

MICROBIAL CREDIT SCORE PLUS

PART OF A MICROBIAL 'TOOL BOX'

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UNDRSTANDING YOUR MICROBIOTA: KEY TO YOUR MICROBIAL CREDIT SCORE

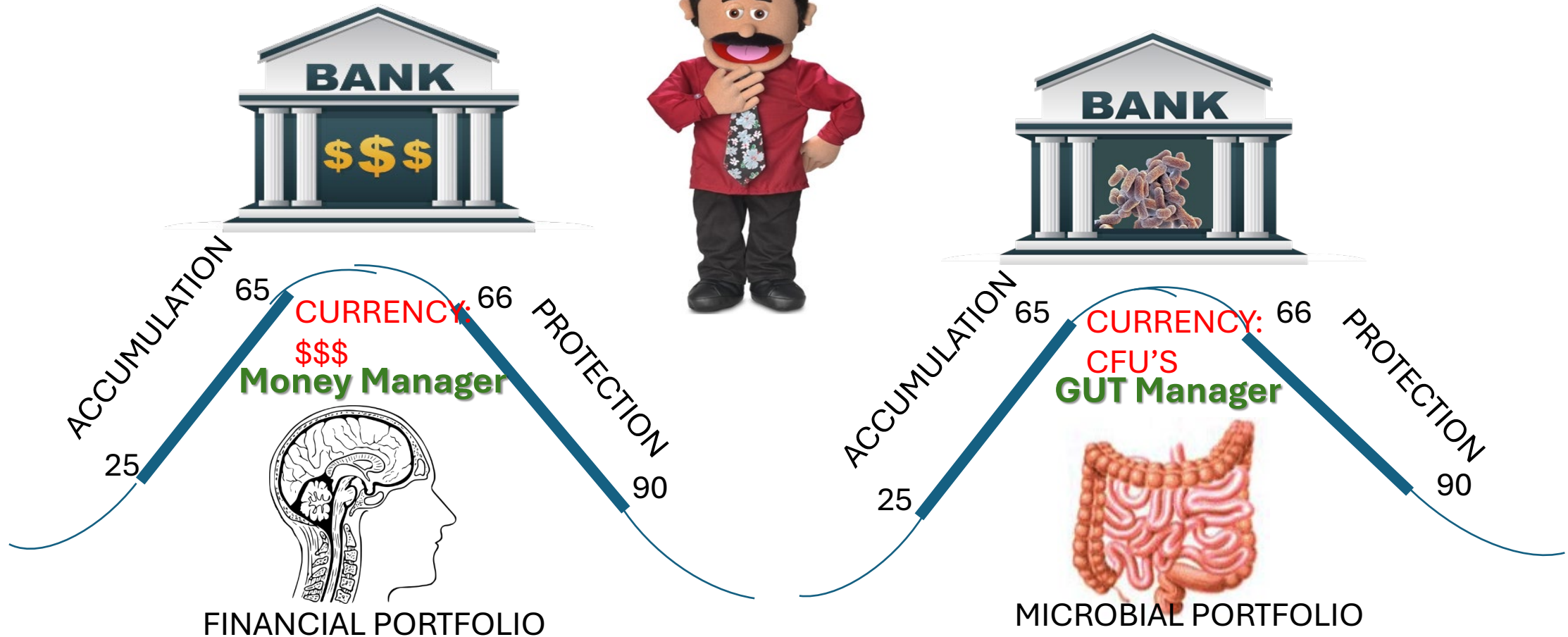
1. Your Microbiota, YOUR Microbial co-Partner, is conceived at birth, lasts a lifetime and ultimately beyond. It is composed of microbes, fungi, viruses and protista, and others
2. The function of the microbiota is to educate, protect and stimulate your human cells via genetic instructions, an ex-changing library of information. The microbiota represents an entire civilization, multi-linguistic, as old as the earth functioning with intelligent symbiosis with its host.
3. It is a life time contract with no divorce options, a marriage with '0' tolerance.
4. It tells a living, dynamic story of you, your lineage, your lifestyle, your pets, your activities and where you lived. Your decisions. YOUR DAILY impact values.
5. It is your personal signature, microbial print, your microbial 'Sir Name'. Changing with age OR LIFE CYCLES, 25-90 years of age.
6. Don't trash it. You need it!

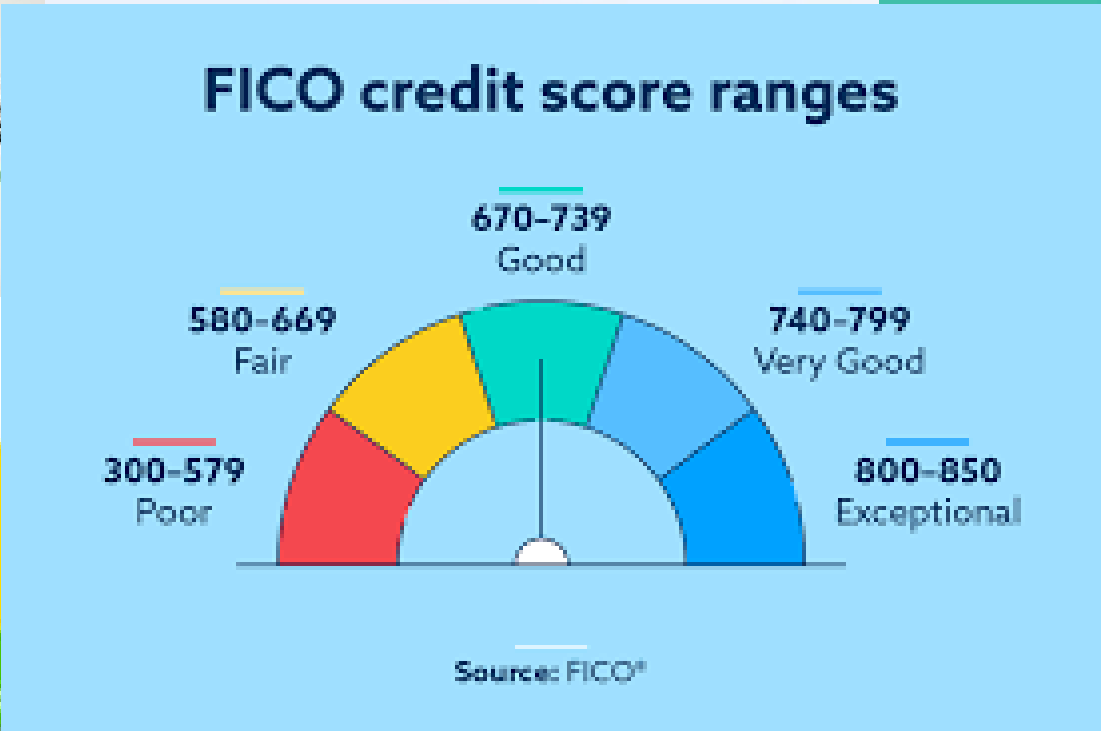
COMPARATIVE LIFE CYCLES (25-90 Yrs) OF YOUR FINANCIAL AND MICROBIAL WEALTH

- Financial

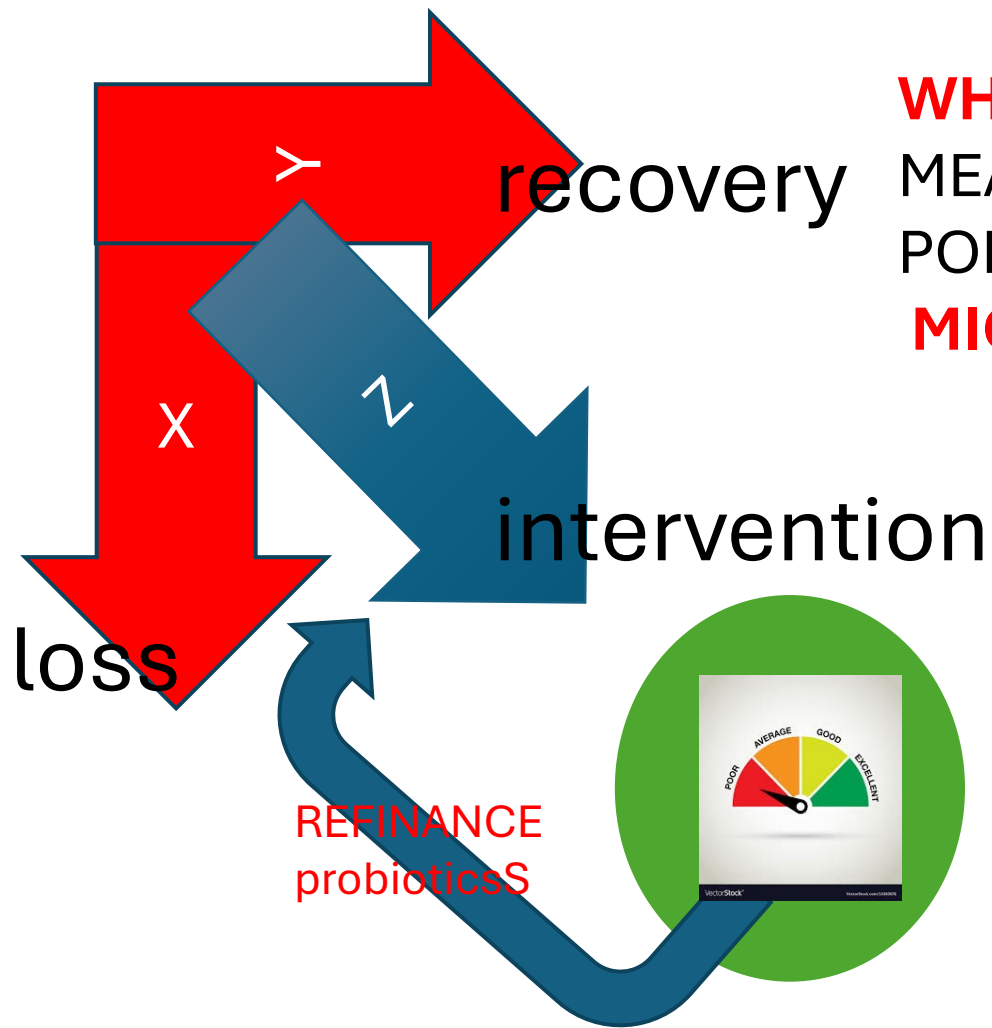
PUPPET OLIVER

- Microbial





BANKING WORTHYNESS



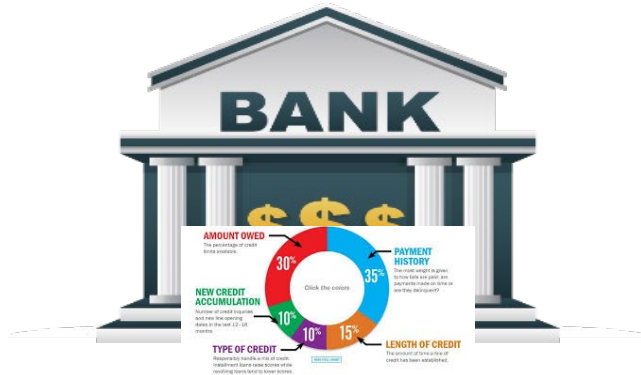
WHY??? BANKING CONTINUATION

MEASURING YOUR MICROBIAL PORTFOLIO

MICROBIAL CREDIT SCORE, PLUS

GOALS: 1. TO DEVELOPE A MICROBIOLOGY TOOL WITH MULTIPLE APPLICATIONS, 2. PARALLELING BANKING STRATEGIES, 3. HIGHLIGHTING A GRADED LIFE STYLE MEDICAL HISTORY

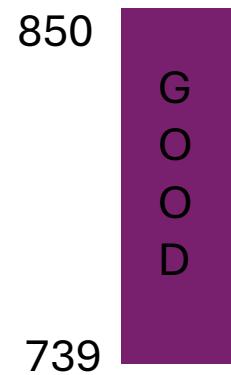
GOALS. 1. SPECIFICALLY, AS A TEACHING TOOL CALCULATE A MICROBIAL CREDIT SCORE AND 2. HISTORY: A MICROBIAL HISTOGRAM TO MEASURE LIFE STYLE IMPACT ON YOUR MICROBIOTA



FINANCIAL CURRENCY: \$\$\$\$\$\$

ACCOUNTAINABILITY

1. LONG TERM LOANS, NO END POINTS
2. INTERMEDIATE
3. SHORT TERM



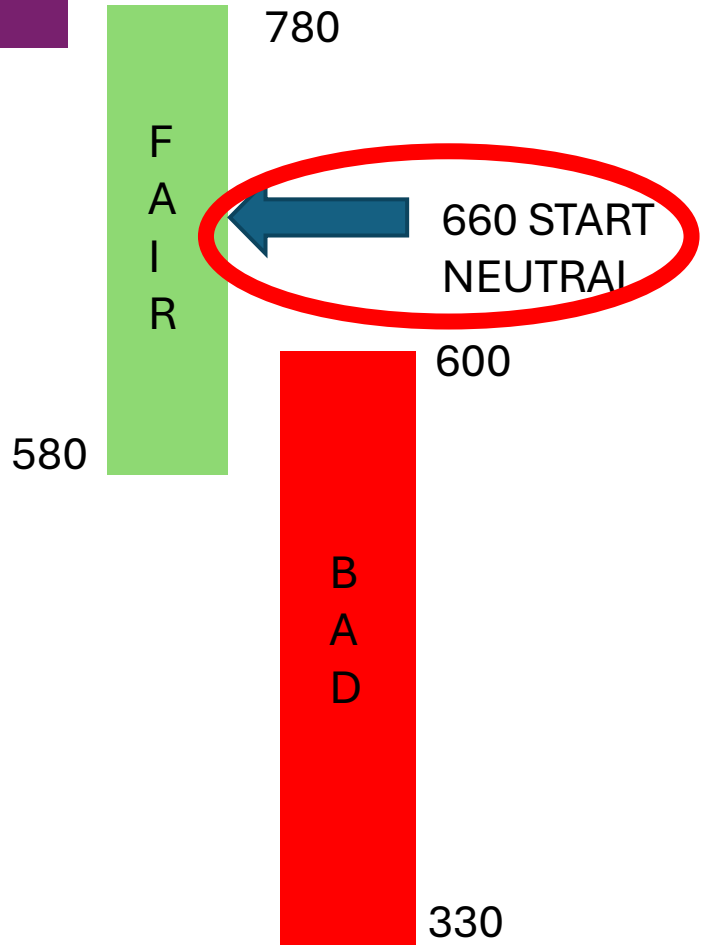
MICROBIAL CREDIT SCORE SCALE: PARALLEL TO BANKING



MICROBIAL CURRENCY: CFUs

LIVING ACTIONS

1. NUTRITION/DIET (30%)
2. BEHAVIOUR/LIFE STYLE (50%)
3. HEALTH (20%)



B
A
D

1. REVIEWED MULTIPLE PUBLICATIONS, GRADED AND TABULATED
2. 19 POSITIVE AND 19 NEGATIVE IMPACT STUDIES
3. GROUPED INTO 3 ARBITRARY CATEGORIES: MICROBIOLOGY IMPACT VALUES (BELOW)
4. LISTED BY POSITIVE (LEFT) AND NEGATIVE IMPACT (RIGHT)



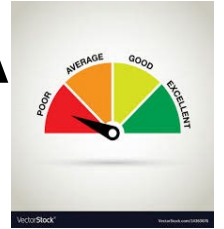
- 1. NUTITION/DIET. “YOU ARE NOT WHAT YOU EAT, YOU ARE WHAT YOUR BUGS EAT”..GUT
- 2. BEHAVIOUR/LIFE STYLE. “ PAY ME NOW, OR PAY ME LATTER”??????
- 3. HEALTH/HISTORY. “YOU ARE A GLOBAL HISTORY LESSON”

DEMOGRAPHIC INFORMATION. Creating a global picture of health factors measured by MCS, PLUS



- GENDER
- AGE
- HEIGHT AND WEIGHT
- ETHNICITY
- WEALTH: POOR MODEST
SUBSTANTIAL RETIRED
- EDUCATION LEVEL:
- GENERAL HEALTH STATUS:
GOOD, FAIR, POOR
- AVAILABLE HEALTH CARE
- GLOBAL LOCATION BY
ZIP/POSTALCODE/FED EX
- WHO REGION. ONE OF 6
- WATER AVAILABILITY

WHAT: INSTRUCTIONS FOR CREATING A MICROBIAL CREDIT SCORE:



- EVALUATE ALL LIVING ACTIONS FROM THE 3 IMPACT VALUES : NUTRITION, LIFE STYLE AND HEALTH.
 - SELECT POINTS PROVIDED TO EACH ACTION, RANGING FROM +/-40 (almost always), +/-30 (frequent), +/-20 (moderate), +/-10 (slight), TO 0 (almost never)
 -
 - USE OUR NUMBERS BASED ON PULICATIONS, OR YOUR OWN , OR NOT USE THE CATAORY AT ALL. 0
 - NEW OR PERSONALIMPACT VALUES MAY BE APPROPRIATE, NUMBERED 10-40. WEIGHT MEDICATIONS OR SPORTS GAMBLING
- SUMMARIZE POINT TOTAL FOR EACH IMPACT VALUE: ALL POSITIVES, ALL NAGATIVES.
CALCULATE % FOR EACH IMPACT VALUE, 30%, NUTRITION, 45% LIFE SYLE AND 25%,HEALTH, RESPECTIVELY. SUBTRACT OR ADD FINAL NUMBER TO NEUTRAL 660, FAIR.
- COMPARE TO MICROBIOLOGY CREDIT SCORE GRAPH PROVIDED AND DETERMINE COLOR CODE AND RANGE: GOOD (850-739), FAIR (780-580), BAD (600-330).

HOW. MICROBIOTA IMPACT VALUES

1. NUTRITION/ DIET (30%)

1. DIET: AMERICAN(MEAT AND FAT BASED), (+10) VS PLANT BASED, VEGAN (+30)

2. PROBIOTICS. SUPPLEMENTAL OR NATURAL, FERMENTED FOODS (+30,+20)

3. FIBER, SOLUBLE (+20,+10,0)

4. HYDRATION, WATER (+20,+10, 0)

5. VEGTABLES (+30) VS (-10)

POINTS

5. PROCESSED, MEATS(-20,-30)

6. FAST FOODS/DIET DRINKS (-20,-30))

7. SWEETNERS. NATURAL OR ARTIFICIAL(-20)

8. SALT INTAKE (-20)

POINTS

TOTAL

- POINT SCALE RANGE, MINUS OR POSITIVE: 4,40-31, 3,30-21, 2,20-11, 1,10-1. 0=0

TOTAL

MICROBIOTA IMPACT VALUES

2. BEHAVIOUR/LIFE STYLES (45%)

	POINTS		POINTS
1. WEIGHT/OBESITY (+40,30 TO -20,30)		9. ACCOMADATIONS: HOME (+10), APARTMENT (-10), PETS (+1)	
2. PHYSICAL ACIVITY/MOVEMENT (+30 TO -30)		10. UNKNOWN. GEOGRAPHY: TEMP, WATER AVAILABILITY, DIET AND NUTRITION	
3. REGULAR EXERCISE (+30 TO -20)		11. RURAL/COUNTRY (+20) VS SUBURB (0) VS CITY (-20)	
4. ALCHOL USE (-20 TO -40)			
5. DRUG USE (-20 TO -40)			
6. SMOKING AND DURATION (-20 TO -40)			
7. AGE (+20 to -1 TO -30)			
8. NURSING HOME, ASSISTED LIVING (-10 TO -30)			
		• IMPACT VALUES: MINUS OR POSITIVE. 40 TO 0 ON 10 PT. RANGE	
	TOTAL		TOTAL

MICROBIOTA IMPACT VALUES (25%)

3. HEALTH/HISTORY

1. BIRTH TYPE: C/ (0) OR NATURAL (+20)

2. BREAST FEEDING (+20) VS ARTIFICIAL (0)

3. ORAL HEALTH: REGULAR DENTAL VISITS(+30,+20) VS NONE (-20)

4. GUT HEALTH, GOOD (+40,+30) VS BAD. DYSBIOSIS,IBD (-20,-40)

5. FAMILY HEALTH HISTORY (+20 TO -20)

6. RECENT HOSPITALIZATIONS: SURGERY, IMPLANTS (-10,-20)

7. MEDICATIONS: ANTIBIOTICS, ANTI DEPRESSANTS (- 20,-30)

8. MEDICAL HISTORY: CA AND RX (-20,-30)

9. COVID 19, REPEAT POSITIVE, LONG TERM (-20,-30)

10. NON COMMUNICABLE DISEASES AND SYNDROMES (-20,-30). NEUROLOGIC

**POINT
S**

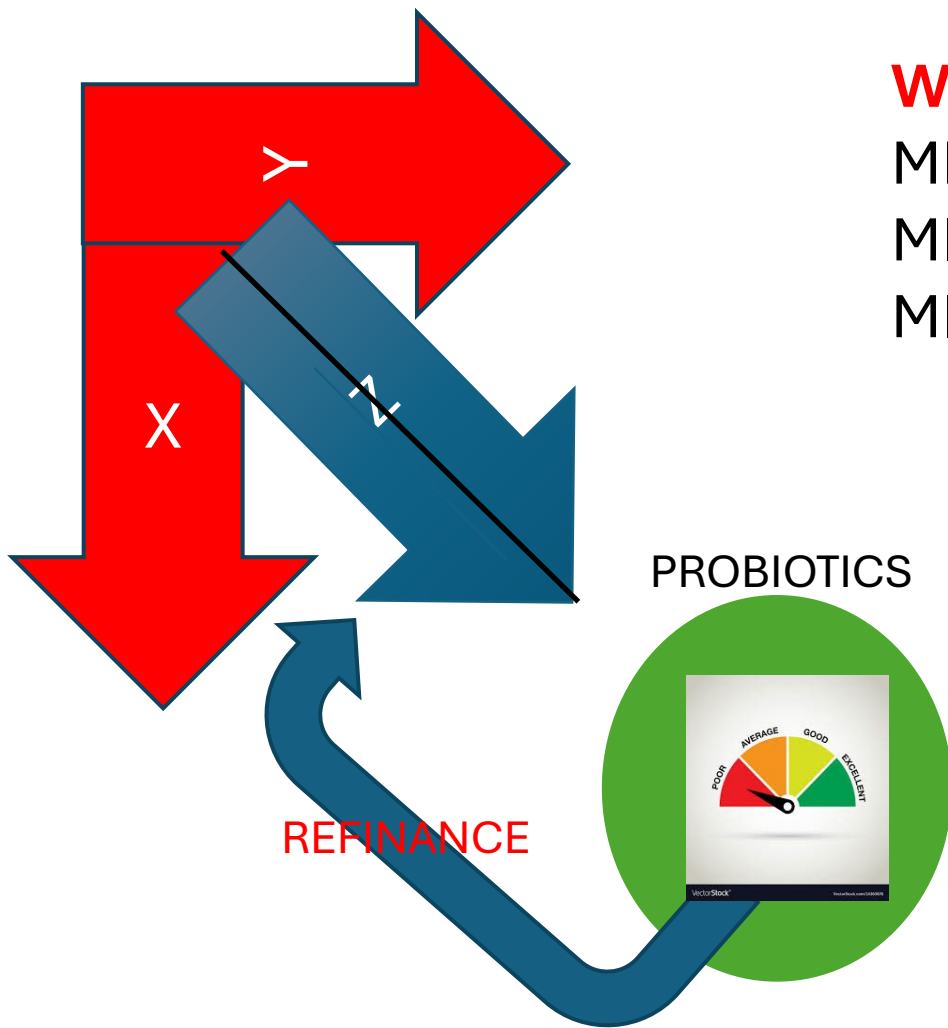
POINTS

TOTAL

TOTAL

MICROBIOTA IMPACT VALUES: NEW AND RESEARCH FOCUS MEDICATIONS OR LIFE STYLE, RX YOU MAY WISH TO ADD. **MICROBIOTA FIRST MEDICINE**

- LANTIBIOTICS : NISIN, STANDARD FOOD/BEER PRESERVATIVE WITH ANTIBOTIC ACTON AGAINST COMMENSAL AND PATHOGENIC ACTERIA
- NEW CLASS OF WEIGHT LOSS MEDICATIONS (DUAL AGONIST) FOR RX OF OBESITY AND DIABETE : ZEPBOUND, MOUNJARO VS WEGOVY AND OZEMPIC
- GAMBLING/SPORTS BETTING
- DENTAL MEDICATIONS/RX
- COMMONDRUGS THAT CAN INTERACT WITH MICROBIOME:
- CANCER RX,OPIOIDS,LAXATIVES, ORAL STEROIDS, PROTON PUMP INHIBITORS , NSAIDS, DIGOXIN
- USE OF WEIGHT LOSS MEDICATIONS HAS INCREASED 600% IN USA
- **DIETERT. #12, SAFETY DETERMINATIONS OF DRUGS AND ENVIROMENTAL CHEMICALS ON HUMAN MICROBIOME**



WHY??? BANKING

MEASURING YOUR MICROBIAL PORTFOLIO FOR MICROBIAL LOANS/WORTH: LEVERAGING YOUR MICROBIOTA: **PROBIOTICS.**

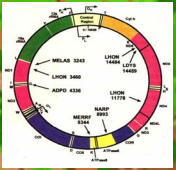
CONCLUSION: 1. WE DEVELOPED A MICROBIOLOGY TOOL
 2. APPLICABLE TO A VARIETY OF SCENARIOS.
 3. SHARING A COMMON THEME IN BANKING .
 4. WHILE ILLUMINATING THE IMPACT OF LIFE STYLE ON YOUR MICROBIOTA

WE DID THIS, CREATING WITH TIME , A MICROBIAL HISTOGRAM, TO ILLUSTRATE LIFE STYLE IMPACT ON YOUR MICROBIAL PORTFOLIO, A PARTNER IN WELL LIVING, 25-90.

IT WAS A TOOL TO FACILITATE THE APPROPRIATE INTERVENTIION OF PROBIOTICS, Z-1 VS Z-2

Bac 2 Health

Z-1



**SHORT TERM
PROBIOTIC LOAN/
DIRECTED/PRECI
SION MICROBIOLOGY
30 DAYS**

850

G
O
O
D

729

F
A
I
R

780

580

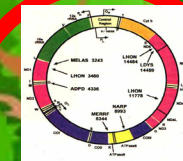
APPLICATION OF MICROBIAL CREDIT SCORE TO PROBIOYIC SELECTION

WWW.GLOBALBUGS.COM

REOBIOSIS

Partners 4 Life

Z-2



**LONG TERM PROBIOTIC
LOAN/
2-3 MONTHS
SUPPORTIVE/HOLISTIC**

600

B
A
D



330