

Sources

HCl & Enzymes:

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

<https://pubmed.ncbi.nlm.nih.gov/22525304/>

<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/>

<https://chriskresser.com/how-to-cure-gerd-without-medication/>

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

IBguard:

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.

https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=https%3A%2F%2Fwww.sciencedirect.com%2Fscience%2Farticle%2Fpii%2FS1878535211000232&btnG=#d=gs_qabs&u=%23p%3DxIZhkfHfgwAJ

<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

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4965625/#_ffn_sectitle

Efficacy of Garlic as Anti-bacterial:

adare, O. S., et al. "In vitro evaluation of the synbiotic effect of probiotic Lactobacillus strains and garlic extract against Salmonella species." *LWT* 153 (2022): 112439.

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%3D6PJJoVeqwIJ

Journal 'Nature'

<https://www.nature.com/articles/s41598-018-25154-9>

Ross, Z. M., et al. "Antimicrobial properties of garlic oil against human enteric bacteria: evaluation of methodologies and comparisons with garlic oil sulfides and garlic powder." *Applied and environmental microbiology* 67.1 (2001): 475-480.

https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=Antimicrobial+Properties+of+Garlic+Oil+against+Human+Enteric+Bacteria%3A+Evaluation+of+Methodologies+and+Comparisons+with+Garlic+Oil+Sulfides+and+Garlic+Powder&btnG=#d=gs_qabs&u=%23p%3DsnNBQ425e3QJ

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Zhu, Xing-Yang, and Yi-Rong Zeng. "Garlic extract in prosthesis-related infections: a literature review." *Journal of International Medical Research* 48.4 (2020): 0300060520913778

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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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3916379/>

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- Nale, Dr Janet, Chutia, Mahananda, Carr, Philippa, Timothy Hickenbotham, Peter, Clokie, Martha. 8/22/2016. ‘Get in Early’; Biofilm and Wax Moth (*Galleria mellonella*) Models Reveal New Insights into the Therapeutic Potential of *Clostridium difficile* Bacteriophages. *Frontiers in Microbiology*. VL - 7, DO - 10.3389/fmicb.2016.01383. <https://www.frontiersin.org/articles/10.3389/fmicb.2016.01383/full>
- Abedon ST, Kuhl SJ, Blasdel BG, et al. Phage treatment of human infections. *Bacteriophage*. 2011;1(2):66-85.
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- Pelfrene E, Willebrand E, Cavaleiro Sanches A, et al. Bacteriophage therapy: a regulatory perspective. *Journal of Antimicrobial Chemotherapy*. 2016;71(8):2071-4.
- Supplier Internal Study. A Probiotic-Enhancing Prebiotic. Data on File. 2016.
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- [1] [What Is Gut Microbiota?](#)
- [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](#)
- [5] [NIH Human Microbiome Project defines normal bacterial makeup of the body](#)
- [6] [Human microbiome project: Diversity of human microbes greater than previously predicted](#)
- [7] [Germs Are Us](#)
- [8] [Ecological and Evolutionary Forces Shaping Microbial Diversity in the Human Intestine](#)
- [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](#)
- [19] [The Intestinal Life Cycle of *Bacillus subtilis* and Close Relatives](#)
- [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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- [22] [Prescript-Assist probiotic-prebiotic treatment for irritable bowel syndrome: a methodologically oriented, 2-week, randomized, placebo-controlled, double-blind clinical study](#)
- [23] [Prescript-assist probiotic-prebiotic treatment for irritable bowel syndrome: an open-label, partially controlled, 1-year extension of a previously published controlled clinical trial](#)

Bifidus Power Blend Research

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3. Lau, Amy Sie-Yik, Jin-Zhong Xiao, and Min-Tze Liong. "Bifidobacterium for Infants: Essence and Efficacy." *Beneficial Microorganisms in Medical and Health Applications*. Springer International Publishing, 2015. 39-72.
4. Saez-Lara, Maria Jose, et al. "The role of probiotic lactic acid bacteria and bifidobacteria in the prevention and treatment of inflammatory bowel disease and other related diseases: a systematic review of randomized human clinical trials." *BioMed Research International* 2015 (2015).
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6. Childs, C. E., et al. "Bifidobacterium longum bv. infantis CCUG 52486 combined with gluco-oligosaccharide significantly reduces the duration of self-reported cold and flu-like symptoms among healthy older adults after seasonal influenza vaccination." *Proceedings of the Nutrition Society* 72.OCE1 (2013): E10.
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8. Spaizer, Samuel J., et al. "Lactobacillus gasseri KS-13, Bifidobacterium bifidum G9-1, and Bifidobacterium longum MM-2 Ingestion Induces a Less Inflammatory Cytokine Profile and a Potentially Beneficial Shift in Gut Microbiota in Older Adults: A Randomized, Double-Blind, Placebo-Controlled, Crossover Study." *Journal of the American College of Nutrition* 34.6 (2015): 459-469.
9. Guglielmetti, Simone, et al. "Randomised clinical trial: Bifidobacterium bifidum MIMBb75 significantly alleviates irritable bowel syndrome and improves quality of life—a double-blind, placebo-controlled study." *Alimentary Pharmacology & Therapeutics* 33.10 (2011): 1123-1132.
10. Kim, Ji Yeun, et al. "Effect of probiotic mix (Bifidobacterium bifidum, Bifidobacterium lactis, Lactobacillus acidophilus) in the primary prevention of eczema: a double-blind, randomized, placebo-controlled trial." *Pediatric Allergy and Immunology* 21.2p2 (2010): e386-e393.
11. Bartosch, Sabine, et al. "Microbiological effects of consuming a synbiotic containing Bifidobacterium bifidum, Bifidobacterium lactis, and oligofructose in

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- elderly persons, determined by real-time polymerase chain reaction and counting of viable bacteria." *Clinical Infectious Diseases* 40.1 (2005): 28-37.
12. Tabbers, M. M., et al. "Is Bifidobacterium breve effective in the treatment of childhood constipation? Results from a pilot study." *Nutrition Journal* 10.1 (2011): 1.
 13. Kondo, Shizuki, et al. "Antiobesity effects of Bifidobacterium breve strain B-3 supplementation in a mouse model with high-fat diet-induced obesity." *Bioscience, Biotechnology, and Biochemistry* 74.8 (2010): 1656-1661.
 14. Mortaz, Esmaeil, et al. "Anti-Inflammatory Effects of Lactobacillus Rahmnosus and Bifidobacterium Breve on Cigarette Smoke Activated Human Macrophages." *PloS One* 10.8 (2015): e0136455.
 15. Groeger, David, et al. "Bifidobacterium infantis 35624 modulates host inflammatory processes beyond the gut." *Gut Microbes* 4.4 (2013): 325-339.
 16. Smecuol, Edgardo, et al. "Exploratory, randomized, double-blind, placebo-controlled study on the effects of Bifidobacterium infantis natren life start strain super strain in active celiac disease." *Journal of Clinical Gastroenterology* 47.2 (2013): 139-147.
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Probiotic Strains Research Sources:

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<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:

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."

"RA is an autoimmune disease affecting the synovium and cartilage with bony erosion. Recently, the relationship between the oral microbiome and systemic diseases has

Sources

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 Paristonat 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/>

Sources

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?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>

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>

9. 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>

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.)

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

Sources

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>

11. Enterococcus (faecium ...)

L. rhamnosus

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

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

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/>

Bifidobacterium longum, Bifidobacterium infantis, Bifidobacterium breve,

Sources

B. Bifidum

Lactobacillus reuteri

L. salivarius

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

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

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>

17. 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/>

18. 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

19. Overgrowth of Proteus spp

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

Sources

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

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

20. *Pseudomonas aeruginosa*

Lactobacillus rhamnosus, *Bifidobacterium longum*

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

21. 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 Shemedi 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. *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>

Sources

“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 Shemedi 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. *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 Shemedi 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>

24. *Serratia marcescens*

Lactobacillus acidophilus, Lactobacillus plantarum

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

Sources

25. *Shigella boydii*

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

26. *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

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. *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/>

Sources

29. *Shigella sonnei*

Lactobacillus paracasei, *Lactobacillus rhamnosus*, *Lactobacillus casei*

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

30. *Streptococcus* spp.

Lactobacillus rhamnosus GG,[10] *Lactobacillus reuteri*, *Bifidobacterium*

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

31. *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>

32. *Streptococcus Pyogenes*:

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

Research:

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

Sources

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

33. Streptococcus suis:

Lactobacillus plantarum

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

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

35. Vibrio cholerae, cholera toxin gene (ctx)

Lactobacillus rhamnosus, *Bifidobacterium longum*

Sources

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

*****Medical Disclosure:**

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