



***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. Ketozyme: (Need 4 bottles total)

Ketozyme Enzyme

<http://bit.ly/40vGFtF>

B. Digestive Enzymes:

Digestive Enzymes: (1 bottle - 180 capsules)

Register as patient. Use Code: 78G

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



C. Betain HCl w/ Pepsin: (Need 1 bottle total)

(*Note to Vegetarians: Pepsin comes from a porcine source)

<https://bit.ly/3YdpQ4H>

OR

Betain HCl: (Need 1 bottle total)

(Note: Porcine free)

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/>

D. Maximum Keto Electrolytes:

Maximum Keto Electrolytes: (2 bottles total)

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

E. 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>



F. 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. Allicin (Weeks 1-4)

Allimed (1 package)
<http://bit.ly/3xdCfum>

3. FC-Cidal (Weeks 5-8)

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

4. Dysbiocide (Weeks 5-8)

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

5. GI Synergy (Weeks 1-4)

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

Only If Needed:

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. (Weeks 5-8)

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>

Candida Positive (Weeks 1-8)

(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

(Scroll Down)



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. 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://klair.com/k-intp120-interfase-plus>

2. GI Synergy (Weeks 1-8)

GI Synergy: (1 Container - 90 packets)

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

3. Garlic Extract (Weeks 1-8)

Only Order If You **DO NOT** Have SIBO.

Garlic Extract (1 bottle)

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

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



4. IBGuard (Weeks 1-8)

THIS Also Eradicates Candida Overgrowth (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

5. (Optional but Recommended) Ecophage (Weeks 1-8)

Ecophage (1 bottle)

<https://shop.bodyecology.com/products/ecophage>

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

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

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>

(Scroll Down)



III. Re-inoculation Probiotics: The Microbial Matrix - Part 1

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/3JrtwvN>

(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. Prebiotics: (Safe for SIBO)

Starting in week 5, we recommend Partially Hydrolyzed Guar Gum as a prebiotic! This also is not only **safe for those recovering from SIBO but beneficial! Take starting in week 5 with your probiotics.** Scroll down to the research section to learn the science.

Perfect Pass Prebiotic PHGG (Partially Hydrolyzed Guar Gum)
(1 Container)

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

D. Targeted Probiotics: (For SIBO Positive AND Negative)

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. Anaeroglobus geminatus

Probiotics: Lactobacillus casei

More Probiotic Product Recommendations Listed in Week 12

2. Burkholderia pseudomallei

Burkholderia pseudomallei is an opportunistic pathogen. We recommend taking GI Synergy to drive down this pathogen.

GI Synergy: (1 Container - 90 packets)

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

3. 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 Pariston 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>

More Probiotic Product Recommendations Listed in Week 12



4. Campylobacter (*C. jejuni*, *C. coli* and *C. lari*)

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

MegaSporeBiotic (Weeks 1-8 - 2 bottles)
(*Bacillus*)

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

More Probiotic Product Recommendations Listed in Week 12

5. Candidiasis (*albicans* ... any strain)

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

Saccharomyces Boulardii (1 bottle)

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

6. Citrobacter

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

Bifidus Power Blend: (2 bottles)

(*Bifidobacterium bifidum*)

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

GI Distress Relief Probiotic: (1 bottle)

(*Bifidobacterium lactis*)

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



Ideal Bowel Support by Jarrow Formulas : (1 bottle)

(Lactobacillus Plantarum)

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

More Probiotic Product Recommendations Listed in Week 12

7. Clostridioides difficile

(C-Diff):

Probiotic Strains: *Saccharomyces boulardii*, *Lactobacillus rhamnosus*, *Lactobacillus reuteri*)

(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. Do not take garlic if you have SIBO but instead take Allicin which is a constituent of garlic but won’t aggravate SIBO).

Saccharomyces Boulardii (1 bottle)

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

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



More Probiotic Product Recommendations Listed in Week 12

8. Enterotoxigenic e. coli (ETEC) LT/ST

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

Saccharomyces Boulardii (1 bottle)

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

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

More Probiotic Product Recommendations Listed in Week 12

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

Probiotics: Bifidobacterium breve, L. rhamnosus and L.
acidophilus, Saccharomyces Boulardii, Lactobacillus reuteri,
Lactobacillus plantarum, Bifidobacterium longum, Bifidobacterium
infantis

Bifidus Power Blend: (2 bottles)

*(Bifidobacterium breve, Bifidobacterium longum, Bifidobacterium
infantis)*

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



Saccharomyces Boulardii (1 bottle)
Klaire Labs: Register as patient. Use Code: 78G
<https://klaire.com/v776-12-saccharomyces-boulardii>

More Probiotic Product Recommendations Listed in Week 12

10. Enterobacter hormaechei

Probiotic Strain Needed: Lactobacillus Plantarum

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

11. Enterococcus faecium, ...

Probiotic Strain: L. rhamnosus

More Probiotic Product Recommendations Listed in Week 12

12. H. Pylori

Probiotic Strains to fight/protect against H. Pylori:
Lactobacillus gasseri, Bifidobacteria, Saccaromyces Boulardii,
Lactobacillus casei

GI Distress Relief Probiotic: (1 bottle)
(Bifidobacterium, Saccaromyces Boulardi)
<https://bit.ly/3u4f709>



More Probiotic Product Recommendations Listed in Week 12

13. Klebsiella pneumoniae

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

GI Distress Relief Probiotic: (1 bottle)

(Bifidobacterium lactis)

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

Probiotic Pro Bb536: (1 bottle total)

(Bifidobacterium longum)

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

Bifidus Power Blend: (2 bottles)

(Bifidobacterium bifidum)

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

More Probiotic Product Recommendations Listed in Week 12

14. Methanobrevibacter smithii (M smithii)

Probiotic strains: L. plantarum, Lactobacillus reuteri, L. salivarius, L. casei, L. acidophilus, Bifidobacterium lactis and Bifidobacterium bifidum



GI Distress Relief Probiotic: (1 bottle)

(Bifidobacterium lactis)

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

Bifidus Power Blend: (2 bottles)

(Bifidobacterium bifidum)

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

15. *Prevotella copri*

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

Bifidus Power Blend: (2 bottles)

(Bifidobacterium bifidum)

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

More Probiotic Product Recommendations Listed in Week 12

16. *Proteus spp*

Probiotic Strains: *Lactobacillus Plantarum*, *Lactobacillus casei*

More Probiotic Product Recommendations Listed in Week 12

17. Overgrowth of *Streptococcus spp.*



Probiotics Strains: Lactobacillus rhamnosus
Lactobacillus reuteri, Bifidobacterium

Bifidus Power Blend: (2 bottles)

(*Bifidobacterium*)

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

More Probiotic Product Recommendations Listed in Week 12

18. **Streptococcus agalactiae**

Probiotics Strains: Lactobacillus salivarius,
L. crispatus, L. rhamnosus, L. gasseri

More Probiotic Product Recommendations Listed in Week 12

19. **Streptococcus suis:**

Probiotics Strains: Lactobacillus plantarum

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

(*Lactobacillus plantarum*)

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

20. **Salmonella typhimurium**

Probiotic Strains: Saccaromyces Boulardii, 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>

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

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

21. Salmonella enteritidis

Probiotic Strains: Saccharomyces Boulardii, Bacillus Subtilis, Lactobacillus Plantarum, Bifidobacterium Bifidum

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>

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

(Lactobacillus Plantarum)

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

MegaSporeBiotic (Weeks 1-8 - 2 bottles)

(Bacillus subtilis)

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



Bifidus Power Blend: (2 bottles)

(Bifidobacterium bifidum)

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

22. *Salmonella enterica*

Probiotic Strains: *Lactobacillus Plantarum*, *Bifidobacterium Bifidum*

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

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

(Lactobacillus Plantarum)

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

Bifidus Power Blend: (2 bottles)

(Bifidobacterium)

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

23. *Shigella boydii*

Probiotic Strains: *Lactobacillus* family

More Probiotic Product Recommendations Listed in Week 12

24. *Shigella dysenteriae*

Probiotic Strains: *Lactobacillus Rhamnosus*, *Bifidobacterium Lactis*)



GI Distress Relief Probiotic: (1 bottle)

(Bifidobacterium lactis)

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

25. Shigella sonnei

Probiotic Strains: Lactobacillus Rhamnosus,
Lactobacillus paracasei, Lactobacillus casei)

More Probiotic Product Recommendations Listed in Week 12

26. Shigella flexneri

Probiotic Strains: Lactobacillus reuteri, Lactobacillus casei

More Probiotic Product Recommendations Listed in Week 12

27. Shiga-like Toxin producing E. coli (STEC) stx1/

Probiotic Strains: Bifidobacterium,
Lactobacillus

Bifidus Power Blend: (2 bottles)

(Bifidobacterium)

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

More Probiotic Product Recommendations Listed in Week 12



28. 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 ...

GI Distress Relief Probiotic: (1 bottle)

(*Bifidobacterium lactis*)

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

More Probiotic Product Recommendations Listed in Week 12

29. Pseudomonas aeruginosa

Lactobacillus rhamnosus, Bifidobacterium longum

Probiotic Pro Bb536: (1 bottle total)

(*Bifidobacterium longum*)

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

More Probiotic Product Recommendations Listed in Week 12



30. 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: Lactobacillus casei

More Probiotic Product Recommendations Listed in Week 12

31. Vibrio cholerae, cholera toxin gene (ctx)

Probiotic Strains: Lactobacillus rhamnosus, Bifidobacterium longum

Probiotic Pro Bb536: (1 bottle total)

(Bifidobacterium longum)

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

More Probiotic Product Recommendations Listed in Week 12



32. *Serratia marcescens*

Probiotic Strains: *Lactobacillus acidophilus*
Lactobacillus plantarum

Ideal Bowel Support by Jarrow Formulas : (1 bottle)
(*Lactobacillus Plantarum*)

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

More Probiotic Product Recommendations Listed in Week 12

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.Cj0KCQjwz7uRBhDRARIsAFqjulk5HR3QqIF8xoljR8nZTRI4QFDeTds aT4k-P3JpSCJr9mvQYDIgXkkaAgVREALw wcB&gl=1*zedk0x* ga*MjY0NjYzNjM5LjE2NDczMDQ5MjM.* ga 88WLBCKNJH*MTY0NzMwNDkyMS4xLjEuMTY0NzMwNDk0Ny4zNA



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

Prebiotics:

We recommend Partially Hydrolyzed Guar Gum as a prebiotic! This is safe from those recovering from SIBO! Take with your probiotics. See the research below and the product link below:

Ohashi Y, Sumitani K, Tokunaga M, Ishihara N, Okubo T, Fujisawa T. Consumption of partially hydrolysed guar gum stimulates Bifidobacteria and butyrate-producing bacteria in the human large intestine. *Benef Microbes*. 2015;6(4):451-5. doi: 10.3920/BM2014.0118. Epub 2015 Feb 12. PMID: 25519526.

<https://www.ingentaconnect.com/content/wagac/bm/2015/00000006/00000004/art00007>

Niv, E et al. "Randomized clinical study: Partially hydrolyzed guar gum (PHGG) versus placebo in the treatment of patients with irritable bowel syndrome." *Nutrition & metabolism* vol. 13 10. 6 Feb. 2016, doi:10.1186/s12986-016-0070-5

<https://pubmed.ncbi.nlm.nih.gov/26855665/>

Furnari, M et al. "Clinical trial: the combination of rifaximin with partially hydrolysed guar gum is more effective than rifaximin alone in eradicating small intestinal bacterial overgrowth." *Alimentary pharmacology & therapeutics* vol. 32,8 (2010): 1000-6. doi:10.1111/j.1365-2036.2010.04436.x

<https://pubmed.ncbi.nlm.nih.gov/20937045/>

<https://feedmephoebe.com/sibo-probiotics-the-best-brands-treatment/>



1. *Anaeroglobus geminatus*

Research:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8539185/>

“Recent papers have demonstrated substantial alterations in the gut and oral microbiota in patients with rheumatoid arthritis (RA)...”

“RA has long been associated with periodontal disease [19], and recent evidence on the oral microbiome has emphasized its role in the arthritis.”

“RA is an autoimmune disease affecting the synovium and cartilage with bony erosion. Recently, the relationship between the oral microbiome and systemic diseases has been explored [21,22]. Sher et al. demonstrated that overall exposure to *Porphyromonas gingivalis* was similar between patients with RA and controls. These authors found an abundance of ***Anaeroglobus geminatus*** that correlates with the presence of rheumatoid factors, and *Prevotella* and *Leptotrichia* species are the only taxa that have been observed in patients with new-onset RA [22].”

<https://www.mdpi.com/2077-0383/8/10/1753>

Lactobacillus casei

<https://www.mdpi.com/2077-0383/8/10/1753>

“*Anaeroglobus geminatus* were later added to the list of microbes associated with increased disease severity in RA (Rheumatoid Arthritis).”

“*Prevotella copri* (Pc) was discovered in new-onset, untreated RA (NORA) patients, as an intestinal microbe correlated with disease activity [32]. Increases in Pc abundance correlated with a reduction in *Bacteroides* and a loss of beneficial microbes in NORA patients.”



In human subjects with RA, supplementation of *Lactobacillus acidophilus*, *Lactobacillus casei*, and *Bifidobacterium bifidum* for eight weeks exhibited an improvement in disease activity score, a significant decrease in serum insulin, and high sensitivity C- reactive protein (hsCRP) levels

https://www.cureus.com/articles/55978-microbiome-in-rheumatoid-arthritis-and-celiac-disease-a-friend-or-foe?score_article=true#!/

2. *Burkholderia pseudomallei*

<https://journals.asm.org/doi/10.1128/Spectrum.00102-21>

3. *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*

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/>

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

L. salivarius and L. reuteri

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

5. 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/>



6. 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/>

7. 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?](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)

Lactobacillus reuteri

<https://www.frontiersin.org/articles/10.3389/fmicb.2021.689958/full>



8. 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>

9. 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/>

10. 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>

11. Enterococcus (faecium ...)

L. rhamnosus

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

12. H. Pylori

Research:

Lactobacillus gasseri



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6711431/pdf/bmjgast-2019-000314.pdf>

Bifidobacteria

Saccaromyces boulardii

“Lactobacilli and other such probiotics including Bifidobacterium, Bacillus licheniformis, and saccharomyces are currently in use and are proven to be effective in managing the gastrointestinal symptoms related to H. pylori.”

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9338786/#:~:text=Lactobacilli%20and%20other%20such%20probiotics,pylori.>

<https://pubmed.ncbi.nlm.nih.gov/29358890/>

Lactobacillus johnsonii

<https://pubmed.ncbi.nlm.nih.gov/12921879/>

Lactobacillus casei

<https://pubmed.ncbi.nlm.nih.gov/28681177/>

Bacillus clausii

<https://www.longdom.org/open-access/bacillus-clausii--the-probiotic-of-choice-in-the-treatment-of-diarrhoea-2157-7595-1000211.pdf>

Other studies:



<https://pubmed.ncbi.nlm.nih.gov/12425542/>

<https://pubmed.ncbi.nlm.nih.gov/27723762/>

<https://pubmed.ncbi.nlm.nih.gov/17229240/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6711431/pdf/bmjgast-2019-000314.pdf>

[https://druscio.com/h-pylori-probiotics/#:~:text=Notable%20research%20about%20Lactobacillus%20\(lactic,of%20standard%20treatment%20%5B23%5D.](https://druscio.com/h-pylori-probiotics/#:~:text=Notable%20research%20about%20Lactobacillus%20(lactic,of%20standard%20treatment%20%5B23%5D.)

13. 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/>

14. 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>

15. 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

16. 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>

17. Streptococcus spp.

Lactobacillus rhamnosus GG,[10] Lactobacillus reuteri, Bifidobacterium

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

18. Streptococcus agalactiae

Lactobacillus salivarius, L. jensenii, L. crispatus, L. rhamnosus, L. gasseri

<https://www.nature.com/articles/s41598-020-76896-4>

<https://www.sciencedirect.com/science/article/abs/pii/S0266613821002837>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6521265/#abstract-1title>

19. Streptococcus suis:

Lactobacillus plantarum

<https://www.sciencedirect.com/science/article/abs/pii/S0882401017308677>



20. *Salmonella typhimurium*:

Saccaromyces Boulardii, Bacillus Subtilis, Lactobacillus Plantarum, Bifidobacterium Bifidus

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

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

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

“probiotic *Bifidobacterium bifidum* inhibits growth of *S. enterica* [24]. These authors suggest that *Bifidobacter*-derived factors interfere with expression of *S. enterica* virulence genes encoded on the *Salmonella* pathogenicity islands 1 and 2.”

Wagner, R. Doug, and Shemedia J. Johnson. "Probiotic bacteria prevent Salmonella-induced suppression of lymphoproliferation in mice by an immunomodulatory mechanism." *BMC microbiology* 17.1 (2017): 1-12.

<https://bmcmicrobiol.biomedcentral.com/articles/10.1186/s12866-017-0990-x>

21. *Salmonella enteritidis*

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

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

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

“probiotic *Bifidobacterium bifidum* inhibits growth of *S. enterica* [24]. These authors suggest that *Bifidobacter*-derived factors interfere with expression of *S. enterica* virulence genes encoded on the *Salmonella* pathogenicity islands 1 and 2.”



Wagner, R. Doug, and Shemedia J. Johnson. "Probiotic bacteria prevent Salmonella-induced suppression of lymphoproliferation in mice by an immunomodulatory mechanism." *BMC microbiology* 17.1 (2017): 1-12.

<https://bmcmicrobiol.biomedcentral.com/articles/10.1186/s12866-017-0990-x>

22. Overgrowth of Salmonella enteric

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

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

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

“probiotic *Bifidobacterium bifidum* inhibits growth of *S. enterica* [24]. These authors suggest that *Bifidobacter*-derived factors interfere with expression of *S. enterica* virulence genes encoded on the *Salmonella* pathogenicity islands 1 and 2.”

Wagner, R. Doug, and Shemedia J. Johnson. "Probiotic bacteria prevent Salmonella-induced suppression of lymphoproliferation in mice by an immunomodulatory mechanism." *BMC microbiology* 17.1 (2017): 1-12.

<https://bmcmicrobiol.biomedcentral.com/articles/10.1186/s12866-017-0990-x>

23. Shigella boydii

<https://archive.hshsl.umaryland.edu/handle/10713/4621>

Overgrowth of Shigella dysenteriae

24. Shigella dysenteriae

(Lactobacillus Rhamnosus, Bifidobacterium Lactis)



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

https://ijml.ssu.ac.ir/browse.php?a_id=318&sid=1&slc_lang=en&html=1

25. Shigella sonnei

Lactobacillus paracasei, Lactobacillus rhamnosus, Lactobacillus casei

<https://www.sciencedirect.com/science/article/pii/S0944501311000206>

26. Shigella flexneri

Lactobacillus reuteri, *Lactobacillus casei*

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

<https://journals.aai.org/jimmunol/article/176/2/1228/73611/Anti-Inflammatory-Effect-of-Lactobacillus-casei-on>

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

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

27. 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>

28. 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/>

29. Pseudomonas aeruginosa

Lactobacillus rhamnosus, Bifidobacterium longum

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7556188/>

30. 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

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)

31. Vibrio cholerae, cholera toxin gene (ctx)

Lactobacillus rhamnosus, Bifidobacterium longum

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

32. 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.

(Scroll Down)



V. Probiotic Product List (Alphabetical Order)

Bifidus Power Blend: (2 bottles)

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

Feel Good SBO Probiotics+ : (2 bottles)

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

GI Distress Relief Probiotic: (1 bottle)

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

Ideal Bowel Support by Jarrow Formulas : (1 bottle)

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

Lacto-Prime Plus (1 bottle)*

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

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

MegaSporeBiotic (Weeks 1-8 - 2 bottles)

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

There-biotic Metabolic Formula*

(Lactobacillus gasseri)

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

<https://klaire.com/k-mbs-ther-biotic-metabolic-formula-tm>

Probiotic Pro Bb536: (1 bottle total)

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

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>

Ther-Biotic Symbiotic (1 bottle)*
Klaire Labs: Register as patient. Use Code: 78G
<https://klaire.com/v777-ther-biotic-synbiotic>

DS-01 Daily Synbiotic
(L. crispatus)
<https://seed.com/daily-synbiotic>

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

Vital-Immune Biotic*
Klaire Labs: Register as patient. Use Code: 78G
<https://klaire.com/v171-10-vital-immune-biotic-tm>

***Please wait to introduce probiotics with Lactobacillus Acidophilus and inulin until week 8 of the recipe plans if you are SIBO Positive!**

Disclaimer: (No medical advice, diagnosis or treatment.)
All health, fitness, nutritional information and wellness information provided by Optimized Health is 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 health care professional. Do not avoid, delay or disregard obtain medical or other health related advice from your health care professional because of something you may have heard in the Gut Transformation Show Podcast or Optimized Health's website, social media or youtube. The use of any information provided by The Gut Transformation Show or Optimized Health Social Media are to be used at your own risk. Anything stated in this podcast, website or on our social media is NOT intended 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