

Gut Review Case Assignments

(Case #1 Answers)

CASE #1, STEP 1:

Answer:

The stool test is most significant for dysbiosis of insufficiency, mild yeast overgrowth (“few” yeast identified at microscopy), and the presence of *Dientamoeba fragilis*. This was prior to when we were running Doctor’s Data and BioHealth stool tests concurrently, but it may have been helpful here in that BioHealth often picks up more parasites, and with a report of rare *D. fragilis* on one sample, it does raise the possibility of additional parasites, and I would consider this may be an underestimate. Since there are other findings that warrant treatment (yeast overgrowth and the SIBO breath test, which I’ll discuss next), the additional stool test is not necessary at this time.

The SIBO breath test is positive for mild SIBO due to methane overproduction.

Treatment: Overall there are several pieces to the GI microbial profile that are mildly out of balance, and an herbal antimicrobial protocol was recommended for 60 days. At this time in the practice, we weren’t yet using A-FNG for fungal overgrowth, so treatment was with the core protocol alone, namely GI Synergy, Lauricidin, InterFase Plus, *Saccharomyces boulardii*, Prescript-Assist and MegaSporeBiotic.

CASE #1, STEP 2:

Answer:

The follow-up stool test shows some improvement in the numbers of beneficial bacteria (though I would still consider this a dysbiosis of insufficiency) which are likely due to dietary changes, and the *S. boulardii* seen on yeast culture is due to the probiotic supplementation (not of concern). *D. fragilis* was not identified on the repeat test, but the mild yeast overgrowth persists. That said, when supplementing with *S. boulardii*, it's difficult to know if the "few" yeast reported actually refers to the *S. boulardii*.

The SIBO breath test shows mild persistent SIBO based both on the mildly elevated baseline methane of 7 ppm, and the combined increase of hydrogen and methane up to 27 ppm at 120 minutes.

Treatment: An additional 30 to 60 days of the herbal antimicrobial protocol was recommended to treat the mild SIBO, with the specific duration to be determined by improvement in symptoms. More specifically, he was advised to continue the protocol until he felt his symptom improvement had reached a plateau.

CASE #1, STEP 3:

Answer:

The repeat SIBO breath does show baseline methane of 5 ppm, but elsewhere primarily 0. So, while based strictly on Pimentel's criteria this could again be considered positive, I think this is likely normal. If such test results were seen on an initial test, one could also consider the possibility of hydrogen sulfide positive SIBO; however, in this context I think the most likely explanation is successful treatment.

At this point it would be recommended to spend two to three months on rebuilding the gut with prebiotics and probiotics. Depending on symptoms, a repeat stool test could be considered after this time, but for this particular patient, he actually had improved but had persistent hyperlipidemia and brain fog, so we moved onto treatment for mercury detoxification.