

Gut Health

Data from 3 months of parasite treatment



**Ceviches
Mixtos
Tsunami**

rinconcito del mar



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

Data #1

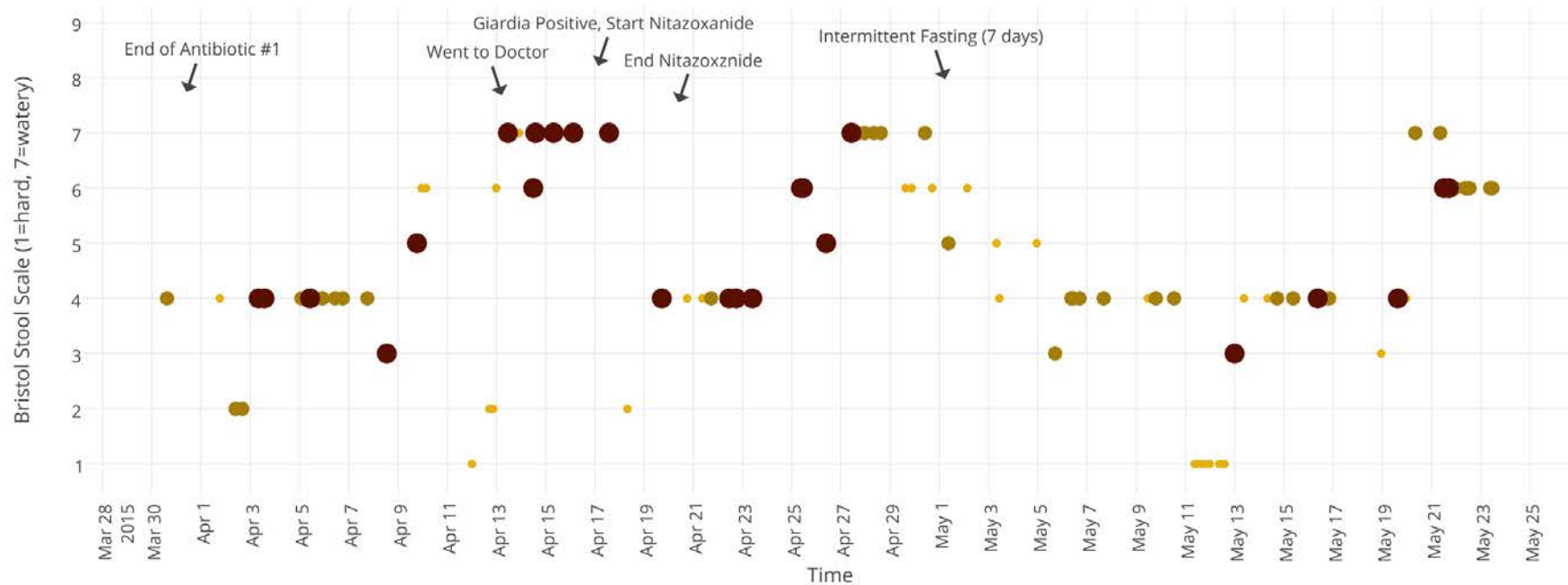
Giardia Antigen

POSITIVE



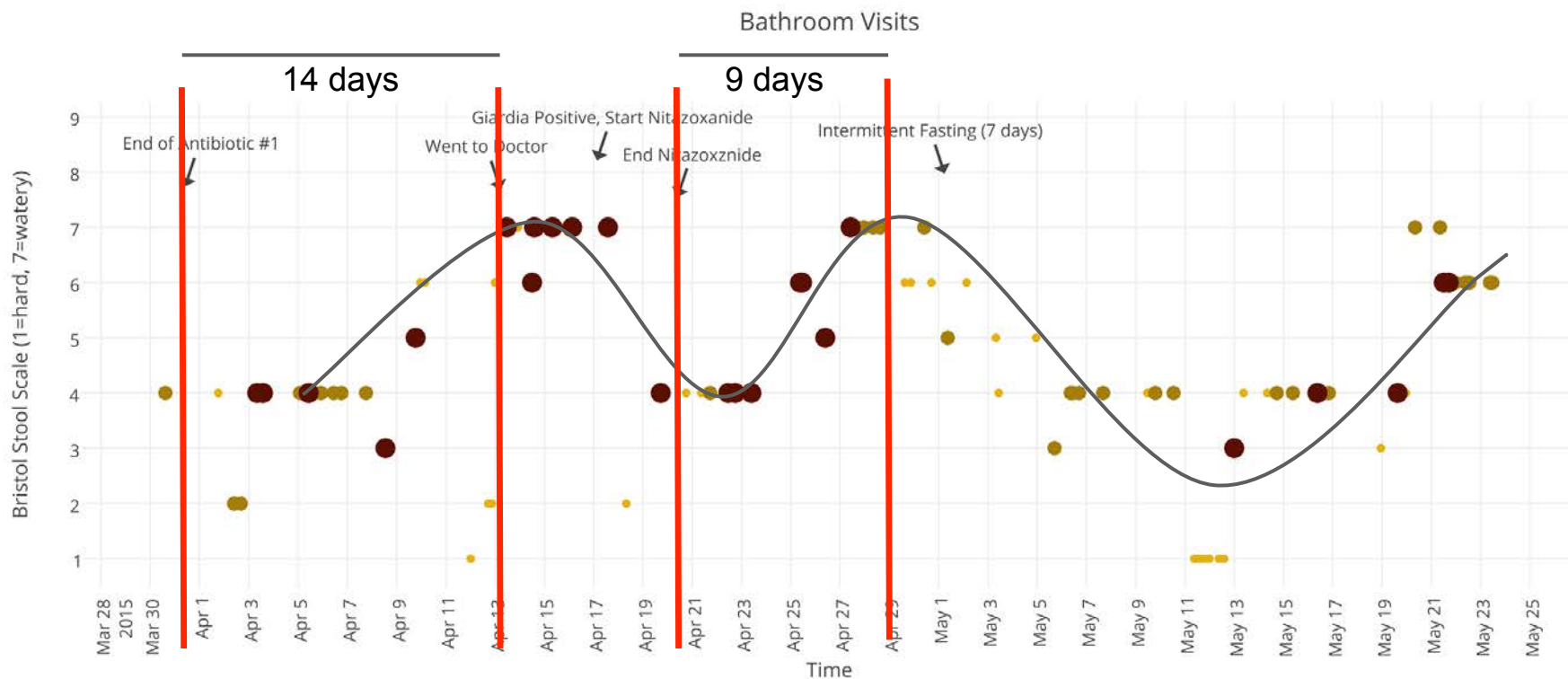
Data #2

Bathroom Visits





Giardia cysts have 7-21 day incubation



Data #3

2014 - uBiome #1
(baseline - paleo)

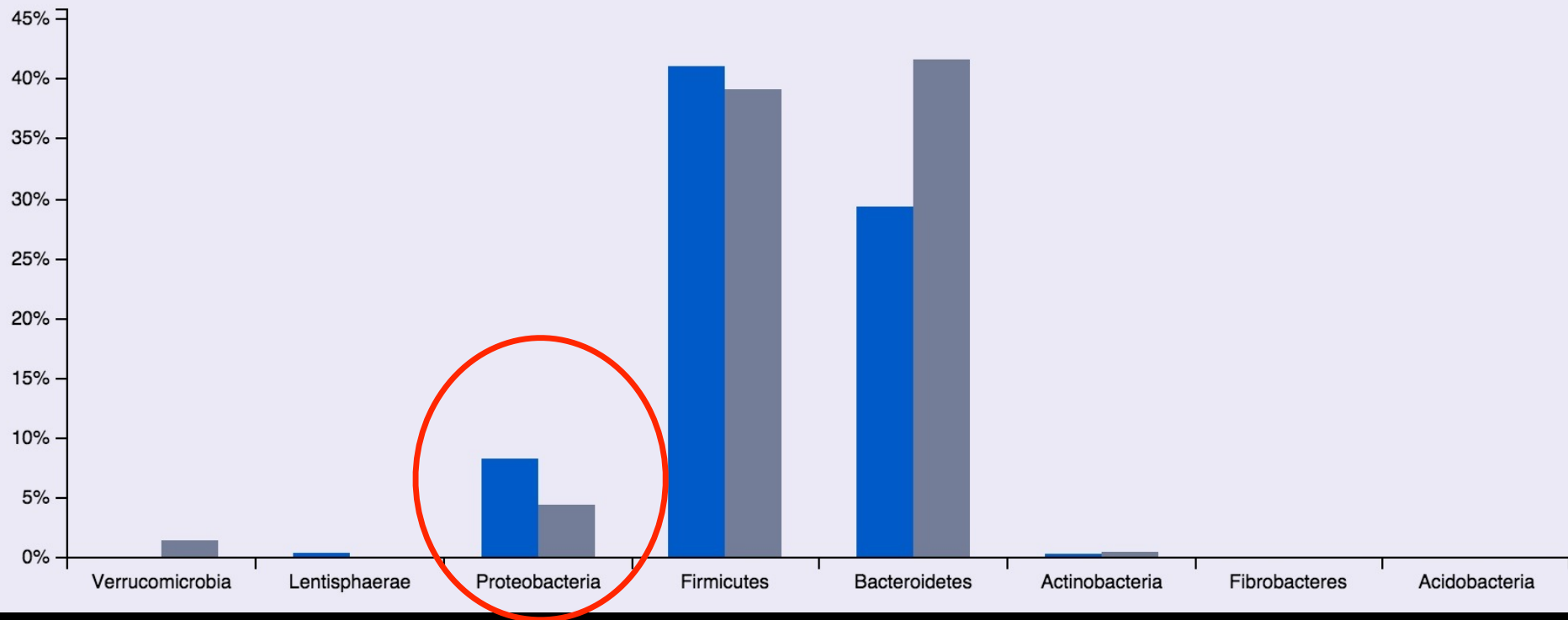
Apr 5 - uBiome #2

May 25 - uBiome #3

Jun 12 - uBiome #4

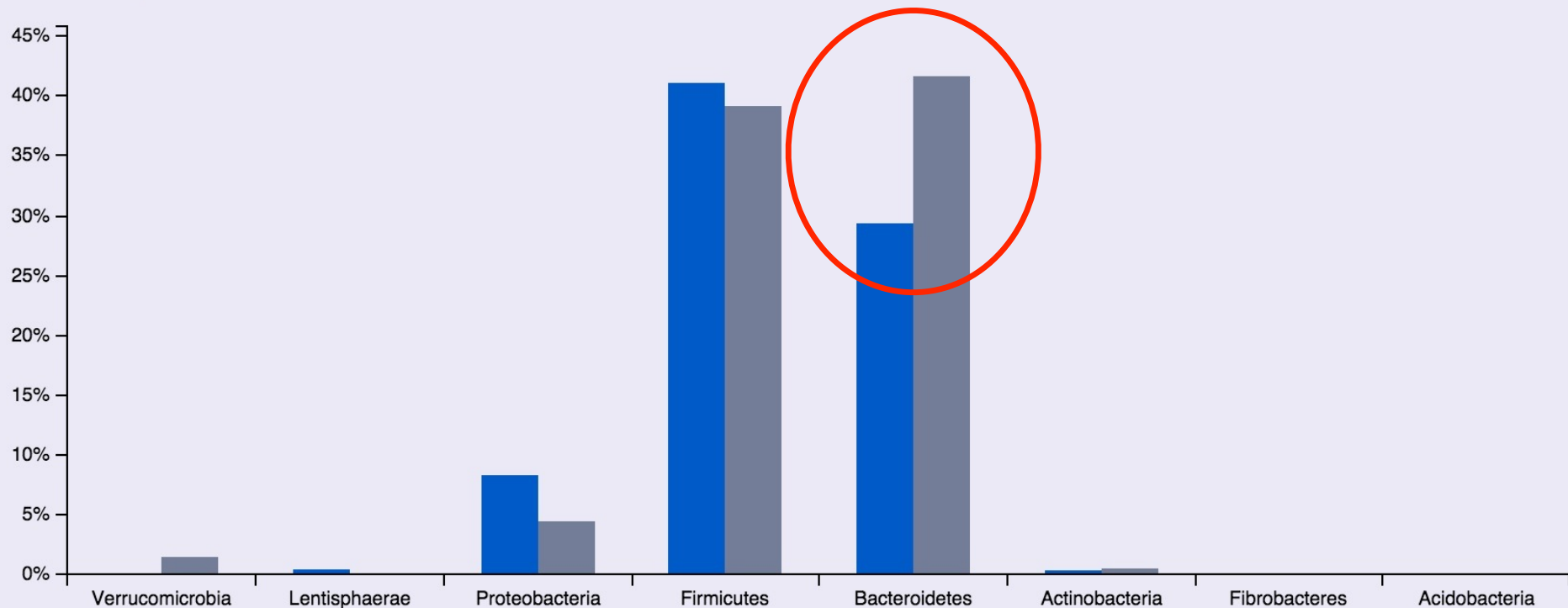
My Proteobacteria increased 2x

Comparing your Gut sample on 2015-04-05 with 2014-02-24



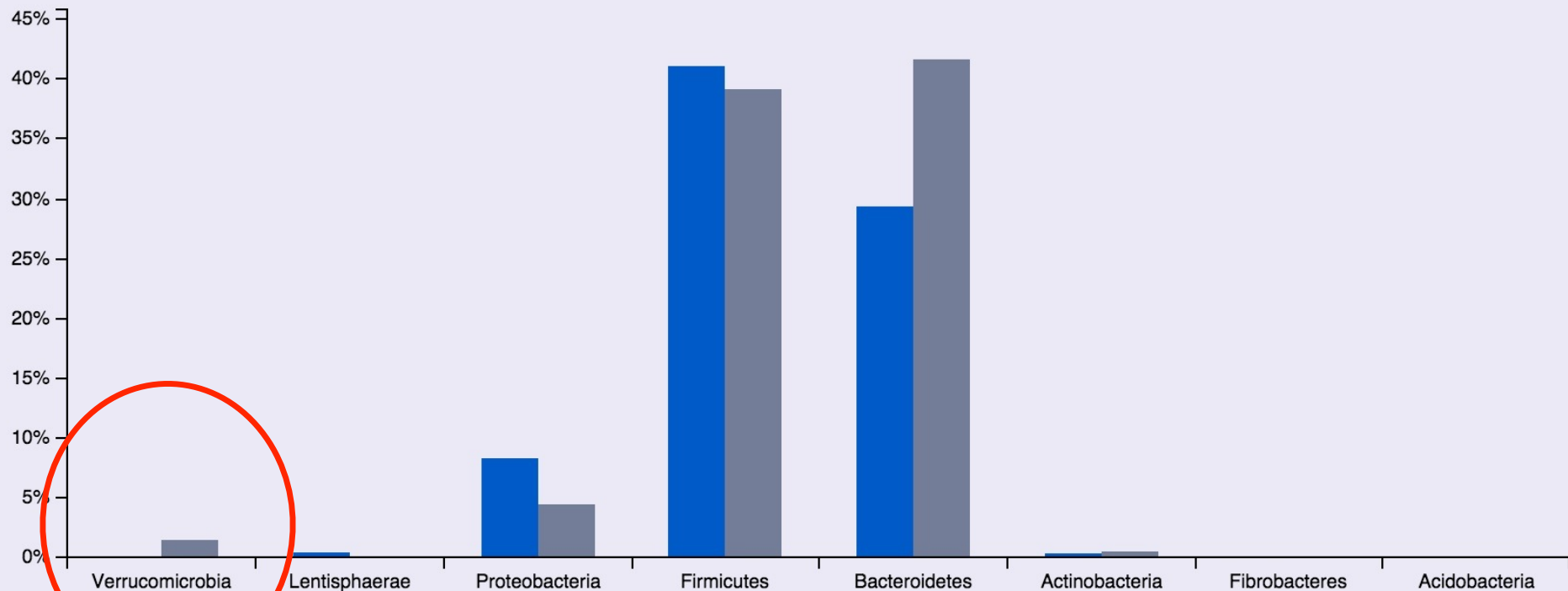
Bacteroidetes decreased from 41% to 29%

Comparing your Gut sample on 2015-04-05 with 2014-02-24



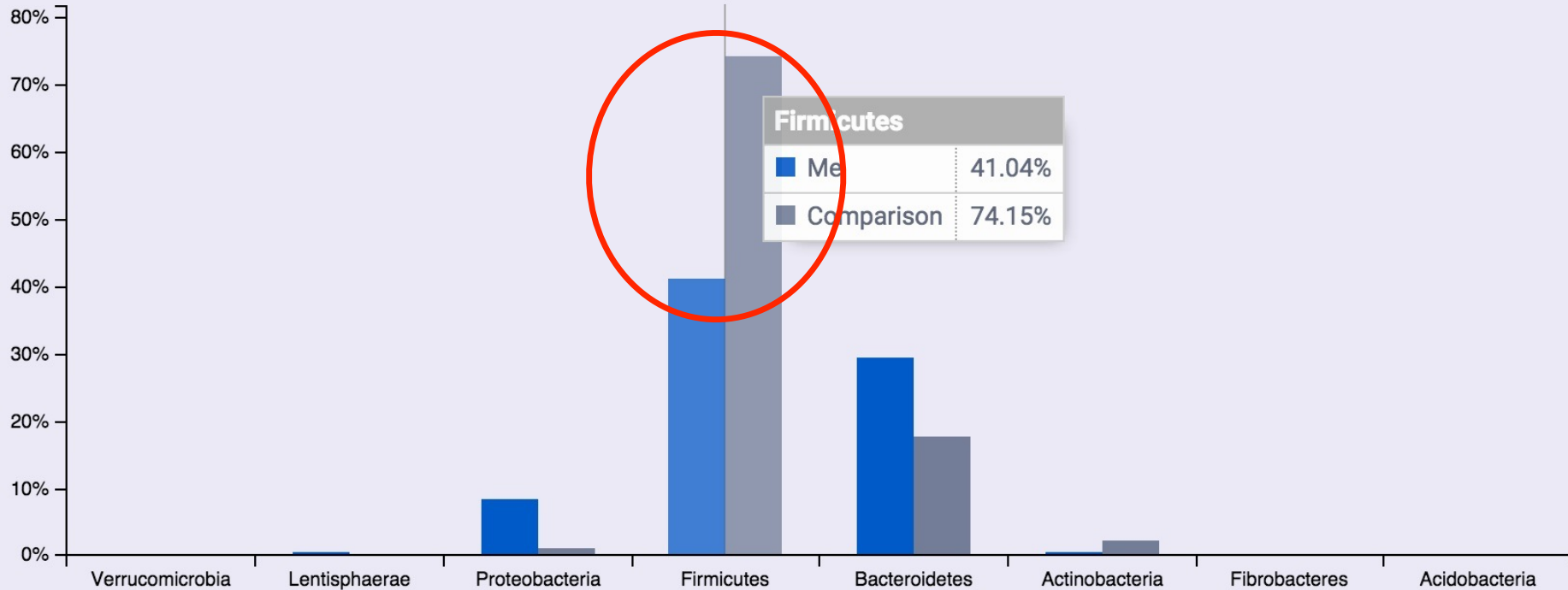
All Verrucomicrobia are gone :-)

Comparing your Gut sample on 2015-04-05 with 2014-02-24



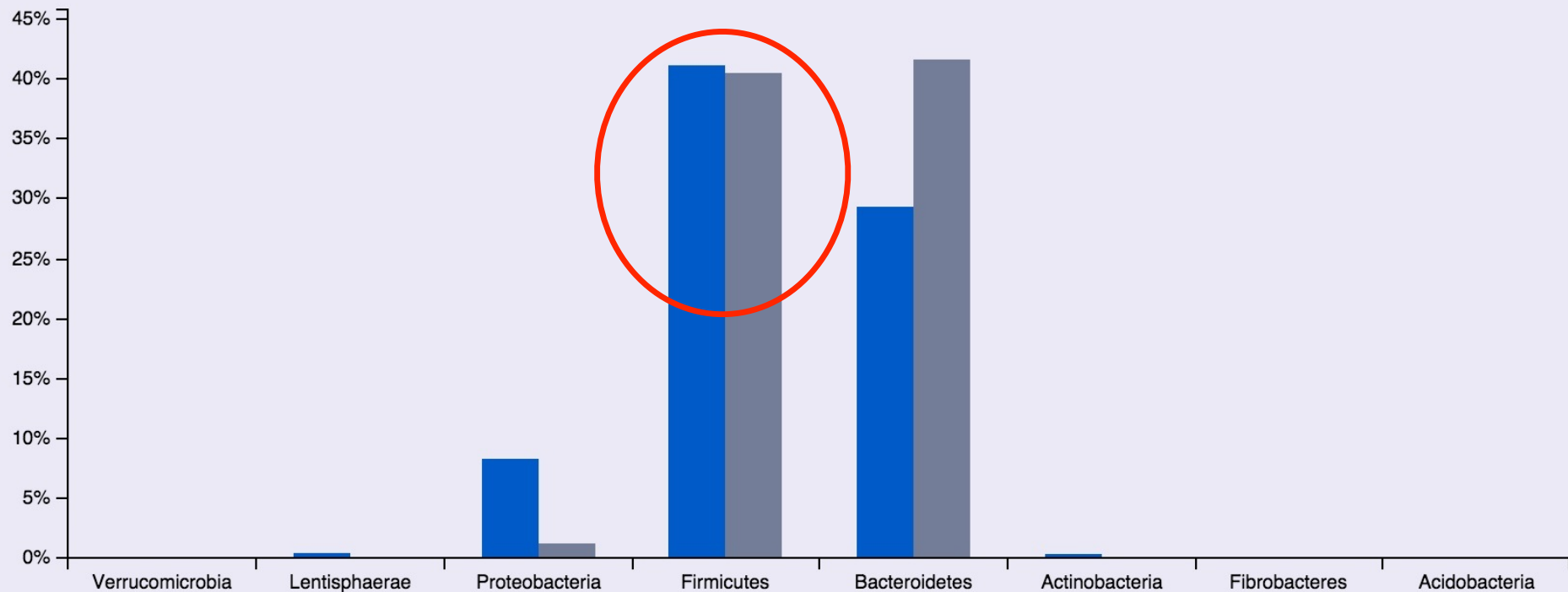
Way less Firmicutes than average

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



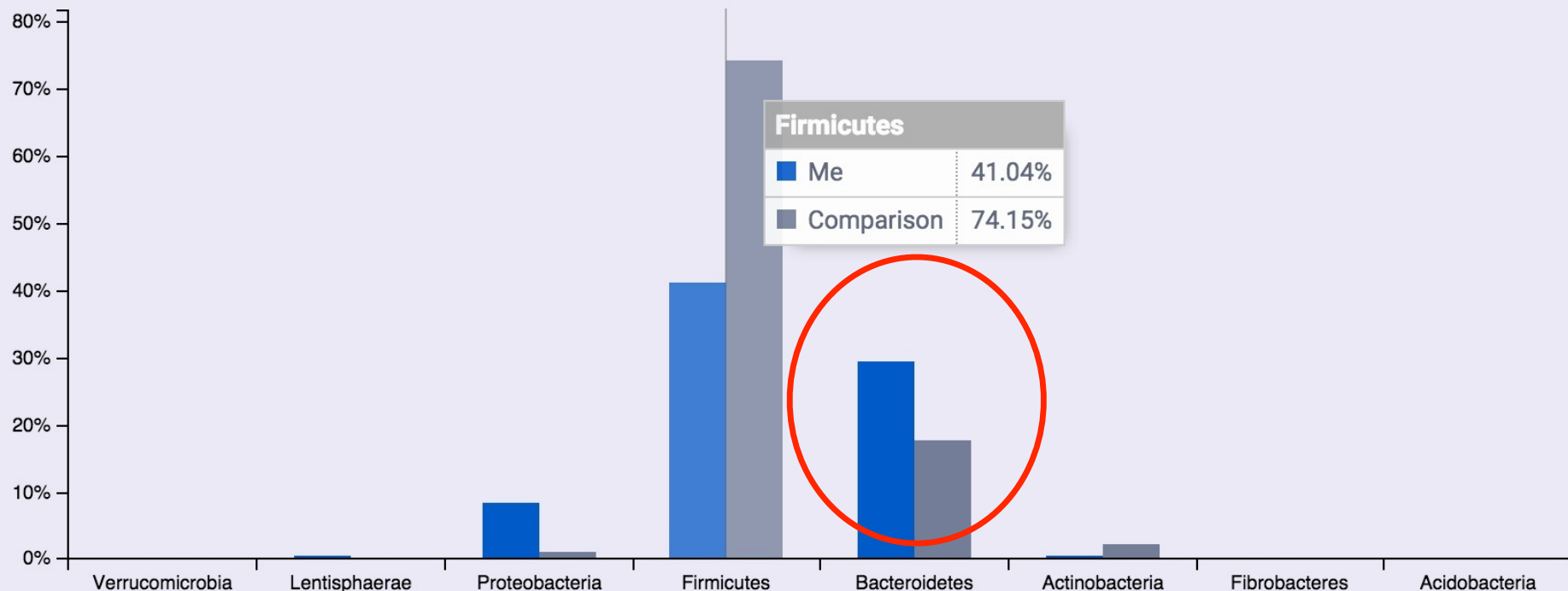
... but on par with Paleo Dieters

Comparing your Gut sample on 2015-04-05 with Paleo Diet



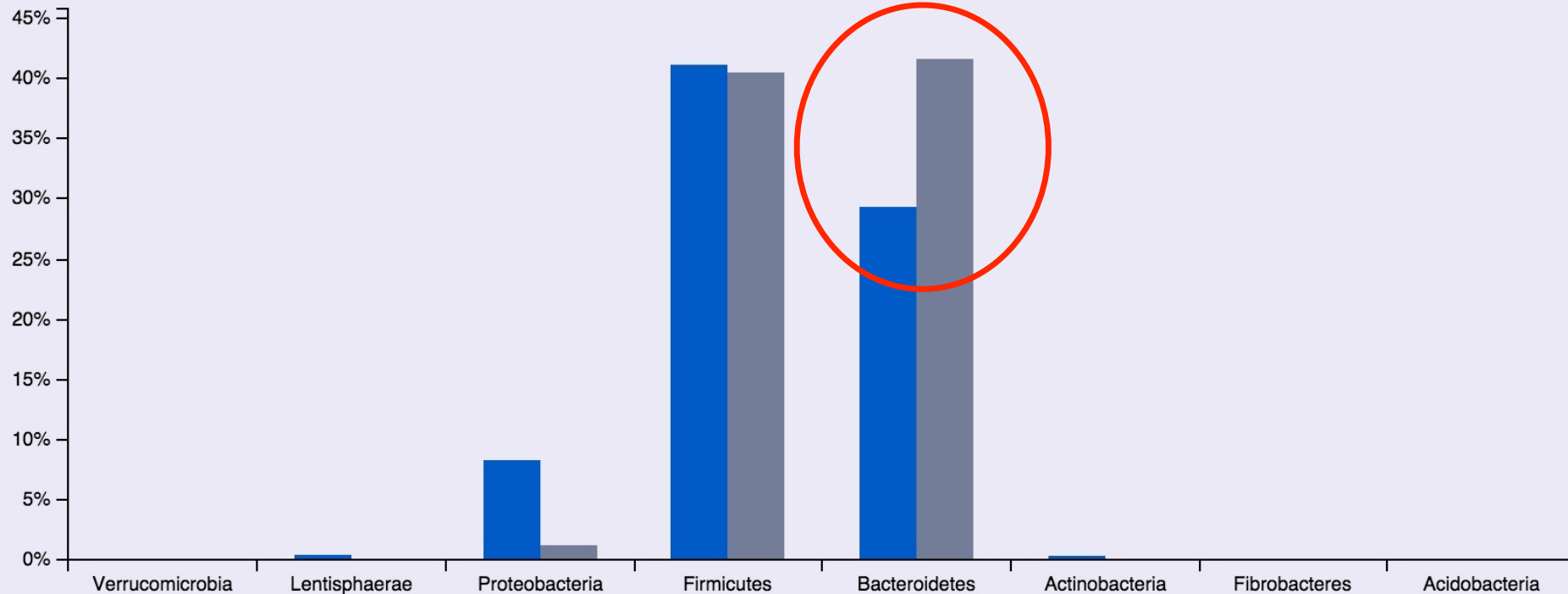
Way more Bacteroidetes than average

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



... but less than Paleo Dieters

Comparing your Gut sample on 2015-04-05 with Paleo Diet



Much less Prevotella than other samples

Most Depleted vs. Paleo Diet

Print this data

phylumclassorderfamilygenus

1	Prevotella	394.27X
2	Coprococcus	18.74X
3	Intestinimonas	8.96X
4	Streptococcus	8.24X
5	Blautia	7.62X
6	Eubacterium	7.52X

Lots of data here, but
what does it mean?!

