Gut Health
Data from 3 months of parasite treatment
What did I do?

2014 - uBiome #1
(baseline - paleo)

Feb 15 - eat ceviche

Mar 20 - Stool test #1
Mar 23 - Antibiotic #1

Apr 5 - uBiome #2
Apr 14 - Stool test #2
Apr 17 - Antibiotic #2

May 25 - uBiome #3
May 27 - Stool test #3
Giardia Antigen

POSITIVE
Data #2

Bathroom Visits

End of Antibiotic #1
Went to Doctor
Giardia Positive, Start Nitazoxanide
End Nitazoxanide
Intermittent Fasting (7 days)

Bristol Stool Scale (1=hard, 7=watery)
It’s cyclical
Giardia cysts have 7-21 day incubation
Data #3

2014 - uBiome #1  
(baseline - paleo)

Apr 5 - uBiome #2

May 25 - uBiome #3

Jun 12 - uBiome #4
My Proteobacteria increased 2x

Comparing your Gut sample on 2015-04-05 with 2014-02-24
Bacteroidetes decreased from 41% to 29%
All Verrucomicrobia are gone :-(

Comparing your Gut sample on 2015-04-05 with 2014-02-24
Way less Firmicutes than average

Comparing your Gut sample on 2015-04-05 with Men

- **Firmicutes**
  - Men: 41.04%
  - Comparison: 74.15%
... but on par with Paleo Dieters

Comparing your Gut sample on 2015-04-05 with Paleo Diet
Way more Bacteroidetes than average

Comparing your Gut sample on 2015-04-05 with Men

- **Firmicutes**
  - Me: 41.04%
  - Comparison: 74.15%
... but less than Paleo Dieters
Much less *Prevotella* than other samples

<table>
<thead>
<tr>
<th>Rank</th>
<th>Genus</th>
<th>Multiplication</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><em>Prevotella</em></td>
<td>394.27X</td>
</tr>
<tr>
<td>2</td>
<td><em>Coprococcus</em></td>
<td>18.74X</td>
</tr>
<tr>
<td>3</td>
<td><em>Intestinimonas</em></td>
<td>8.96X</td>
</tr>
<tr>
<td>4</td>
<td><em>Streptococcus</em></td>
<td>8.24X</td>
</tr>
<tr>
<td>5</td>
<td><em>Blautia</em></td>
<td>7.62X</td>
</tr>
<tr>
<td>6</td>
<td><em>Eubacterium</em></td>
<td>7.52X</td>
</tr>
</tbody>
</table>
Lots of data here, but what does it mean?!