

## Microbiome Information for: Allergic Rhinitis (Hay Fever)

### 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 have found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is believed 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 is 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

A Microbiome Analysis Company

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Allergic Rhinitis (Hay Fever)

*Nota Benia:* 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	Bacteria Name	Rank	Shift	Taxonomy ID
Actinomycetes	class	Low	1760	Agathobaculum butyriciproducens	species	Low	1628085
Porphyromonadaceae	family	Low	171551	Anaerotruncus colihominis	species	High	169435
Ruminococcaceae	family	High	541000	Bifidobacterium adolescentis	species	Low	1680
Bacteroides	genus	High	816	Bifidobacterium catenulatum	species	Low	1686
Bifidobacterium	genus	Low	1678	Bifidobacterium longum	species	Low	216816
Clostridium	genus	High	1485	Clostridium butyricum	species	Low	1492
Enterobacter	genus	High	547	Coprococcus eutactus	species	Low	33043
Enterococcus	genus	High	1350	Dialister succinatiphilus	species	Low	487173
Escherichia	genus	High	561	Enterocloster asparagiformis	species	Low	333367
Lactobacillus	genus	Low	1578	Eubacterium xylanophilum	species	Low	39497
Parabacteroides	genus	High	375288	Intestinimonas butyriciproducens	species	Low	1297617
Prevotella	genus	High	838	Muricomes intestini	species	Low	1796634
Pyramidobacter	genus	High	638847	Murimonas intestini	species	Low	1337051
Bacteroidales	order	High	171549	Oscillibacter valericigenes	species	Low	351091
[Clostridium] hylemonae	species	High	89153	Oxalobacter formigenes	species	Low	847
[Ruminococcus] gnavus	species	High	33038	Phocaeicola massiliensis	species	Low	204516
Acetivibrio straminisolvans	species	Low	253314	Rothia mucilaginosa	species	Low	43675
Acidaminococcus intestini	species	High	187327	Ruminiclostridium papyrosolvens	species	Low	29362
				Sutterella wadsworthensis	species	Low	40545

## 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.

animal-based diet

ascophyllum nodosum (sea weed)

berberine 1.5 gram/day

bile (acid/salts)

carboxymethyl cellulose (prebiotic)

chloramphenicol (antibiotic)

clopamide,(prescription)

Dextrin 40 gram/day

diethylcarbamazine citrate,(prescription)

fluorine

gluten-free diet

glyphosphate

high beef diet

high-fat diets

ibuprofen

laminaria hyperborea( tangle/cuvie - seaweed)

low carbohydrate diet

low fodmap diet

macrolide ((antibiotic)s)

magnesium-deficient diet

**NEOMYCIN (ANTIBIOTIC)s[CFS]**

nitrofurantoin (antibiotic)

pempidine tartrate,(prescription)

penicillin-moxalactam (antibiotic)s

propidium iodide non-drug

Pulses

red alga Laurencia tristicha

**rifampicin (antibiotic)s**

saccharin 450 mg/day

salt (sodium chloride)

**sodium butyrate**

**spectinomycin dihydrochloride (antibiotic)**

**β-glucan** 500 mg/day

**sucralose** 340 mg/day

tea

vegetarians

**Vitamin B1,thiamine hydrochloride** 1.8 gram/day

Xanthohumol

## Substance to Consider Reducing or Eliminating

These are the most significant 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.

acarbose,(prescription)	<i>lactobacillus casei</i> (probiotics)
arabinogalactan (prebiotic)	<i>lactobacillus paracasei</i> (probiotics)
<i>bacillus subtilis</i> (probiotics)	<i>lactobacillus plantarum</i> (probiotics)
ciprofloxacin (antibiotic)s[CFS]	lactulose
<i>clostridium butyricum</i> (probiotics),Miya,Miyarisan	quercetin
fructo-oligosaccharides (prebiotic)	resistant starch
gentamicin (antibiotic)s	resveratrol (grape seed/polyphenols/red wine)
Glucomannan	<i>rosmarinus officinalis</i> ,rosemary
gum arabic (prebiotic)	soy
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	wheat
inulin (prebiotic)	wheat bran
<i>lactobacillus acidophilus</i> (probiotics)	whey

## Sample of Literature Used

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ADHD

Age-Related Macular Degeneration and Glaucoma

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Allergies

Allergy to milk products

Alopecia (Hair Loss)

Alzheimer's disease  
Amyotrophic lateral sclerosis (ALS) Motor Neuron  
Ankylosing spondylitis  
Anorexia Nervosa  
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)  
Chronic Urticaria (Hives)  
Coagulation / Micro clot triggering bacteria  
Colorectal Cancer  
Constipation  
Coronary artery disease  
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  
Unhealthy Ageing

