Sources

HCl & Enzymes:

https://pubmed.ncbi.nlm.nih.gov/17509031/

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https://pubmed.ncbi.nlm.nih.gov/18702653/

A growing number of studies show correlations between PPIs—and lower stomach acid—and lower nutrients status for many vitamins and minerals:

- Vitamin B12 (39, 40, 41, 42)
- Iron (43, 44, 45, 46)
- Magnesium (47, 48, 49, 50)
- Calcium (51, 52, 53)
- Folate (54, 55)
- Vitamin C (56)
- Zinc (57)

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

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https://kresserinstitute.com/wp-content/uploads/Treating-the-Top-Five-Chronic-Conditions.pdf

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Singh, Rajinder, Muftah AM Shushni, and Asma Belkheir. "Antibacterial and antioxidant activities of Mentha piperita L." *Arabian Journal of Chemistry* 8.3 (2015): 322-328.

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https://www.ibgard.com/ibgardr-difference

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4965625/#!po=82.6923

https://practicalgastro.com/2020/07/01/three-year-safety-data-analysis-indicates-no-pattern-of-heartburn-with-ibgard-an-advanced-technology-peppermint-oil-in-contrast-to-the-heartburn-issues-with-older-technologies/

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Cash, Brooks D., Michael S. Epstein, and Syed M. Shah. "A novel delivery system of peppermint oil is an effective therapy for irritable bowel syndrome symptoms." *Digestive diseases and sciences* 61.2 (2016): 560-571.

https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=Cash+BD%2C+Epstein+MS%2C+Shah+SM.+IBgard%2C+a+novel+targeted+delivery+system+of+peppermint+oil%2C+results+in+significant+improvement+in+the+Total+IBS+Symptom+Score+and+individual+IBS+symptoms.+Results+from+the+U.S.-based%2C+4-week%2C+randomized%2C+placebo-controlled%2C+multi-centered+IBSREST+trial.+Presented+at+Digestive+Disease+Week%3B+May+16-19%2C+2015%3B+Washington%2C+DC.+Abstract+Mo129&btnG=#d=gs_qabs&u=%23p%3DrU8LBSH1OmAJ

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https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=In+vitro+evaluation+of+the+synbiotic+effect+of+probiotic+Lactobacillus+strains+and+garlic+extract+against+Salmonella+species&btnG=#d=gs_qabs&u=%23p%3D6PJJjoVeqwIJ

Journal ‘Nature’

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https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=Garlic+extract+in+prosthesis-related+infections%3A+a+literature+review&btnG=#d=gs_qabs&u=%23p%3D9dV6_Ktz8bgJ

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[2] Micronutrients, Agriculture and Nutrition: Linkages for Improved Health and Well Being

[3] How Modern Life Depletes Our Gut Microbes

[4] The Gut Microbiota of Rural Papua New Guineans: Composition, Diversity Patterns, and Ecological Processes

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[9] Cesarean versus Vaginal Delivery: Long term infant outcomes and the Hygiene Hypothesis

[10] Reduced anxiety-like behavior and central neurochemical change in germ-free mice

[11] The microbiome regulates amygdala-dependent fear recall

[12] Gut Microbiota and Its Possible Relationship With Obesity

[13] Getting To Know “Friendly Bacteria”

[14] The microbiome: A key regulator of stress and neuroinflammation

[15] The impact of a consortium of fermented milk strains on the gut microbiome of gnotobiotic mice and monozygotic twins

[16] Spore-forming bacteria and their utilisation as probiotics

[17] Anti-candida effect of bacillomycin D-like lipopeptides from Bacillus subtilis B38

[18] Probiotic Bifidobacterium longum NCC3001 Reduces Depression Scores and Alters Brain Activity: A Pilot Study in Patients With Irritable Bowel Syndrome

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[20] The use of bacterial spore formers as probiotics

[21] Study of the antifungal activity of Bacillus vallismortis ZZ185 in vitro and identification of its antifungal components

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

Prebiotics:

Sources

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.”

Sources

“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.

Sources

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*

Research:

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

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

L. salivarius and L. reuteri

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

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

L. salivarius and L. reuteri

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

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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

Sources

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

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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/

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7. 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

Lactobacillus reuteri

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

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8. Dielma fastidiosa

Probiotic Strains: Bifidobacteria

Sources

Research Articles:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3746426/

https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/erysipelotrichaceae

https://www.sciencedirect.com/topics/biochemistry-genetics-and-molecular-biology/erysipelotrichaceae

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

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

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

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10. Enterobacter (hormaechei, cloacae)

Enterobacter Cloacae

Probiotic Strains: Bacillus coagulans, Bifidobacterium Bifidum, B. longum, B. infantis, L. plantarum, Saccharomyces boulardii, L. paracasei, B. lactis, L. rhamnosus, L. acidophilus, L. casei, Lactobacillus salivarius, Lactobacillus reuteri, Lactobacillus bulgaricus

Research:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6750132/

Lactobacillus Plantarum

https://www.sciencedirect.com/topics/medicine-and-dentistry/enterobacter-cloacae

(Family of *Enterobacter* spp.)

Sources

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6750132/

Bacillus coagulans, Bifidobacterium Bifidum, B. longum, B. infantis, L. plantarum, Saccharomyces boulardii, L. paracasei, B. lactis, L. rhamnosus, L. acidophilus, L. casei

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8470257/#B38-antibiotics-10-01086

Lactobacillus salivarius, Lactobacillus reuteri

https://pubmed.ncbi.nlm.nih.gov/31298298/

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

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11. Enterococcus (faecium …)

L. rhamnosus

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

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12. 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/

Sources

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13. Haemophilus Influenzae

Probiotic Strains: L. plantarum, Bifidobacterium longum, Bifidobacterium infantis, Bifidobacterium breve, B. Bifidum, Bifidobacterium animalis subsp. lactis HN019, L. paracasei ,Lactobacillus rhamnosus, L. Gasseri, Lactobacillus reuteri, L. salivarius, Lactobacillus bulgaricus, Streptococcus thermophilus

A bacteria. (Does not cause the influenza flu.) This bacteria that could cause infections which severe cases could contribute to respiratory infections, ocular infection, sepsis and meningiti, ear infections & pneumonia, bloodstream infections, bronchitis and septic arthritis. Haemophilus influenzae type b is the most common type. It usually affects children under the age of 5 or older people who are immunocompromised.

Lactobacillus rhamnosus: (modulates immune function, helps prevent gastrointestinal and respiratory tract infections)

https://pubmed.ncbi.nlm.nih.gov/19896252/

https://pubmed.ncbi.nlm.nih.gov/20403940/

L. plantarum
L. paracasei

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4006993/

Bifidobacterium animalis subsp. *lactis* HN019

Arunachalam K, Gill HS, Chandra RK. Enhancement of natural immune function by dietary consumption of Bifidobacterium lactis (HN019). Eur J Clin Nutr. 2000 Mar;54(3):263-7. doi: 10.1038/sj.ejcn.1600938. PMID: 10713750.

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8712437/

L. Gasseri

B. longum

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7827890/

Sources

Bifidobacterium *longum, Bifidobacterium infantis*, *Bifidobacterium breve,*

B. Bifidum

Lactobacillus reuteri

L. salivarius

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7827890/

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14. 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/

Sources

Bacillus claussi

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://drruscio.com/h-pylori-probiotics/#:~:text=Notable%20research%20about%20Lactobacillus%20(lactic,of%20standard%20treatment%20%5B23%5D.

15. Klebsiella pneumoniae

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/

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16. 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/

Sources

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

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17. 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_qabs&t=1656476603882&u=%23p%3DJfnBolQAfsoJ

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18. 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

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19. Overgrowth of Salmonella enteric

Sources

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

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20. 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

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21. Salmonella typhimurium:

Saccaromyces Boulardii, Bacillus Subtilis, Lactobacillus Plantarum, Bifidobacterium Bifidus

Sources

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

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22. Serratia marcescens

Lactobicillus acidophilus, Lactobacillus plantarum

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

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23. Shigella boydii

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

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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

Sources

25. 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

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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/

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27. Shigella sonnei

Lactobacillus paracasei, Lactobacillus rhamnosus, Lactobacillus casei

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

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28. Streptococcus spp.

Lactobacillus rhamnosus GG,[10] Lactobacillus reuteri, Bifidobacterium

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

Sources

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29. 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

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30. Streptococcus Pyogenes:

Probiotic Strains: Lactobacillus plantarum**,** Lactobacillus acidophilus, L. rhamnosus, L. reuteri

Research:

https://www.frontiersin.org/articles/10.3389/fmicb.2016.01176/full

https://ami-journals.onlinelibrary.wiley.com/doi/full/10.1111/lam.13133#:~:text=Three%20candidate%20probiotics%20Lactobacillus%20acidophilus,disrupt%20ex%20situ%20pharyngeal%20microcosms.

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31. Streptococcus suis:

Lactobacillus plantarum

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

Sources

32. Overgrowth of Parasites

Probiotics strains to fight overgrowth:

(Lactobacillus Plantarum, Lactobacillus reuteri, *Lactobacillus casei)*

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

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

33. Pseudomonas aeruginosa

Lactobacillus rhamnosus, Bifidobacterium longum

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

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34. 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

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35. Vibrio cholerae, cholera toxin gene (ctx)

Sources

Lactobacillus rhamnosus, Bifidobacterium longum

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

*****Medical Disclosure:**

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