy for the parasite supplement (either R.U.G. or SCRAM and follow the directions on the back of the bottle, slowly increasing pills as instructions on back of bottle)

Probiotic strains needed:

Lactobacillus casei

(Product: Vital ImmuneBiotic from Klaire Labs)

<https://klaire.com/v171-10-vital-immune-biotic-tm>

Research:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7758234/>

20. *Vibrio cholerae*, cholera toxin gene (ctx)



Lactobacillus rhamnosus, Bifidobacterium longum

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3763660/>

21. Serratia marcescens

Lactobacillus acidophilus, Lactobacillus plantarum

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5825935/>

*****Medical Disclosure:**

ALL HEALTH, FITNESS, NUTRITIONAL INFORMATION AND WELLNESS INFORMATION PROVIDED BY OPTIMIZED HEALTH IS DESIGNED FOR EDUCATIONAL PURPOSES ONLY. THIS INFORMATION SHOULD NOT BE RELIED UPON AS A SUBSTITUTE FOR, NOR DOES IT REPLACE, PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT. IF YOU HAVE CONCERNS OR QUESTIONS ABOUT YOUR HEALTH, YOU SHOULD ALWAYS CONSULT WITH A PHYSICIAN OR OTHER HEALTH-CARE PROFESSIONAL. DO NOT AVOID, DELAY OR DISREGARD OBTAINING MEDICAL OR OTHER HEALTH RELATED ADVICE FROM YOUR HEALTH-CARE PROFESSIONAL BECAUSE OF SOMETHING YOU MAY HAVE READ ON THE OPTIMIZED HEALTH WEBSITE, SOCIAL MEDIA OR IN THIS PROGRAM. THE USE OF ANY INFORMATION PROVIDED ON OPTIMIZED HEALTH'S WEBSITE OR IN THIS PROGRAM IS SOLELY TO BE USED AT YOUR OWN RISK.

NOTHING STATED OR POSTED IN THE PROGRAM, SOCIAL MEDIA OR WEBSITE ARE INTENDED TO BE, AND MUST NOT BE TAKEN TO BE, THE PRACTICE OF MEDICAL CARE OR COUNSELING CARE. FOR PURPOSES OF THIS AGREEMENT, THE PRACTICE OF MEDICINE AND COUNSELING INCLUDES WITHOUT LIMITATION, PSYCHIATRY, PSYCHOLOGY, PSYCHOTHERAPY, OR PROVIDING HEALTH CARE TREATMENT, INSTRUCTIONS, DIAGNOSIS, PROGNOSIS OR ADVICE.



IV. Probiotic Product List (Alphabetical Order)

Bifidus Power Blend: (2 bottles)

<https://bit.ly/3NljnPN>

GI Distress Relief Probiotic: (1 bottle)

<https://bit.ly/3u4f709>

Just Thrive Probiotic + Antioxidant: (2 bottles)

<https://bit.ly/3eT885z>

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

<https://bit.ly/3ymwYSO>

Probiotic Pro Bb536: (1 bottle total)

<https://amzn.to/37qGk2M>

Feel Good SBO Probiotics+ : (2 bottles)

<https://amzn.to/3HViA7e>

Ther-biotic Synbiotic: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

<https://bit.ly/3ylfdTL>

Vital ImmuneBiotic: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G)

<https://klaire.com/v171-10-vital-immune-biotic-tm>

