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GREETINGS! I AM ARTYOM SHARONOV - THE FOUNDER OF THE RUSSIAN CENTER OF MICROBIOLOGICAL AND GENETIC RESEARCH "GENOM". I AM GLAD YOU ARE TAKING YOUR FIRST STEPS TO MEET YOUR HEALTH! WE ARE GLAD TO PRESENT THE RESULTS OF THE STUDIES PREPARED WITH THE TEAM OF THE BEST GENETICS AND MICROBIOLOGISTS ESPECIALLY FOR YOU. WE CREATED RECOMMENDATIONS WITH CARE AND LOVE FOR YOU OR YOUR SPECIALIST TO EASILY APPLY THE OBTAINED RESULTS IN LIFE! LET'S GET STARTED THIS EXCITING JOURNEY!

Feedback is very important for me!
You can always contact me personally in my Instagram
[@i.genom](https://www.instagram.com/i.genom)

NAME: Kafanova Rimma Alexandrovna

DATE OF BIRTH: 06.24.1976

GENDER: female

NUMBER: EC-87

THE SAMPLE ENTERING DATE: 12.28.2020

REPORT DATE: 01.19.2021

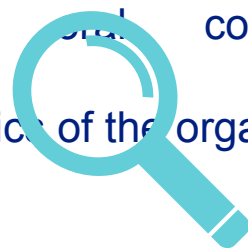


MICROBIOTE OF THE SMALL INTESTINAL

Gut microbiota consists of microorganisms that live in the gastrointestinal tract in symbiosis with humans. Normobiota (Bifidobacterium spp, Lactobacillus spp, Eubacterium spp, Propionibacterium freudenreichii) provides a number of important functions:

- The protective function is performed by forming a protective barrier of the intestinal mucosa. The normobiota suppresses or reduces the adherence of pathogenic agents by competitive exclusion.
- Normobiota performs an immunogenic function (by stimulating the immune system, local immunity including the production of immunoglobulins).
- Also, the normobiota is involved in metabolism, regulating the biotransformation of bile acids by reducing the absorption of cholesterol from the digestive tract. Is involved in the synthesis and absorption of B vitamins, calcium, iron, vitamins D and K. The quantitative and qualitative composition of the normobiota depends on many factors:
 - age;
 - the general condition of the body (the presence of chronic diseases of the gastrointestinal tract);
 - taking medications (antibiotics, proton pump inhibitors, non-steroidal anti-inflammatory drugs, combined oral contraceptives, antihistamines);
 - genetic characteristics of the organism;
 - the diet.

Only knowledge of your body's peculiarities and daily efforts based on this knowledge will lead to positive changes in the state of your body.



MICROBIOTE OF THE SMALL INTESTINAL

Conditionally pathogenic microbiota consists of microorganisms that live in the human intestine. Normally, they do not cause disturbances, but if the norm is exceeded and / or with ineffectiveness of the immune defense, they can cause serious diseases. Competing with beneficial bacteria, conditionally pathogenic microbiota can become part of the intestinal microbial membrane and cause functional disorders, inflammatory and allergic diseases, impaired absorption of water-soluble and fat-soluble vitamins.

You have revealed an increased activity of Clostridium tetani, Propionibacterium acnes, Pseudonocardia spp, Streptococcus spp, Candida spp, Epstein-Barr virus, which are associated with various diseases of the gastrointestinal tract and skin.

You have a deficiency of Bifidobacterium spp, Lactobacillus spp, Propionibacterium freudenreichii and Eubacterium spp.

This means that the conditionally pathogenic microbiota replaces the normobiota, resulting the imbalance in the intestinal microbiota.

Contact a specialist to correct the intestinal microbiota and prescribe further treatment.

It is advisable to correct the deficiency of vitamins and microelements after correcting the state of the intestinal microbiota.



HOW TO USE THE FOOD CHART

Foods that need to be added to the diet to maintain normobiota are marked green.

Foods that need to be limited in the diet are marked yellow. If it is possible, replace yellow-listed foods with green-listed foods.

Products that must be excluded from the diet for the entire period of restoration of the intestinal microflora are marked red.

For the first 8 weeks, it is necessary to consume products from the green list, then it is allowed to add one product per week from the yellow list. Foods from the red list must be excluded from the diet for 4-6 months.

!!! This diet is set in accordance with the state of your intestinal microflora at the moment, haven't taken into account autoimmune, allergic, genetic and chronic diseases.

After correcting the state of the intestinal microflora, it is recommended to retake the analysis of microbial markers by GCMS (according to Osipov) after 3-4 months to track positive dynamics.





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| | POSSIBLE TO USE | TO LIMIT | TO EXCLUDE |
|---------|---|---|---|
| CEREALS | Quinoa, pearl barley, mung bean, green buckwheat, spelled, red, wild, brown rice, lentils, white rice, corn grits | Couscous, barley groats, barley cereals, millet groats, chickpeas, peas, oat groats, bulgur | - |
| BRAN | <i>Rice, amaranth bran</i> | Rye bran | Oat, wheat bran |
| FLOUR | Buckwheat flour, flaxseed flour, green buckwheat flour, soy flour, chickpea flour, rye flour, spelled flour, pumpkin flour, coconut flour | Amaranth flour, corn flour | Almond flour, wheat flour, barley flour |
| PASTA | Rice noodles, buckwheat noodles, funchose noodles, soba noodles, spelled pasta, corn flour | - | Spaghetti, noodles, tagliatelle, udon noodles, fettuccine, pene, homemade noodles |
| BREAD | Rye bread, rye crispbread, green buckwheat bread, buckwheat bread, spelled bread, soy bread | Rice crispbread, oat bread, amaranth crispbread, corn crispbread, corn bread | Wheat bread, lavash, flat cakes, wheat crispbread, barley crispbread |



| | POSSIBLE TO USE | TO LIMIT | TO EXCLUDE |
|-------------------|--|---|--|
| VEGETABLES | Garlic, zucchini, pumpkin, artichoke, broccoli, turnip, radish, squash, radish, shallots, white cabbage, celery, Jerusalem artichoke, parsley, dill, spinach, zucchini, ginger, green onions, leeks, red cabbage, sauerkraut cabbage, green beans, sorrel, lettuce, asparagus, cilantro, Brussels sprouts, green peas, basil, onions, bell peppers, cucumbers, rutabagas, Chinese cabbage, arugula, hot red peppers, parsnips, soybeans, avocado | Carrots, potatoes, potatoes, beans, black beans, beets, sweet white | Mushrooms, corn, eggplant, shiitake mushrooms, tomatoes, cherry tomatoes, okra, Swiss chard, savoy cabbage, green and black olives |
| FRUIT AND BERRIES | Cranberries, currants, raspberries, blackberries, blueberries, cherries, pineapples, cloudberries, kiwi, rose hips, sea buckthorn, gooseberries, green apples, elderberry, medlar, strawberries, oranges, lemons, pomelo, sweets, lime, grapefruit, tangerines, strawberries, physalis , jackfruit, blueberry, feijoa, papaya, cherry plum, passion fruit, pomegranate | Apricots, nectarines, dogwood, | Mango, persimmon, figs, bananas, melons, apples, watermelons, peaches, pears, plums, grapes, quince, lychee, honeysuckle, lemongrass, irga, cherry, blackthorn |

| | POSSIBLE TO USE | TO LIMIT | TO EXCLUDE |
|--------------------------------|--|--|---|
| MEAT PRODUCTS | Rabbit, rabbit liver, chicken liver, veal (stewed, boiled), lean beef (stewed, boiled), chicken drumsticks, chicken thighs, beef tongue, goat meat, chicken breast, turkey, chicken hearts, pork liver, pork kidneys, horse meat | - | Pork tenderloin, pork breast, goose, bacon, ham, sausage, canned meat, pork, lamb, chicken wings, lamb liver, pork heart, beef heart, beef kidney, quail meat, beef liver |
| FISH AND SEAFOOD | Halibut, herring, tuna, asp, catfish, crucian carp, sturgeon, perch, cod, squid, shrimp, scallops, crabs, mussels, shellfish, sardine, red caviar, mackerel, seaweed, dorado | Flounder, severyuga, pink salmon, chum salmon, crayfish, eel, burbot, sprat, silver carp, herring, capelin, bream, pike perch, carp, octopus, black caviar, chuka salad, salmon, trout | Canned fish, pelengas, mullet |
| EGGS AND DAIRY PRODUCTS | Cheese, fetaxa, sheep cheese, goat cheese, tofu | Quail eggs, chicken eggs | Cottage cheese, kefir, sour cream, yogurt, fermented baked milk, yogurt, milk mushroom, blue cheese, yogurt, Greek yogurt, ayran, katyk, milk, cream, butter, parmesan |
| SOFT DRINKS | Mineral water, cherry juice, fruit drinks, mate, green, white tea, sesame milk, oat milk, rice milk, orange, pineapple, lemon juice, pomegranate juice | Cocoa, carrot juice, walnut milk, coconut milk, pine nut milk, almond milk | Sweet carbonated drinks, coffee, apple juice, grape juice, kvass, tea mushroom, black tea, tomato juice |

| | POSSIBLE TO USE | TO LIMIT | TO EXCLUDE |
|------------------------------------|---|--|--|
| CONFECTIONERY AND SWEETS | Carob | | Chocolate, jelly, mousses, biscuit, marshmallows, canned fruits, marmalade, lollipops, caramel, marshmallow, sugar (refined, brown, cane), gingerbread, cakes, muffins, muesli, jams |
| RAW MATERIALS AND ADDITIVES | Olive oil, Ghi oil, nutmeg, turmeric, wheatgrass juice, oregano, string, mint, sage, St. John's wort, elecampane, chicory, chlorella, bay leaf, paprika, fenugreek, gelatin, milk thistle oil, sea buckthorn oil, lemon balm, mustard oil, pumpkin seeds, mustard, aquafaba, horseradish, avocado oil, sesame seeds, flax seeds, linseed oil, ginseng, sunflower seeds, juniper, chia seeds | Eucalyptus, cinnamon, grape leaves, coconut oil, star anise, cardamom, soy sauce, sunflower oil, rapeseed oil, soybean | grape seed, walnut oil, hemp oil, camelina oil, cocoa butter, coconut, coconut urbech, arnica, coconut sugar |
| NUTS AND DRIED FRUITS | Black walnuts, pistachios, brazil nuts, almonds, pine nuts, macadamia, walnuts, hazelnuts, pecans | Peanuts, cashews | Raisins, prunes, dried apricots, dried figs, dates |
| ALCOHOL | - | - | Beer, white and red wines |