Microbiome Information for: multiple chemical sensitivity [MCS]

For prescribing Medical professionals Review

The suggestions below are based on an Expert System (Artificial Intelligence) modelled after the MYCIN Expert System produced at Stanford University School of Medicine in 1972. The system uses over 1,800,000 facts with backward chaining to sources of information. The typical sources are studies published on the US National Library of Medicine.

Many recent studies has found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is beleived to reduce the severity of symptoms. In some cases, this correction may cause symptoms to disappear.

These are a *priori suggestions* that are predicted to independently reduce microbiome dysfunction. Suggestions should *only be done after a review* by a medical professional factoring in patient's conditions, allergies and other issues.

This report may be freely shared by a patient to their medical professionals

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Best practise for making microbiome adjustments is to obtain the individuals microbiome. The following are the best microbiome to use with this expert system model. The suggestions below are intended as temporary suggestions until a test result in received.

In the USA
Ombre (https://www.ombrelab.com/)
Thorne (https://www.thorne.com/products/dp/gut-health-test)
***Worldwide*: BiomeSight (https://biomesight.com) - Discount Code 'MICRO'**

Analysis Provided by Microbiome Prescription

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Email: Research@MicrobiomePrescription.com

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Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of multiple chemical sensitivity [MCS]

Nota Bena: **Many studies are done with a small sample size or mixtures of condition subsets which can greatly diminish the ability to detect bacteria shifts.**

Bacteria Name	Rank	Shift	Taxonomy ID
Erysipelotrichaceae	*family*	Low	*128827*
Actinomyces	*genus*	High	*1654*
Akkermansia	*genus*	High	*239934*
Blautia	*genus*	Low	*572511*
Dialister	*genus*	High	*39948*
Lactobacillus	*genus*	High	*1578*
Streptococcus	*genus*	High	*1301*
Veillonella	*genus*	High	*29465*
Faecalibacterium prausnitzii	*species*	Low	*853*
Streptococcus salivarius	*species*	High	*1304*
Streptococcus thermophilus	*species*	High	*1308*

Substance to Consider Adding or Taking

These are the most significant substances that are likely to improve the microbiome dysfunction. Dosages are based on the dosages used in clinical studies. For more information see: https://microbiomeprescription.com/library/dosages. These are provided as examples only

Colors indicates the type of substance: i.e. probiotics and prebiotics, herbs and spices, etc. There is no further meaning to them.

Antibiotics annotated with [CFS] have been used with various degree of success with Myalgic Encephalomyelitis, Chronic Fatigue Syndrome, Chronic Lyme, Chronic Q-Fever and Long COVID conditions. Rotation of antibiotics with 3 weeks off between courses is recommended.

apple
bacillus subtilis (probiotics) 10 BCFU/day
black raspberries 50 gram/day
cranberry bean flour
Dangshen
fat
fish oil 4 gram/day
fructo-oligosaccharides (prebiotic) 15 gram/day
Ginseng 2000 mg/day
Glucomannan 700 mg/day
inulin (prebiotic) 32 gram/day
ketogenic diet
Lactobacillus Johnsonii (probiotic) 10 BCFU/day
lactulose
Limosilactobacillus fermentum (probiotic) 12 BCFU/day
metformin (prescription)
Olive Oil
pomegranate 1 gram/day
proton-pump inhibitors (prescription) 60 mg/day
raffinose(sugar beet)
resveratrol (grape seed/polyphenols/red wine) 2 gram/day
vitamin a 25000 IU/day
Vitamin C (ascorbic acid) 30 g/day
vsl#3 (probiotics)
wheat bran

Retail Probiotics

Over 260 retail probiotics were evaluted with the following deem beneficial with no known adverse risks.

Global Healing Center / FloraTrex
jarrow formulas / bifidus balance® + fos
Jetson / FIT
optibac / for every day
Prescript-Assist®/SBO Probiotic
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
vita miracle / ultra-30 probiotics
naturopathica (au) / gastrohealth probiotic dairy free 50 billion
Reduz melasma / Lactobacillus Johnsonii
Physician Choice /60 Billion Probiotics
enviromedica terraflora sbo probiotic
Jetson (US) / Mood Probiotics
Maple Life Science™ / Lactobacillus fermentum
seed / female version
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
corebiotic
blackmores (au) / probiotics+ immune defence
ISCON Elegance/ Ochek Capsule 10
Nutrition Essentials / Probiotic (900 BCFU)
mwsb / candida yeast support
microbiome labs/ megasporebiotic
organic 3 / primal soil
SuperSmart / Bacillus Subtilis
Realdose
Maple Life Science™ / Lactobacillus Johnsonii
BIO-BOTANICAL RESEARCH / Megacidin
reserveage nutrition / beautiflora
amy meyers / primal earth probiotic
Jetson / Gut Prep
nature's way (au) /restore probiotic bowel & colon health 30s
garden of life / primal defense
Good Start® by Gerber® Breastfeeding Comfort Plus Probiotics
Thryve L.PCasei Th1, L.PCasei Th2,L.Ferm IBF1, L.acidoph
SuperSmart / Full Spectrum Probiotic Formula
Materna® Opti-Lac® Breast Feeding Support
naturopathica (au) / gastrohealth fibrepro
blackmore (au) / probiotics+ eczema relief
optibac / bifidobacteria & fibre
klaire labs / biospora
Energybalance / ColoBiotica 28 Colon Support
BioGaia / Elactia
microbiome labs /hu58
Bromatech (IT) / Milonet
perfect pass / perfect pass probiotic bacillus spore
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
Pädia GmbH (DE)/Mambiotic Kapseln
global health trax / threelac
nature's way (au) / restore probiotic 30 billion 30s
Law of Nature / Best Days Formula
bio-botanical research / proflora4r restorative probiotic
blackmore (au) / probiotics+ daily health
Garden of Life / Dr. Formulated Once Daily Women's
nature's instincts / ultra spore probiotic
spain (es) / lactanza hereditum

hyperbiotics / pro-15
nature's way (au) / restore probiotic 100 billion
powerlabs (au) / ultra blend
Bromatech (IT) / Rotanelle plus
Swiss BioEnergetics / Full Spectrum Probiotic Defence
probiotic pur (de) / realdose nutrition
theramedix / probiotic
blackmores (au) / probiotics + adults daily (90 capsules)
Wholesome Wellness / Raw Probiotic
aor / probiotic-3
vitamin angels / just thrive
nature's way (au) / restore probiotic daily health 90s
microbiome labs / restorflora
reg'activ / immune & vitality
INVIVO THERAPEUTICS / Bio.Me IB +

Note: Some of these are only available regionally – search the web for sources.

Substance to Consider Reducing or Eliminating

These are the most signigicant substances have been identified as probably contributing to the microbiome dysfunction.

In some cases blood work may show low levels of some vitamins, etc. listed below. This may be due to *greedy* bacteria reported at a high level above. Viewing bacteria data on the Kyoto Encyclopedia of Genes and Genomes (https://www.kegg.jp/) may provide better insight on the course of action to take.

alexidine dihydrochloride
Amethopterin (R,S)
amoxicillin (antibiotic)s[CFS]
ampicillin (antibiotic)s[CFS]
auranofin,(prescription)
azlocillin sodium salt (antibiotic)
bacampicillin hydrochloride (antibiotic)
benzathine benzylpenicillin (antibiotic)
benzylpenicillin sodium (antibiotic)
carbadox,(prescription)
cefazolin sodium salt (antibiotic)
cefdinir (antibiotic)
cefepime hydrochloride (antibiotic)
cefmetazole sodium salt (antibiotic)
cefoperazone dihydrate (antibiotic)
ceforanide (antibiotic)
cefotaxime sodium salt (antibiotic)
cefuroxime sodium salt (antibiotic)
chloramphenicol (antibiotic)s
chlorhexidine
Chlortetracycline hydrochloride
ciprofloxacin (antibiotic)s[CFS]
clarithromycin (antibiotic)s[CFS]
clindamycin (antibiotic)s[CFS]
Demeclocycline hydrochloride
diacerein,(prescription)
dirithromycin (antibiotic)
doxycycline (antibiotic)s[CFS]
erythromycin (antibiotic)s[CFS]
fleroxacin (antibiotic)
florfenicol
furaltadone hydrochloride,(prescription)
furazolidone (antibiotic)
galla chinensis (herb)
gentamicin (antibiotic)s
glycerol monolaurate (Monolaurin)
hexachlorophene
imipenem (antibiotic)s
josamycin (antibiotic)
linezolid (antibiotic)
lomefloxacin hydrochloride (antibiotic)
lymecycline (antibiotic)[CFS]
Meclocycline sulfosalicylate
meropenem (antibiotic)s
Methacycline hydrochloride
methotrexate,(prescription)
minocycline (antibiotic)s[CFS]
nafcillin sodium salt monohydrate (antibiotic)
neem
niclosamide,(prescription)
niridazole,(prescription)
nitrofurantoin (antibiotic)
oxytetracycline dihydrate (antibiotic)
phenethicillin potassium salt (antibiotic)
piperacillin-tazobactam (antibiotic)s
resistant starch
Rifabutin
rifampicin (antibiotic)s
rifapentine (antibiotic)
rifaximin (antibiotic)s
roxithromycin (antibiotic)s
saccharin
salt (sodium chloride)
spectinomycin dihydrochloride (antibiotic)
spiramycin (antibiotic)
sulfites food additives
Sumac(Rhus coriaria)
syzygium aromaticum (clove)
talampicillin hydrochloride (antibiotic)
tetracycline (antibiotic)s
thiamphenicol (antibiotic)
thimerosal (mercury vacine perservative)
thiostrepton,(prescription)
thyme (thymol, thyme oil)
ticarcillin sodium (antibiotic)
tobramycin (antibiotic)s
Tosufloxacin hydrochloride
trachyspermum ammi, Ajwain
trimethoprim (antibiotic)s
tylosin,(prescription)
Umeboshi (Japanese Apricot or Prunus mume)
vancomycin (antibiotic)[CFS]

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Alopecia (Hair Loss)
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Antiphospholipid syndrome (APS)
Asthma
Atherosclerosis
Atrial fibrillation
Autism
Autoimmune Disease
Barrett esophagus cancer
benign prostatic hyperplasia
Bipolar Disorder
Brain Trauma
Breast Cancer
Cancer (General)
Carcinoma
cdkl5 deficiency disorder
Celiac Disease
Cerebral Palsy
Chronic Fatigue Syndrome
Chronic Kidney Disease
Chronic Lyme
Chronic Obstructive Pulmonary Disease (COPD)
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Coagulation / Micro clot triggering bacteria
Colorectal Cancer
Constipation
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COVID-19
Crohn's Disease
cystic fibrosis
deep vein thrombosis
Depression
Dermatomyositis
Eczema
Endometriosis
Eosinophilic Esophagitis

Epilepsy
erectile dysfunction
Fibromyalgia
Functional constipation / chronic idiopathic constipation
gallstone disease (gsd)
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus
Generalized anxiety disorder
giant cell arteritis
Glioblastoma
Gout
Graves' disease
Halitosis
Hashimoto's thyroiditis
Heart Failure
Hemorrhoidal disease, Hemorrhoids, Piles
Hidradenitis Suppurativa
Histamine Issues
hypercholesterolemia (High Cholesterol)
hyperglycemia
Hyperlipidemia (High Blood Fats)
hypersomnia
hypertension (High Blood Pressure
Hypothyroidism
Hypoxia
IgA nephropathy (IgAN)
Inflammatory Bowel Disease
Insomnia
Intelligence
Intracranial aneurysms
Irritable Bowel Syndrome
Juvenile idiopathic arthritis
Liver Cirrhosis
Long COVID
Low bone mineral density
Lung Cancer
Mast Cell Issues / mastitis
ME/CFS with IBS
ME/CFS without IBS
membranous nephropathy
Menopause
Metabolic Syndrome
Mood Disorders
multiple chemical sensitivity [MCS]
Multiple Sclerosis
Multiple system atrophy (MSA)
myasthenia gravis
neuropathic pain
Neuropathy (all types)
neuropsychiatric disorders (PANDAS, PANS)
Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic
NonCeliac Gluten Sensitivity
Obesity
obsessive-compulsive disorder
Osteoarthritis
Osteoporosis
pancreatic cancer
Parkinson's Disease
Polycystic ovary syndrome

Postural orthostatic tachycardia syndrome
Premenstrual dysphoric disorder
primary biliary cholangitis
Psoriasis
rheumatoid arthritis (RA),Spondyloarthritis (SpA)
Rosacea
Schizophrenia
scoliosis
sensorineural hearing loss
Sjögren syndrome
Sleep Apnea
Small Intestinal Bacterial Overgrowth (SIBO)
Stress / posttraumatic stress disorder
Systemic Lupus Erythematosus
Tic Disorder
Tourette syndrome
Type 1 Diabetes
Type 2 Diabetes
Ulcerative colitis
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