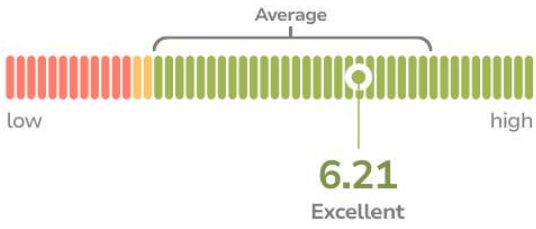
Raport microbiom - Advanced

ID Proba	Analizat	Material	Laborator
48311916	16/06/2025	Scaun	Labors.at

1.Sănătatea microbiană

Diversitatea microbiană



Diversitatea generală a bacteriilor intestinale este foarte bună! Acest lucru indică un microbiom intestinal sănătos, care susține optim sănătatea generală și starea de bine.

Bogăția speciilor: 372 (Media: 202–322)
Uniformitatea speciilor: 0,73 (Media: 0,72–0,78)

Informații suplimentare:

Diversitatea microbiană descrie varietatea microbiomului intestinal, compusă din bogăția speciilor și uniformitatea acestora. Este cel mai important parametru pentru analizarea sănătății microbiomului. Măsoară câte specii bacteriene diferite sunt prezente și cât de uniform sunt distribuite.

O comunitate bacteriană cu diversitate ridicată este alcătuită din multe specii diferite, distribuite echilibrat.

Indicele diversității este calculat folosind Indicele Shannon, care ia în considerare atât bogăția, cât și uniformitatea. Cu cât valoarea este mai mare, cu atât mai bine.

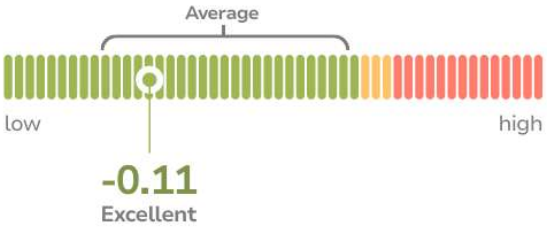
Studiile arată că o diversitate redusă poate fi asociată cu boli inflamatorii intestinale, obezitate, tulburări metabolice și boli autoimune.

Diversitatea speciilor: Indică numărul diferitelor specii de bacterii dintr-o probă de scaun. O valoare mare indică o diversitate ridicată a speciilor.

Uniformitatea speciilor: Oferă informații despre cât de echilibrată este frecvența diferitelor tipuri de bacterii din intestinul tău. O distribuție mai uniformă ajută la prevenirea dominanței câtorva specii, făcând comunitatea microbiană mai puțin susceptibilă la dezechilibre sau schimbări nefavorabile.

Indicele de disbioză

Microbiomul intestinal este în echilibru, fără semne de disbioză.



Informații suplimentare:

Disbioza se referă la un dezechilibru al microbiomului intestinal, în care bacteriile potențial dăunătoare le depășesc numeric pe cele benefice. Acest dezechilibru poate apărea din diverse cauze, inclusiv boli inflamatorii intestinale. **Indicele de disbioză** cuantifică severitatea acestui dezechilibru și poate fi util pentru monitorizarea modificărilor microbiomului în timpul tratamentelor sau al ajustărilor dietetice.

Enterotip

Enterotipul 2 („Prevotella”) este asociat cu o dietă bazată pe plante, bogată în fructe, legume, leguminoase și cereale integrale.

Enterotype 2: Prevotella

Informații suplimentare:

Enterotipurile clasifică microbiomul intestinal în trei grupuri bacteriene dominante, care formează „microbiomul de bază” în primii ani de viață, fiind influențate în principal de factori genetici și de obiceiurile alimentare. Există dovezi că enterotipul tău poate influența ce alimente poți metaboliza în mod deosebit de eficient și cât de bine se produce vitamina în intestin. Obiceiurile alimentare pe termen lung, alături de vârstă, starea de sănătate și administrarea anumitor medicamente, pot influența enterotipul.

Te rugăm să reții că această clasificare și rezultatul tău indică doar o tendință, iar tipurile se pot suprapune.

Enterotip 2: Prevotella
Enterotipul 2 se caracterizează prin dominanța bacteriilor din genul *Prevotella*. Acestea sunt specializate în utilizarea carbohidraților (în special a fibrelor) și contribuie la o absorbție bună a nutrienților în intestin. De asemenea, aceste bacterii produc vitamina B1 (tiamina) și acid folic. Totuși, bacteriile *Prevotella* pot afecta mucoasa intestinală prin descompunerea complexelor de zaharuri și proteine din aceasta, dacă aportul de fibre nu este suficient.

Informații suplimentare:

Enterotip 1: Bacteroides
Enterotipul 1 („Bacteroides”) este asociat cu o dietă bogată în alimente de origine animală.

Enterotip 3: Ruminococcus
Enterotipul 3 („Ruminococcus”) este asociat cu o dietă echilibrată, bogată în carbohidrați complecși, inclusiv fibre.

2. Interacțiunea intestin-corp

Axa intestin-sistem imunitar

Compoziția bacteriilor din intestinul tău pare să sprijine bine sistemul tău imunitar.

Informații suplimentare:

Axa intestin-sistem imunitar descrie legătura și interacțiunea dintre intestin și sistemul imunitar al organismului. Peste 70% din sistemul imunitar se află în intestin și este susținut de bacteriile care trăiesc acolo. Anumite bacterii activează celulele imunitare sau le reglează activitatea și produc substanțe antiinflamatoare, cum ar fi acizii grași cu lanț scurt. Sănătatea microbiomului intestinal este esențială pentru un sistem imunitar puternic.

O probă de scaun poate oferi informații valoroase despre puterea și rezistența sistemului tău imunitar.

Potențial inflamator

Intestinul tău nu prezintă semne de inflamație legată de LPS. Potențialul tău inflamator asociat cu LPS este scăzut.

Informații suplimentare:

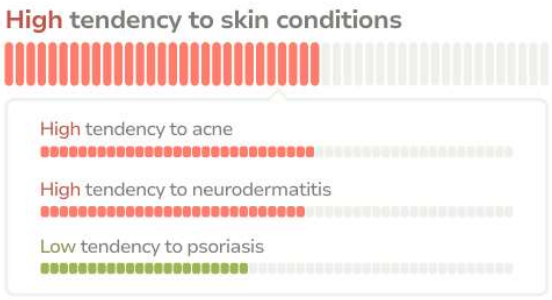
Potențialul inflamator din intestinul tău poate fi calculat folosind lipopolizaharidele (LPS). LPS sunt molecule care se găsesc în pereții celulari ai anumitor bacterii. Cercetări recente arată cum compoziția microbiomului intestinal (inclusiv tipurile și cantitățile de bacterii producătoare de LPS) influențează sistemul imunitar din intestin.

Anumite bacterii pot folosi căile metabolice descrise pentru a produce LPS. Dacă în intestinul tău există prea multe bacterii producătoare de LPS, potențialul de inflamație crește.

În plus, indicele de disbioză și rezistența sistemului imunitar sunt parametri importanți care pot influența potențialul inflamator din intestin.

Axa intestin-piele

Microbiomul intestinal ar putea susține mai bine sănătatea pielii tale. Sfaturile noastre te pot ajuta să îți întărești bacteriile intestinale și să îmbunătățești aspectul pielii.



Informații suplimentare:

Axa intestin-piele descrie legătura dintre microbiomul intestinal și sănătatea pielii. Bolile de piele, cum ar fi acneea, dermatita atopică și psoriazisul, sunt adesea cauzate de inflamații în organism, care apoi devin vizibile la suprafața pielii. Bacteriile intestinale pot regla direct sistemul imunitar și procesele inflamatorii din corp.

Prin urmare, este posibil să se tragă concluzii despre sănătatea pielii prin analizarea bacteriilor prezente într-o probă de scaun.

Controlul greutății

Bacteriile intestinale par să te sprijine bine în reglarea naturală a greutății. Totul pare să fie în echilibru.

Informații suplimentare:

Compoziția bacteriilor intestinale influențează diverse aspecte ale metabolismului, cum ar fi producerea de energie din alimente. Mai multe studii indică faptul că bacteriile intestinale joacă un rol în reglarea greutății corporale. Unele bacterii sunt asociate cu o constituție suplă, în timp ce altele pot contribui la obezitate.

Intestinul tău poate găzdui atât bacterii asociate cu subponderabilitatea, cât și bacterii legate de excesul ponderal.

Alți factori importanți în reglarea greutății includ diversitatea microbiană și acizii grași cu lanț scurt produși de bacterii.

3. Sănătatea intestinului

Sindromul intestinului permeabil

Nu pare să existe o legătură între bacteriile intestinale și sindromul intestinului permeabil. Bacteriile tale intestinale susțin eficient funcția de barieră a mucoasei intestinale.

Informații suplimentare:

Sindromul intestinului permeabil descrie o permeabilitate crescută a mucoasei intestinale. Aceasta controlează ce substanțe trec din intestin în fluxul sanguin. Dacă mucoasa intestinală este afectată, substanțe nedorite pot pătrunde în organism și pot declanșa inflamații.

Pentru a menține o mucoasă intestinală intactă, un microbiom intestinal sănătos este esențial. Bacteriile intestinale benefice ajută la întărirea barierei intestinale și la reducerea inflamației.

Te rugăm să reții că o diversitate microbiană ridicată este crucială pentru menținerea unei mucoase intestinale sănătoase.

Pe de altă parte, dacă bacteriile intestinale sunt dezechilibrate, anumite bacterii pot prolifera și pot descompune excesiv celulele mucoasei, făcând mucoasa intestinală mai „permeabilă”. Acest lucru poate duce la sindromul intestinului permeabil.

O mucoasă intestinală afectată este asociată cu un risc crescut de inflamații cronice, intoleranțe alimentare, boli autoimune, sindrom de colon iritabil și afecțiuni ale pielii, printre altele.

Sindromul de colon iritabil

Nu pare să existe vreo legătură între bacteriile tale intestinale și sindromul de colon iritabil.

Informații suplimentare:

Sindromul de colon iritabil (IBS) este o tulburare gastrointestinală frecventă, caracterizată prin simptome precum diaree și/sau constipație, balonare și dureri abdominale. Studiile arată că persoanele afectate au adesea o compoziție nefavorabilă și o diversitate mai scăzută a bacteriilor intestinale comparativ cu persoanele care nu suferă de IBS.

Există numeroase cauze care pot declanșa sindromul de colon iritabil sau pot agrava simptomele. Factorii psihologici, cum ar fi stresul, par să joace un rol deosebit de important.

În plus, malnutriția, carențele nutriționale, alte boli, toxinele, lipsa acidului gastric, medicamentele, infecțiile și dezechilibrul microbiomului intestinal se numără printre posibilii factori declanșatori.

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SIBO

Nu pare să existe vreo legătură între bacteriile tale intestinale și o posibilă supra-dezvoltare bacteriană în intestinul subțire.

Informații suplimentare:

SIBO (supra-dezvoltarea bacteriană în intestinul subțire) se referă la o creștere excesivă a bacteriilor în intestinul subțire. În mod normal, intestinul subțire conține mult mai puține bacterii decât intestinul gros. În cazurile de SIBO, însă, există o prezență crescută a bacteriilor provenite din intestinul gros în intestinul subțire. Aceasta este de obicei declanșată de o digestie mai lentă sau de modificări anatomice apărute după intervenții chirurgicale.

Informații suplimentare:

Cele mai frecvente simptome sunt balonarea, însă pot apărea și alte tulburări digestive și carențe de nutrienți (în special de vitamina B12).

Rezultatele cercetărilor arată că supra-dezvoltarea bacteriană în intestinul subțire are, de asemenea, un impact asupra compoziției bacteriilor din intestinul gros. Prin urmare, o probă de scaun poate oferi indicii despre posibila prezență a SIBO.

Sensibilitatea la gluten

Compoziția microbiomului tău intestinal nu oferă dovezi de sensibilitate la gluten. Alimentele care conțin gluten nu par să îți provoace simptome.

Informații suplimentare:

Sensibilitatea la gluten se referă la o reacție la gluten care nu este asociată cu boala celiacă (un răspuns autoimun) sau cu o alergie la grâu.

Glutenul este o proteină care se găsește în cereale precum grâul, alacul, secara și orzul. Consumul acestuia poate duce la probleme digestive și simptome precum oboseală cronică și dureri de cap la persoanele cu sensibilitate la gluten.

Pe baza studiilor științifice, este acum posibilă stabilirea unei legături între compoziția microbiomului intestinal și potențialul de sensibilitate la gluten.

4. Recomandări

Sănătatea microbiană

Limitează alimentele ultraprocesate
Reducerea consumului de alimente ultraprocesate este esențială pentru menținerea unui microbiom sănătos. Aceste alimente au, de obicei, un conținut scăzut de nutrienți și sunt bogate în grăsimi nesănătoase, zaharuri și aditivi, care pot perturba echilibrul bacteriilor intestinale. O dietă bogată în alimente procesate a fost asociată cu inflamația crescută și diverse probleme de sănătate. În schimb, concentrează-te pe pregătirea meselor acasă, folosind ingrediente integrale și naturale care susțin sănătatea intestinului.

Înlocuiește alimentele procesate cu alternative mai sănătoase:

- **Fructe și legume proaspete:** Alege variante proaspete, în locul gustărilor și deserturilor bogate în zahăr.
- **Proteine slabe:** Piept de pui la grătar, pește sau proteine vegetale, cum ar fi fasolea, sunt opțiuni mai bune decât carnea procesată.
- **Gustări făcute în casă:** Ia în considerare să-ți prepari propriul amestec de nuci și fructe uscate, în locul gustărilor cumpărate.
- **Ingrediente integrale:** Folosește condimente și ierburi naturale pentru asezonare, în locul sosurilor și dressingurilor ambalate.

Utilizarea condimentelor și ierburilor aromatice
Includerea condimentelor și ierburilor în alimentația ta poate aduce mesei un plus de savoare, dar și beneficii pentru sănătatea microbiomului intestinal. Multe condimente au proprietăți antiinflamatoare și susțin digestia, contribuind la crearea unui mediu intestinal sănătos.
Prin folosirea regulată a ierburilor și condimentelor, poți îmbunătăți gustul preparatelor tale și, în același timp, să sprijini sănătatea intestinului. Experimentarea cu arome diferite poate face mesele mai interesante și mai plăcute.

Începe să folosești diverse ierburi și condimente în gătit:

- **Turmeric:** Adaugă-l în supe, tocănițe, orez sau smoothie-uri pentru beneficiile sale antiinflamatoare.
- **Ghimbir:** Folosește ghimbir proaspăt sau pudră în ceaiuri, mâncăruri la wok sau marinade.
- **Scorțișoară:** Presară scorțișoară măcinată peste terci de ovăz, clătite sau produse de patiserie pentru gust și beneficii pentru sănătate.
- **Ierburi proaspete:** Folosește busuioc, oregano și rozmarin în sosuri pentru paste sau preparate cu legume coapte, pentru savoare și nutrienți.

Introdu alimente fermentate
Includerea unei varietăți de alimente fermentate în alimentația ta poate îmbunătăți considerabil microbiomul intestinal, oferind bacterii benefice vii, cunoscute sub numele de probiotice. Aceste alimente joacă un rol esențial în refacerea și menținerea unei flore intestinale sănătoase.
Alimentele fermentate pot îmbunătăți digestia, întări sistemul imunitar și ajuta la reducerea unor probleme digestive. De asemenea, contribuie la menținerea echilibrului bacteriilor bune, aspect esențial pentru sănătatea generală a intestinului.
Îți recomand să consumi aceste alimente de cel puțin 3 ori pe săptămână pentru a maximiza beneficiile asupra microbiomului tău.

Asigură-te că incluzi regulat alimente fermentate:

- **Iaurt și chefir (natural sau vegetal):** Consumă-le la micul dejun sau ca gustare, de preferat alegând produse cu culturi vii active.
- **Varză murată, muraturi in saramura sau kimchi:** Folosește-le ca garnitură la mese sau toppinguri pentru a adăuga savoare și probiotice. Ai grijă dacă ești alergic la pește, deoarece kimchi este adesea aromatizat cu sos de pește.
- **Kombucha:** Bea acest ceai fermentat ca o băutură răcoritoare. Borsul de casa poate fi o alternativa apropiata microbiologic.
- **Miso:** Adaugă-l în supe sau dressinguri pentru salate, pentru a îmbogăți preparatele cu beneficii probiotice. Miso se prepară tradițional din boabe de soia, dar există și variante din năut, orz sau orez.

Supă de linte și cartof dulce

Ingrediente:

1 cană de linte

4 căni de supă de legume

1 cartof dulce, curățat și tăiat cuburi

1 ceapă, tocată

2 căței de usturoi, mărunțiți

1 linguriță de chimion & 1 linguriță de turmeric

Sare și piper, după gust. Pătrunjel proaspăt, pentru decor

Preparare:

1. Într-o oală mare, călește ceapa și usturoiul până devin aromate.
2. Adaugă cuburile de cartof dulce, supa de legume, lintea, chimionul și turmericul.
3. Adu la fierbere, apoi redu focul și lasă să fiarbă molcom timp de 30 de minute.
4. Asezonează cu sare și piper, apoi decorează cu pătrunjel proaspăt înainte de servire.

Această supă este plină de fibre și proteine, fiind gustoasă și benefică pentru sănătate.

Consumă mai mult pește
Consumul regulat de pește poate reduce acneea și poate îmbunătăți sănătatea intestinului datorită nutrienților precum Omega-3, zincul și vitaminele B.

Include peștele în alimentație de cel puțin două ori pe săptămână:
Alege pești grași, cum ar fi somonul, macroul sau păstrăvul.
Caută pește provenit din ape reci (lacuri de munte, Islanda, Finlanda), deoarece conținutul de Omega-3 este mai ridicat.
Optează pentru pește proaspăt, deoarece nivelul de Omega-3 scade odată cu depozitarea.

Diversifică sursele de proteine
Consumul unei varietăți de surse de proteine poate avea un efect pozitiv asupra microbiomului tău. Diferitele tipuri de proteine oferă aminoacizi diferiți, esențiali pentru diverse funcții ale organismului, inclusiv repararea țesuturilor și menținerea sănătății intestinului.
Prin diversificarea surselor de proteine, poți furniza corpului un spectru mai complet de nutrienți, dintre care unii pot susține și dezvoltarea bacteriilor benefice din intestin.

Include zilnic o varietate de proteine:

- Proteine vegetale: Adaugă în mesele tale fasole, linte, mazare, naut sau tofu pentru o alternativă bogată în nutrienți și fibre.
- Carne slabă: Optează pentru pui și curcan ca surse de proteine în alimentație.
- Pește: Include diferite tipuri de pește în dietă, concentrându-te pe pești grași, precum tonul, somonul sau sardinele, pentru aportul de Omega-3.
- Ouă: Folosește ouăle ca sursă versatilă de proteine, fie omletă, poșate, fierte tari sau ca ingredient în diverse rețete.

Limitează consumul de ciocolată
Chiar și ciocolata neagră cu peste 70% conținut de cacao poate agrava acneea.

Monitorizează consumul de ciocolată pentru o piele mai curată:

- Limitează consumul de ciocolată la 2-3 ori pe săptămână.
- Ia în considerare eliminarea completă a ciocolatei din alimentație timp de două săptămâni și observă eventualele schimbări ale pielii.

Tacos cu broccoli și fasole neagră

Ingrediente:

1 conservă de fasole neagră, clătită și scursă

2 căni de buchețele de broccoli, tocate

8 tortilla mici, 100% porumb

1/2 cană de varză roșie, tăiată fideluță

1/4 cană coriandru proaspăt, tocat

1 avocado, feliat

1 lingură ulei de măsline & 1 linguriță pudră de chili & Sare, după gust

Preparare:

1. Într-o tigaie, încălzește uleiul de măsline și adaugă buchețelele de broccoli, gătește-le până devin ușor fragede.
2. Adaugă fasolea neagră și pudra de chili, amestecând bine.
3. Încălzește tortilla de porumb într-o altă tigaie sau la microunde.
4. Asamblează tacos umplând tortilla cu amestecul de fasole și broccoli, apoi adaugă varza roșie și feliile de avocado.
5. Presară coriandru tocat deasupra și servește imediat.

Un taco pe bază de plante, delicios și bogat în nutrienți esențiali.

Sănătatea intestinală

Ia în considerare suplimentele probiotice
Deși obținerea probioticelor din alimente este ideală, un supliment probiotic de calitate poate fi un adaos valoros, mai ales dacă alimentele fermentate nu fac parte din dieta ta zilnică.

Ia în considerare administrarea unui supliment probiotic, dacă este necesar:

- **Informează-te și alege un brand de încredere**, care să corespundă nevoilor tale specifice legate de sănătatea digestivă.
- **Consultă un profesionist medical** înainte de a începe orice regim nou de suplimente.
- **Asociază suplimentele cu alimente bogate în probiotice** pentru o abordare completă a sănătății intestinale.

O alimentație conștientă
Practicarea alimentației conștiente (mindful) poate aduce beneficii semnificative digestiei și poate sprijini sănătatea intestinului. Stresul poate avea un impact negativ asupra microbiomului intestinal, așa că este esențial să creezi un mediu liniștit în timpul meselor.

Adoptă obiceiuri de alimentație conștientă:

- Rezervă timp special pentru mese, fără distrageri precum telefonul sau televizorul.
- Ia înghițituri mai mici și mestecă bine, pentru a sprijini procesul digestiv.
- Fii atent la semnalele de foame și sațietate, pentru a evita mâncatul în exces și disconfortul.

Limitează alimentele procesate și bogate în zahăr
Reducerea alimentelor procesate și a celor cu conținut ridicat de zahăr este esențială pentru menținerea unui microbiom sănătos. Aceste alimente pot reduce diversitatea microbiană și pot favoriza dezvoltarea bacteriilor dăunătoare, afectând negativ sănătatea digestivă.

Alege alimente integrale și naturale în locul celor procesate:

- Înlocuiește gustările bogate în zahăr cu fructe proaspete sau nuci, pentru o alternativă mai sănătoasă.
- Evită băuturile răcoritoare și optează pentru apă sau ceaiuri din plante.
- Limitează consumul de fast-food și pregătește mesele acasă, folosind ingrediente proaspete.

Salată de spanac și quinoa cu dressing de miso

Ingrediente:

- 2 căni de frunze de spanac & 1 cană quinoa, fiartă
- 1/2 cană roșii cherry, tăiate în jumătate
- 1/4 cană nuci, feliate
- 1/2 cană castravete, feliat
- 2 linguri pastă de miso
- 1 lingură oțet de orez & 1 lingură ulei de susan & 1 lingură apă

Preparare:

1. Într-un bol mic, amestecă pasta de miso, oțetul de orez, uleiul de susan și apa până obții un sos omogen.
2. Într-un bol mare, combină spanacul, quinoa, roșiile cherry, castravetele și nucile.
3. Toarnă dressingul de miso deasupra și amestecă ușor, până se combină toate ingredientele. O salată proaspătă și savuroasă, plină de nutrienți și gust.

Rezumat

Pentru a-ți îmbunătăți sănătatea intestinală, ia în considerare următoarele recomandări:

Evită alimentele procesate:
Reducerea consumului de alimente ultraprocesate este esențială pentru menținerea unui microbiom sănătos. Aceste alimente au, de obicei, un conținut scăzut de nutrienți și sunt bogate în grăsimi nesănătoase, zahăr și aditivi, care pot perturba echilibrul bacteriilor intestinale. În schimb, concentrează-te pe prepararea meselor acasă, folosind ingrediente integrale și naturale, care sprijină sănătatea intestinului.

Folosește condimente și ierburi aromatice:
Includerea condimentelor și a ierburilor în alimentație poate aduce mesei un plus de savoare și beneficii pentru microbiomul intestinal. Multe condimente au proprietăți antiinflamatoare și susțin digestia, contribuind la crearea unui mediu intestinal sănătos. Prin utilizarea regulată a acestora, îți poți îmbunătăți gustul preparatelor și, în același timp, sănătatea intestinului.

Consumă alimente fermentate:
Includerea unei varietăți de alimente fermentate în dietă poate îmbunătăți considerabil microbiomul intestinal, furnizând bacterii benefice vii, cunoscute sub numele de probiotice. Aceste alimente joacă un rol crucial în refacerea și menținerea florei intestinale sănătoase. Încearcă să le consumi de cel puțin 3 ori pe săptămână pentru a maximiza beneficiile.

Ia în considerare suplimentele probiotice:
Deși obținerea probioticelor din alimente este ideală, un supliment probiotic de calitate poate fi un adaos valoros, mai ales dacă alimentele fermentate nu fac parte din dieta ta zilnică.

Practică alimentația conștientă:
Practicarea alimentației conștiente poate aduce beneficii importante digestiei și sănătății intestinului. Stresul poate afecta negativ microbiomul intestinal, așa că este esențial să creezi un mediu liniștit în timpul meselor.

Evită alimentele bogate în zahăr:
Reducerea consumului de alimente procesate și cu un conținut ridicat de zahăr este vitală pentru menținerea unui microbiom echilibrat. Aceste alimente pot reduce diversitatea microbiană și pot favoriza dezvoltarea bacteriilor dăunătoare, afectând negativ sănătatea digestivă.

Consumă mai mult pește:
Consumul regulat de pește poate reduce acneea și poate îmbunătăți sănătatea intestinului datorită nutrienților precum Omega-3, zincul și vitaminele B.

Varietatea surselor de proteine:
Consumul unei varietăți de surse de proteine poate avea un efect benefic asupra microbiomului.

Diferitele proteine oferă aminoacizi diverși, esențiali pentru multiple funcții ale organismului, inclusiv repararea țesuturilor și menținerea sănătății intestinale.

Limitează consumul de ciocolată neagră:
Chiar și ciocolata neagră cu un conținut de peste 70% cacao poate agrava acneea si alte probleme dermatologice.

Atentie!

Detectarea unui microorganism prin acest test nu implică prezența unei boli. În mod similar, nedetectarea unui microorganism prin acest test nu exclude prezența unui microorganism patogen. Pot exista și alți agenți patogeni care nu sunt detectați de acest test. Acest test nu înlocuiește metodele consacrate de identificare a microorganismelor sau de stabilire a profilului lor de susceptibilitate la antimicrobiene.

Datele analizate sunt evaluate folosind algoritmi specifici de analiză filogenetică, pentru a obține rezultate precise pe baza cărora este generat raportul microbiomului tău.

Cele mai recente descoperiri științifice, excelența bioinformatică și algoritmii susținuți de inteligență artificială sunt utilizate în acest proces. Aceste algoritmi de tip machine learning sunt folosiți, respectând cele mai înalte standarde de confidențialitate și securitate a datelor, în capitolele referitoare la sănătatea intestinului și interacțiunea intestin-corp (cu excepția potențialelor inflamatorii), pentru a determina gradul de asemănare al profilului microbiomului din probă cu profilul probelor de la persoane cu caracteristici specifice.

Rezumatul din capitolul **„Recomandări”** a fost creat cu ajutorul inteligenței artificiale.

Biome Diagnostics GmbH nu își asumă nicio responsabilitate pentru deciziile legate de sănătate luate pe baza rezultatelor acestui test.

5. Liste de bacterii

F/B ratio

Your F/B ratio: 0.91

Reference (%) 1.08 - 2.03

Bacterium	Frequency (%)	Reference (%)
Bacteroidota	↑ 50.01	30.88 - 45.11
Firmicutes	↓ 45.73	48.28 - 63.47

Probiotic bacteria

Bacterium	Frequency (%)	Reference (%)
Akkermansia muciniphila	0.68	0.00 - 1.56
Bifidobacterium	↓ 0.00	0.03 - 0.66
Bifidobacterium longum	0.00	0.00 - 0.36
Lactobacillus	0.00	0.00 - 0.01

Mucin-producing bacteria

Bacterium	Frequency (%)	Reference (%)
Akkermansia muciniphila	0.68	0.00 - 1.56
Bacteroides fragilis	0.00	0.00 - 0.26
Bacteroides thetaiotaomicron	0.44	0.02 - 0.65
Bifidobacterium	↓ 0.00	0.03 - 0.66

Bacterium	Frequency (%)	Reference (%)
Faecalibacterium prausnitzii	6.30	3.44 - 11.31
Lactobacillus	0.00	0.00 - 0.01

Butyrate-producing bacteria

Bacterium	Frequency (%)	Reference (%)
Anaerostipes	0.19	0.04 - 0.36
Coprococcus	0.35	0.06 - 1.90
Eubacterium hallii group	0.00	0.00 - 0.09
Faecalibacterium prausnitzii	6.30	3.44 - 11.31
Roseburia	0.01	0.00 - 0.16
Subdoligranulum	0.38	0.30 - 2.50

Sulphate-reducing bacteria

Bacterium	Frequency (%)	Reference (%)
Bilophila	0.13	0.02 - 0.25
Bilophila wadsworthia	0.13	0.00 - 0.24
Desulfovibrio	0.00	0.00 - 0.23

Overview of all bacteria

Phylum	Genus	Frequency (%)	Reference (%)
Verrucomicrobiota	Akkermansia	0.68	0.00 - 1.94
Bacteroidota	Alistipes	1.41	1.35 - 4.96
Firmicutes	Allisonella	0.02	No data
Bacteroidota	Alloprevotella	1.83	No data
Firmicutes	Anaerofilum	0.00	0.00 - 0.01
Firmicutes	Anaerosporobacter	0.34	No data
Firmicutes	Anaerostipes	0.19	0.04 - 0.36
Firmicutes	Anaerotruncus	0.01	0.00 - 0.01
Bacteroidota	Bacteroides	↓ 8.41	11.89 - 31.62
Bacteroidota	Barnesiella	↓ 0.02	0.13 - 2.04
Actinobacteriota	Bifidobacterium	↓ 0.00	0.03 - 0.66

Phylum	Genus	Frequency (%)	Reference (%)
Desulfobacterota	Bilophila	0.13	0.02 - 0.25
Firmicutes	Blautia	↑ 0.19	0.00 - 0.16
Firmicutes	Butyricicoccus	0.29	0.11 - 0.47
Bacteroidota	Butyricimonas	↑ 0.36	0.00 - 0.22
Firmicutes	CAG-352	0.11	No data
Firmicutes	CAG-56	↑ 0.28	0.00 - 0.12
Firmicutes	Candidatus Soleaferrea	0.01	No data
Firmicutes	Christensenellaceae R-7 group	0.97	0.05 - 1.83
Synergistota	Cloacibacillus	0.01	No data
Firmicutes	Clostridium sensu stricto 1	0.01	0.00 - 0.11
Firmicutes	Colidextribacter	0.14	0.05 - 0.19
Actinobacteriota	Collinsella	0.08	0.02 - 0.22
Bacteroidota	Coprobacter	0.01	0.00 - 0.24
Firmicutes	Coprococcus	0.35	0.06 - 1.90
Firmicutes	Defluviitaleaceae UCG-011	0.03	0.00 - 0.03
Desulfobacterota	Desulfovibrio	0.00	0.00 - 0.23
Firmicutes	Dialister	0.00	0.00 - 2.50
Firmicutes	Dielma	0.00	0.00 - 0.01
Firmicutes	DTU089	0.00	0.00 - 0.02
Firmicutes	Eisenbergiella	0.00	0.00 - 0.02
Actinobacteriota	Enterorhabdus	0.00	0.00 - 0.01
Firmicutes	Erysipelatoclostridium	0.00	0.00 - 0.05
Firmicutes	Erysipelotrichaceae UCG-003	0.11	0.03 - 0.33
Proteobacteria	Escherichia-Shigella	0.00	0.00 - 0.07
Firmicutes	Eubacterium eligens group	1.62	0.25 - 2.68
Firmicutes	Eubacterium hallii group	0.00	0.00 - 0.09
Firmicutes	Eubacterium nodatum group	↑ 0.03	0.00 - 0.02
Firmicutes	Eubacterium oxidoreducens group	↑ 0.06	0.00 - 0.05
Firmicutes	Eubacterium ruminantium group	0.03	0.00 - 0.13
Firmicutes	Eubacterium siraeum group	0.13	0.01 - 1.49

Phylum	Genus	Frequency (%)	Reference (%)
Firmicutes	Eubacterium ventriosum group	↑ 0.19	0.01 - 0.15
Firmicutes	Eubacterium xylanophilum group	0.14	0.00 - 0.37
Firmicutes	Faecalibacterium	8.16	6.02 - 15.78
Firmicutes	Family XIII AD3011 group	0.02	0.00 - 0.08
Firmicutes	Family XIII UCG-001	0.00	0.00 - 0.03
Firmicutes	Flavonifractor	0.03	0.00 - 0.06
Firmicutes	Fournierella	0.00	0.00 - 0.01
Firmicutes	GCA-900066575	↑ 0.09	0.01 - 0.08
Proteobacteria	Haemophilus	0.04	0.00 - 0.12
Firmicutes	Holdemanella	0.04	0.00 - 0.09
Firmicutes	Holdemania	0.03	0.00 - 0.05
Firmicutes	Howardella	0.01	No data
Firmicutes	Hydrogenoanaerobacterium	0.01	0.00 - 0.01
Firmicutes	Intestinibacter	0.00	0.00 - 0.03
Firmicutes	Intestinimonas	0.04	0.00 - 0.06
Firmicutes	Lachnoclostridium	0.18	0.15 - 0.82
Firmicutes	Lachnospira	0.64	0.35 - 2.63
Firmicutes	Lachnospiraceae FCS020 group	0.07	0.03 - 0.37
Firmicutes	Lachnospiraceae NC2004 group	0.32	0.02 - 1.00
Firmicutes	Lachnospiraceae ND3007 group	1.40	0.24 - 2.58
Firmicutes	Lachnospiraceae NK4A136 group	0.03	0.00 - 0.28
Firmicutes	Lachnospiraceae UCG-001	0.32	0.02 - 0.51
Firmicutes	Lachnospiraceae UCG-003	0.12	No data
Firmicutes	Lachnospiraceae UCG-004	↑ 0.45	0.00 - 0.29
Firmicutes	Lachnospiraceae UCG-008	0.01	0.00 - 0.05
Firmicutes	Lachnospiraceae UCG-010	↑ 0.28	0.03 - 0.27
Firmicutes	Lactobacillus	0.00	0.00 - 0.01
Firmicutes	Lactococcus	0.00	0.00 - 0.01
Firmicutes	Marvinbryantia	↑ 0.03	0.00 - 0.02
Firmicutes	Merdibacter	0.00	0.00 - 0.01

Phylum	Genus	Frequency (%)	Reference (%)
Firmicutes	Monoglobus	↑ 0.39	0.07 - 0.37
Firmicutes	Moryella	0.03	0.00 - 0.05
Firmicutes	Negativibacillus	0.00	0.00 - 0.08
Firmicutes	NK4A214 group	0.77	0.00 - 0.95
Bacteroidota	Odoribacter	0.25	0.11 - 0.41
Firmicutes	Oscillibacter	0.16	0.03 - 0.31
Firmicutes	Oscillospira	0.03	0.00 - 0.11
Proteobacteria	Oxalobacter	0.00	0.00 - 0.03
Bacteroidota	Parabacteroides	↑ 5.38	0.94 - 3.59
Bacteroidota	Paraprevotella	↑ 1.27	0.00 - 0.36
Proteobacteria	Parasutterella	0.01	0.01 - 0.80
Firmicutes	Peptococcus	↑ 0.06	0.00 - 0.03
Firmicutes	Phascolarctobacterium	↑ 2.20	0.00 - 2.07
Firmicutes	Phocea	↑ 0.02	0.00 - 0.01
Bacteroidota	Prevotella	↑ 30.00	0.00 - 11.55
Firmicutes	Pseudoflavonifractor	0.00	0.00 - 0.01
Firmicutes	Romboutsia	0.00	0.00 - 0.01
Firmicutes	Roseburia	0.01	0.00 - 0.16
Firmicutes	Ruminococcus	↓ 0.07	0.15 - 1.95
Firmicutes	Ruminococcus torques group	0.02	0.00 - 0.11
Bacteroidota	Sanguibacteroides	0.02	No data
Actinobacteriota	Senegalimassilia	0.00	0.00 - 0.02
Actinobacteriota	Slackia	0.01	0.00 - 0.02
Firmicutes	Streptococcus	↓ 0.02	0.03 - 0.31
Firmicutes	Subdoligranulum	0.38	0.30 - 2.50
Proteobacteria	Sutterella	2.32	0.02 - 2.45
Firmicutes	Terrisporobacter	0.00	0.00 - 0.02
Patescibacteria	TM7x	0.00	0.00 - 0.03
Firmicutes	Turicibacter	0.00	0.00 - 0.06
Firmicutes	Tyzzerella	0.00	0.00 - 0.11

Phylum	Genus	Frequency (%)	Reference (%)
Firmicutes	UBA1819	0.01	0.00 - 0.05
Firmicutes	UCG-002	↑ 0.64	0.03 - 0.63
Firmicutes	UCG-003	0.13	0.00 - 0.18
Firmicutes	UCG-005	↑ 1.26	0.02 - 0.54
Firmicutes	UCG-009	0.01	0.00 - 0.01
Firmicutes	Veillonella	0.00	0.00 - 0.15
Verrucomicrobiota	Victivallis	0.01	0.00 - 0.24

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