REFERENCES

MICROBIOME VIDEOS

- NPR MICROBIOME VIDEO: https://www.youtube.com/watch?v=5DTrENdWvvM
- Knight lab https://www.ted.com/talks/rob_knight_how_our_microbes_make_us_who_we_are
- Warren Peters TED talk on the microbiome https://www.youtube.com/watch?v=IDqMB6C1uys

MUCOSAL IMMUNOLOGY

- mucosal immunology https://www.youtube.com/watch?v=gnZEge78_78
- gut immunology https://www.youtube.com/watch?v=2Um45kC3-9A
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3257638/

FOOD

Gut bacteria control our decisions to eat https://www.youtube.com/watch?v=mioRWrkRaU

Human Food Project http://humanfoodproject.com/about/founder-jeff-leach/

Resistant starch based foods repair the microbiome by feeding good bacteria https://www.youtube.com/watch?v=NI3KtR3LoqM

Academic article on RS: https://academic.oup.com/advances/article/4/6/587/4595564

ENTEROIMMUNOLOGY TREATMENTS

- About RESTORE https://www.youtube.com/watch?v=pjHML9PwxCk
- https://www.youtube.com/watch?v=BVC-Y8Eyrtc
- Metagenics GI Replenish: https://www.metagenics.com/ultragi-replenish
- Colostrum: https://www.clinicaleducation.org/resources/reviews/colostrum-meets-the-microbiome-a-tried-and-true-remedy-for-gut-health-takes-center-stage/
- Glutamine to repair the intestine: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5454963/
Curcumin and the microbiome: [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5553098/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5553098/)


[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3070119/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3070119/)

**ESSENTIAL OILS**


- anti-microbial treatments: [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3950955/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3950955/)

- [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5206475/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5206475/)


- Anti cancer essential oils. [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4334976/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4334976/)


VSL3 is beneficial for hospitalized patients, and will be a useful addition to formulary in addition to Culturelle. VSL3 contains more viable organisms, contains bifidobacteria, and is more acid/bile resistant than Culturelle organisms

- contains bifidobacterium organisms, whereas culturelle does not

- Bifido species produce acetate, which promotes the growth of butyrate-producing commensals, which promote enterocyte health by SCFA production [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5614387/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5614387/)

- VSL3 is useful for ulcerative colitis [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3424311/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3424311/)

- Useful for constipation [http://gut.bmj.com/content/60/Suppl_1/A163.1](http://gut.bmj.com/content/60/Suppl_1/A163.1)

- Bifidobacterium in VSL3 more useful for IBS symptoms (ubiquitous among hospitalist patients) than culturelle: [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3424311/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3424311/)

- Probiotics need to survive past stomach acid and bile to arrive into the small intestine to ultimately end up in the distal small intestine / colon. Culturelle strain is LESS acid/bile resistant than strains present in VSL3

RESEARCH

- Top 10 articles on the microbiome in 2017 https://twitter.com/GMFHx/status/947794553096065024
- Excellent summary paper on microbiome and dysbiosis and human health https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4276999/
- Food, prebiotics, FMT, anti-microbials, and probiotics can beneficially manipulate the microbiome: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5614387/
- Westernization induces dysbiosis: https://www.cell.com/current-biology/fulltext/S0960-9822(15)00614-4
- The effects of antibiotics on the microbiome throughout development and alternative approaches for therapeutic modulation: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4831151/

ILLNESS-SPECIFIC MICROBIOME DATA:

- Parkinson's: https://parkinsonsnewstoday.com/2018/06/18/bacteriophages-can-be-important-contributors-for-parkinsons-disease/
- NASH https://academic.oup.com/advances/article/8/2/240/4558033
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4776082/
- Hashimoto Thyroid
- Vaccination (from IOM): https://www.nap.edu/read/13164/chapter/5
- Alzheimers reversal programs: https://youtu.be/6D5aA_-3Ip8
- T1DM is associated with dysbiotic gut inflammation: https://www.tandfonline.com/doi/full/10.1080/07853890.2016.1222449

**MICROBIOME AND CARDIOLOGY**
- Florastor decreases lipids, uric acid, LA diameter, and increases EF in CHF patients: [http://www.internationaljournalofcardiology.com/article/S0167-5273(14)02176-7/abstract#/article/S0167-5273(14)02176-7/fulltext](http://www.internationaljournalofcardiology.com/article/S0167-5273(14)02176-7/abstract#/article/S0167-5273(14)02176-7/fulltext)

**FMT**
- Review article [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4977816/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4977816/)

**AAT**

**ARTEMESININ**
- T1DM: [https://www.sciencedaily.com/releases/2016/12/161201121727.htm](https://www.sciencedaily.com/releases/2016/12/161201121727.htm)
- Beneficial effects: [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5651041/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5651041/)
- [https://pdfs.semanticscholar.org/3b9e/54fbb671cf270ef3d8d7e3d189e896b8a40.pdf](https://pdfs.semanticscholar.org/3b9e/54fbb671cf270ef3d8d7e3d189e896b8a40.pdf)
- Treats gut dysbiosis after 4 weeks: [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4779918/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4779918/)
- Cause alpha pancreatic cells to behave like beta cells: [https://vimeo.com/199649192](https://vimeo.com/199649192)
- Effective for eradicating gram negative bacterial infection: [https://www.hindawi.com/journals/bmri/2014/215872/](https://www.hindawi.com/journals/bmri/2014/215872/)
- Colon cancer [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4484515/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4484515/)
LDN & CANNABIS FOR CHRONIC PAIN

about LDN:
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3962576/
- https://www.ldnresearchtrust.org/content/low-dose-naltrexone-and-chronic-pain-pradeep-chopra-md
Cannabis oil for pain / insomnia: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5314139/

ENDOCRINOLOGY
Patterns of Salivary Estradiol and Progesterone across the Menstrual Cycle:
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2096416/
Migraine & Estrogens
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4102139/
Tinnitus is associated with endocrine hypofunction: https://jamanetwork.com/journals/jama/article-abstract/261359
Estrogen Dominant Physiology promotes autoimmunity: https://www.frontiersin.org/articles/10.3389/fimmu.2015.00635/full
Oxytocin is useful for autism, schizophrenia, mood and anxiety disorders. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4120070/
About CLOMID
Estrogen and gut dysbiosis: Repair of the microbiome measurably improves estrogen-mediated illness
TBI & Endocrinology / Dr Mark Gordon
Chronic pelvic pain syndrome and gut dysbiosis https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5300850/
ENDOCRINE TREATMENTS FOR PAIN

- [http://www.journalofprolotherapy.com/pdfs/issue_08/issue_08_06_hormones_for Pain.pdf](http://www.journalofprolotherapy.com/pdfs/issue_08/issue_08_06_hormones_for Pain.pdf)
- [https://www.practicalpainmanagement.com/treatments/hormone-therapy/hormone- treatments-chronic-intractable-pain](https://www.practicalpainmanagement.com/treatments/hormone-therapy/hormone-treatments-chronic-intractable-pain)

PROGESTERONE to prevent and treat neuropathic pain:

- [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5020818/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5020818/)
- [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3085268/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3085268/)
- [https://www.researchgate.net/figure/Effect-of-progesterone-administration-on-neuropathic-pain-associated-behaviorsafter_fig1_51453432](https://www.researchgate.net/figure/Effect-of-progesterone-administration-on-neuropathic-pain-associated-behaviorsafter_fig1_51453432)

NEUROCHEMISTRY


VELVET BEAN AND DOPAMINE [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3942911/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3942911/)

Tryptophan improves sleep, attention, visual memory, facial recognition memory and is regulated by the gut microbiome

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4728667/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4728667/)

YOGATHERAPY

Yogatherapy for heart disease

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4262105/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4262105/)

[https://www.ahajournals.org/doi/abs/10.1161/circulationaha.116.026989](https://www.ahajournals.org/doi/abs/10.1161/circulationaha.116.026989)

LINK

- Enteroimmunology & Endocrinology: Articles, Links, References
- [https://www.dropbox.com/sh/ifeq098ds872lin/AAAzxb3zY8SMbcCCapMmjzKga?dl=0](https://www.dropbox.com/sh/ifeq098ds872lin/AAAzxb3zY8SMbcCCapMmjzKga?dl=0)