

# GUT ZOOMER<sup>®</sup> CHEAT SHEET



## DIVERSITY

- Look at your Shannon's & Simpson's Index
- If LOW or MODERATE (orange or red), stop eating the same foods over and over
- Increase diversity of prebiotic, probiotic, polyphenol foods

## GUT DIVERSITY



**Shannon's Index**  
Ref Range:  $\geq 2.5$   
Prev value: 0.9



**Simpson's Index**  
Ref Range:  $\geq 0.8$   
Prev value: 0.4

**NOTE:**  
Higher value, Higher Diversity

example

## KEY RATIOS: F/B

Ratio of Firmicutes to Bacteroidetes

- Reference range is less than 0.9
- If HIGH, you'll want to limit carbs, especially processed foods and your intake of antibiotics. Increase collagen, as found in meat. You'll do well with a more carnivore diet
- If LOW, you can most likely lose weight fairly easily and you can do well with a more vegetarian diet

## KEY RATIOS: P/B

Ratio of Proteobacteria to Bacteroidetes

- Reference range is greater than 0.48
- If HIGH, you will do well with with vegetarian diet and you will most likely lose weight easily
- If LOW, you will likely struggle on a vegetarian diet

## KEY RATIOS

RATIO	CURRENT	REF RANGE	PREVIOUS 06/18/2019
F/B	6.2	$\leq 0.9$	9.0
P/B	2.20	$\geq 0.48$	2.50

**COMMENTS:**  
Increased risk for IBS.

## WHAT DIET WORKS BEST FOR YOU?

### CARNIVORE DIET

- High F/B, Low P/B
- Low F/B, Low P/B

### VEGETARIAN DIET

- Low F/B, High P/B

### MIX OF CARNIVORE AND VEGETARIAN

- High F/B, High P/B

### ANY DIET WORKS

- Low F/B, High P/B

## COMMONLY MISSING BACTERIA & WHAT YOU SHOULD EAT

### L. Rhamanos

- Supports a healthy HPA axis
- Eat more raw dairy, yogurts, kefirs

### Bifidobacterium bifidum

- Helps digest fiber, lower cholesterol, helps balance moods, especially depression
- higher amounts in breastfed babies
- Eat more apples, artichokes, blueberries, almonds, pistachios, onions, garlic, bananas, cocoa, green tea, red wine, ancient grains: oat, barley, kimchi.

### Faecalibacterium prausnitzii

- Supports anti-inflammatory, immune system, declines with menopause.
- Eat more red wine, kiwi fruit, corn fiber, chickpea (hummus), sun dried raisins, raw nuts, avocado, olive oil

### Saccharomyces boulardii

- Helps prevents irritable bowel syndrome, diarrhea
- Eat more fresh, sour dill pickles, kimchi, kombucha, a fermented tea, miso, natto, sauerkraut, tempeh.