



***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 Antimicrobials

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. Bio-film Disrupter (Weeks 1-8)

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. Ecophage (Weeks 1-8)

Ecophage: (1 bottle)

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



3. Allicin (Weeks 1-4)

Allimed (1 package)
<https://bit.ly/3vhV1jo>

4. FC-Cidal (Weeks 5-8)

FC-Cidal (1 bottle - 120 capsules)
<https://bit.ly/3WvgRM7>

5. Dysbiocide (Weeks 5-8)

Dysbiocide (1 bottle - 120 capsules)
<https://bit.ly/3YUjl2H>

6. GI Synergy (Weeks 1-4)

GI Synergy: (1 Container - 90 packets)
<https://amzn.to/3xUStlL>

7. 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*

Scram OR R.U.G.

If you tested positive for parasites, in weeks 5-8, swap GI Synergy for 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: *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: (5 boxes total)

(3 boxes)

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

(2 boxes)

bit.ly/3Fe08XF



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.

If you tested positive for parasites, in weeks 5-8, swap GI Synergy for Scram OR R.U.G.

Scram: (1 bottle)

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

OR

RUG: (1 Bottle)

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



Liver Rescue (Weeks 5-8)
(mandatory if using Scram or RUG!)
Liver Rescue (1 bottle)
<https://amzn.to/2QJ7paQ>

III. Re-inoculation Probiotics: The Microbial Matrix

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.

A. SIBO Positive Probiotics (You Have SIBO)

MegaSporeBiotic (Weeks 1-8 - 2 bottles)
<https://bit.ly/3vhV1jo>

(Methane Dominant SIBO: Bifidobacterium lactose HN019)
GI Distress Relief Probiotic: (1 bottle)
<https://bit.ly/3u4f709>

(Methane Dominant SIBO: Lactobacillus Plantarum)
Ideal Bowel Support by Jarrow Formulas : (1 bottle)
<https://amzn.to/3OlyBPO> OR <https://bit.ly/3Oocw9C>



(Hydrogen Dominant SIBO: Saccharomyces boulardii)
Saccharomyces Boulardii (1 bottle)
<https://klaire.com/v776-12-saccharomyces-boulardii>

B. SIBO Negative Probiotics (You **DO NOT** Have SIBO)

Feel Good SBO Probiotics+ : (2 bottles)
<https://amzn.to/3HViA7e>

C. 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*

Saccharomyces Boulardii (1 bottle)

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

<https://klaire.com/v776-12-saccharomyces-boulardii>

Ther-Biotic Factor 1 (1 bottle)

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

<https://klaire.com/v771-06-ther-biotic-factor-1>

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

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

MegaSporeBiotic (Weeks 1-8 - 2 bottles)

<https://bit.ly/3vhV1jo>

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

Probiotic strains: Lactobacillus acidophilus, Lactobacillus casei, Saccharomyces boulardii

Saccharomyces Boulardii (1 bottle)

<https://klaire.com/v776-12-saccharomyces-boulardii>



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

Ther-Biotic Factor 1 (1 bottle)

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

<https://klaire.com/v771-06-ther-biotic-factor-1>

Bifidus Power Blend: (2 bottles)

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

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

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

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.)

Saccharomyces Boulardii (1 bottle)

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

<https://klaire.com/v776-12-saccharomyces-boulardii>

Ther-Biotic Factor 1 (1 bottle)

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

<https://klaire.com/v771-06-ther-biotic-factor-1>

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

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

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

Ther-Biotic Factor 1 (1 bottle)

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

<https://klaire.com/v771-06-ther-biotic-factor-1>

Saccharomyces Boulardii (1 bottle)

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

<https://klaire.com/v776-12-saccharomyces-boulardii>



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

Bifidus Power Blend: (2 bottles)

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

Ther-Biotic Factor 1 (1 bottle)

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

<https://klair.com/v771-06-ther-biotic-factor-1>

Saccharomyces Boulardii (1 bottle)

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

<https://klair.com/v776-12-saccharomyces-boulardii>

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

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

8. Enterobacter hormaechei

Probiotic Strain Needed: Lactobacillus Plantarum

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

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



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

Probiotic Strain: *L. rhamnosus*

Ther-Biotic Factor 1 (1 bottle)

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

<https://klaire.com/v771-06-ther-biotic-factor-1>

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>

Bifidus Power Blend: (2 bottles)

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

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

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

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>

Bifidus Power Blend: (2 bottles)

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

12. Overgrowth of Prevotella Copri

Probiotic Strains: Lactobacillus acidophilus, Lactobacillus casei, Bifidobacterium bifidum

Probiotic Pro Bb536: (1 bottle total)

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

13. Overgrowth of Proteus spp

Probiotic Strains: Lactobacillus Plantarum, Lactobacillus casei

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

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

Ther-Biotic Detoxification Support

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

<https://bit.ly/3hWtf8V>

14. Overgrowth of Streptococcus spp.



Probiotics Strains: Lactobacillus rhamnosus
Lactobacillus reuteri, Bifidobacterium

Ther-Biotic Factor 1 (1 bottle)

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

<https://klaire.com/v771-06-ther-biotic-factor-1>

Bifidus Power Blend: (2 bottles)

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

15. Overgrowth of Salmonella

Probiotic Strains: Saccharomyces 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.

Saccharomyces Boulardii (1 bottle)

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

<https://klaire.com/v776-12-saccharomyces-boulardii>

MegaSporeBiotic (Weeks 1-8 - 2 bottles)

<https://bit.ly/3vhV1jo>

Ther-Biotic Factor 1 (1 bottle)

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

<https://klaire.com/v771-06-ther-biotic-factor-1>



16. Overgrowth of Shigella

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

Probiotic Strains: Lactobacillus Rhamnosus

Ther-Biotic Factor 1 (1 bottle)

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

<https://klaire.com/v771-06-ther-biotic-factor-1>

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

Probiotic Strains: Bifidobacterium, Pediococcus, and Lactobacillus

Ther-Biotic Factor 1 (1 bottle)

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

<https://klaire.com/v771-06-ther-biotic-factor-1>

Bifidus Power Blend: (2 bottles)

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

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 ...

Ther-Biotic Detoxification Support
Klaire Labs: Register as patient. Use Code: 78G
<https://bit.ly/3hWtf8V>

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

Ther-Biotic Detoxification Support
Klaire Labs: Register as patient. Use Code: 78G
<https://bit.ly/3hWtf8V>

20. Overgrowth of Vibrio cholerae,



cholera toxin gene (ctx)

Probiotic Strains: *Lactobacillus rhamnosus*,
Bifidobacterium longum

Ther-Biotic Factor 1 (1 bottle)

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

<https://klaire.com/v771-06-ther-biotic-factor-1>

Probiotic Pro Bb536: (1 bottle total)

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

21. *Serratia marcescens*

Probiotic Strains: *Lactobacillus acidophilus*
Lactobacillus plantarum

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

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

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 Paristonol 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. Clostridioides 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?](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)

[hl=en&as_sdt=0%2C44&q=Probiotics+in+Clostridium+difficile+Infection&btnG=#d=gs_qabs&u=%23p%3DyL1_mJJXCK4J](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/full>

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&t=1656476603882&u=%23p%3DJfnBolQAfsoJ

13. Overgrowth of *Proteus* spp

Lactobacillus casei, *Lactobacillus reuteri*, *Lactobacillus Plantarum*

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

<https://jmb.tums.ac.ir/index.php/jmb/article/view/335>

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, Lactobacillus Rhamnosus

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

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5644304/>

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/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6799552/>

19. Tryanosoma Cruzi

Here is the verdict: It's a Parasite. Tryanosoma 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

Research:

[https://www.researchgate.net/publication/51687710 Probiotics for the Control of Parasites An Overview](https://www.researchgate.net/publication/51687710_Probiotics_for_the_Control_of_Parasites_An_Overview)

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)

MegaSporeBiotic (Weeks 1-8 - 2 bottles)

<https://bit.ly/3vhV1jo>

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

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

Bifidus Power Blend: (2 bottles)

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

GI Distress Relief Probiotic: (1 bottle)

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

Ther-Biotic Factor 1 (1 bottle)

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

<https://klaire.com/v771-06-ther-biotic-factor-1>

Probiotic Pro Bb536: (1 bottle total)

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

Feel Good SBO Probiotics+ : (2 bottles)

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

Saccharomyces Boulardii (1 bottle)

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

<https://klaire.com/v776-12-saccharomyces-boulardii>

Ther-Biotic Detoxification Support

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

<https://bit.ly/3hWtf8V>

