

Microbiome Information for: ME/CFS with IBS

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 *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

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/>)

Thome (<https://www.thome.com/products/dp/gut-health-test>)

Worldwide: BiomeSight (<https://biomesight.com>) - Discount Code 'MICRO'

Analysis Provided by Microbiome Prescription

A Microbiome Analysis Company

892 Lake Samish Rd, Bellingham WA 98229

Email: Research@MicrobiomePrescription.com

[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of ME/CFS with IBS

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	Bacteria Name	Rank	Shift	Taxonomy ID
Alistipes	<i>genus</i>	High	239759	Blautia obeum	<i>species</i>	Low	40520
Bacteroides	<i>genus</i>	Low	816	Coprococcus catus	<i>species</i>	Low	116085
Bifidobacterium	<i>genus</i>	Low	1678	Coprococcus comes	<i>species</i>	Low	410072
Clostridium	<i>genus</i>	High	1485	Dorea formicigenerans	<i>species</i>	Low	39486
Faecalibacterium	<i>genus</i>	Low	216851	Dorea longicatena	<i>species</i>	Low	88431
Streptococcus	<i>genus</i>	High	1301	Enterocloster bolteae	<i>species</i>	High	208479
Anaerobutyricum hallii	<i>species</i>	Low	39488	Faecalibacterium prausnitzii	<i>species</i>	Low	853
Anaerostipes caccae	<i>species</i>	High	105841	Roseburia inulinivorans	<i>species</i>	Low	360807

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.

(-) -levobunolol hydrochloride,(prescription)
 acenocoumarol,(prescription)
 alexidine dihydrochloride
 amiodarone hydrochloride,(prescription)
 amiprilose hydrochloride non-drug
 anethole-trithione,(prescription)
 apramycin (antibiotic)s
 aprepitant,(prescription)
 asenapine maleate,(prescription)
 astemizole,(prescription)
 auranofin,(prescription)
 azaguanine-8,(prescription)
 azathioprine,(prescription)
AZITHROMYCIN,(ANTIBIOTIC)S[CFS]
 azlocillin sodium salt (antibiotic)
 bacampicillin hydrochloride (antibiotic)
 bacitracin (antibiotic)
 benfluorex hydrochloride,(prescription)
 benzathine benzylpenicillin (antibiotic)
 benzethonium chloride
 bosentan,(prescription)
 brinzolamide,(prescription)
 budesonide,(prescription)
 butenafine hydrochloride,(prescription)
 camylofine chlorhydrate,(prescription)
 candida albicans (prescription)
 carbadox,(prescription)
 cefaclor hydrate (antibiotic)
 cefadroxil (antibiotic)
 cefazolin sodium salt (antibiotic)
 cefixime (antibiotic)
 cefoperazone dihydrate (antibiotic)
 ceforanide (antibiotic)
 cefotiam hydrochloride (antibiotic)
 Cefoxitin sodium salt
 cefuroxime sodium salt (antibiotic)
 cephalosporanic acid; 7-amino (antibiotic)
 cephalothin sodium salt (antibiotic)
 chenodiol,(prescription)
 chloramphenicol (antibiotic)s
 chlorprothixene hydrochloride,(prescription)
 Chlortetracycline hydrochloride
 cilostazol,(prescription)
 cinnarizine,(prescription)
 clavulanate potassium salt (antibiotic)
 clemizole hydrochloride,(prescription)
 lansoprazole,(prescription)
 leflunomide,(prescription)
 lincomycin (antibiotic)s
 lincosamide (antibiotic)s
 liranafate,(prescription)
 loracarbef (antibiotic)
 low carbohydrate diet
 low fodmap diet
 lynestrenol,(prescription)
 macrolide ((antibiotic)s)
 mafenide hydrochloride (antibiotic)
 Meclocycline sulfosalicylate
 mefloquine hydrochloride,(prescription)
 mephenytoin,(prescription)
 merbromin
 mercaptopurine,(prescription)
 metergoline,(prescription)
 Methacycline hydrochloride
 methiothepin maleate,(prescription)
 methyl benzethonium chloride
 methylergometrine maleate,(prescription)
METRONIDAZOLE (ANTIBIOTIC)S[CFS]
 moxalactam disodium salt (antibiotic)
 moxifloxacin (antibiotic)
 nafcillin sodium salt monohydrate (antibiotic)
 naftopidil dihydrochloride,(prescription)
NEOMYCIN (ANTIBIOTIC)S[CFS]
 nicosamide,(prescription)
 nifuroxazide (antibiotic)
 nifurtimox,(prescription)
 nilutamide,(prescription)
 nimesulide,(prescription)
 nimodipine,(prescription)
 niridazole,(prescription)
 nitrofurantoin (antibiotic)
 nitrofurantoin (antibiotic)
 nitrofurantoin (antibiotic)
 norfloxacin (antibiotic)s
 novobiocin sodium salt,(prescription)
 nystatine,(prescription)
 omeprazole,(prescription)
 amidazole (antibiotic)s
 oxethazaine,(prescription)
 oxibendazol,(prescription)
 oxytetracycline dihydrate (antibiotic)
 parbendazole,(prescription)
 pentamidine isethionate,(prescription)

dinafloxacin (antibiotic)
 clodronate,(prescription)
clofazimine (antibiotic)
 Clomiphene citrate (Z,E)
 clomipramine hydrochloride,(prescription)
 closantel,(prescription)
 clotrimazole,(prescription)
 colchicine,(prescription)
colistin sulfate (antibiotic)
 cyclobenzaprine hydrochloride,(prescription)
 cyclosporin a,(prescription)
 dairy
 daunorubicin hydrochloride,(prescription)
Demeclocycline hydrochloride
dequalinium dichloride
 dicyclomine hydrochloride,(prescription)
 dienestrol,(prescription)
 diethylcarbamazine citrate,(prescription)
 diethylstilbestrol,(prescription)
 diloxanide furoate,(prescription)
dirithromycin (antibiotic)
 ebselen non-drug
 ebumamonine (-),(prescription)
 efavirenz,(prescription)
 entacapone,(prescription)
 epirizole,(prescription)
 erlotinib,(prescription)
ERYTHROMYCIN (ANTIBIOTIC)S[CFS]
 estrone,(prescription)
 ethaverine hydrochloride,(prescription)
 ethoxyquin non-drug
 exemestane,(prescription)
 famotidine,(prescription)
 felodipine,(prescription)
 fenoprofen calcium salt dihydrate,(prescription)
 flucytosine,(prescription)
flumequine (antibiotic)
 flunarizine dihydrochloride,(prescription)
 flunixin meglumine,(prescription)
 fluvoxamine maleate,(prescription)
 furaltadone hydrochloride,(prescription)
furazolidone (antibiotic)
 ganciclovir,(prescription)
gatifloxacin (antibiotic)
 gefitinib,(prescription)
 gluten-free diet
 haloperidol,(prescription)
 hexachlorophene
 hexestrol,(prescription)
hexetidine
 high animal protein diet
 high-protein diet
 homochlorcyclizine dihydrochloride,(prescription)
 ibuprofen
 ibutilide fumarate,(prescription)
 ifosfamide,(prescription)
 iocetamic acid,(prescription)
 iodixanol,(prescription)
 perphenazine,(prescription)
phenethicillin potassium salt (antibiotic)
 pimethixene maleate,(prescription)
 pinaverium bromide,(prescription)
 Piracetam
pivampicillin (antibiotic)
 pizotifen malate,(prescription)
proadifen hydrochloride non-drug
 procyclidine hydrochloride,(prescription)
 propantheline bromide,(prescription) [Can cause cognitive issues]
 proton-pump inhibitors (prescription) 60 mg/day
pyrazinamide (antibiotic)
 quinapril hcl,(prescription)
 rabeprazole sodium salt,(prescription)
ribostamycin sulfate salt (antibiotic)
Rifabutin
rifampicin (antibiotic)s
rifapentine (antibiotic)
 rolipram non-drug
roxithromycin (antibiotic)s
sarafloxacin (antibiotic)
 secnidazole,(prescription)
 sertaconazole nitrate,(prescription)
 sertraline,(prescription)
 sibutramine hcl,(prescription)
sparfloxacin (antibiotic)
 spiperone,(prescription)
spiramycin (antibiotic)
 stanzolol,(prescription)
 sucralose 340 mg/day
sulbactam (antibiotic)
 sulconazole nitrate,(prescription)
sulfameter (antibiotic)
 suloctidil,(prescription)
talampicillin hydrochloride (antibiotic)
 tamoxifen citrate,(prescription)
 temozolomide,(prescription)
tenatoprazole non-drug
 terfenadine,(prescription)
thiamphenicol (antibiotic)
 thiethylperazine dimalate,(prescription)
 thimerosal (mercury vacine perservative)
 thioestrepton,(prescription)
 thonzonium bromide,(pharmacological additive)
 tiabendazole,(prescription)
 tibolone,(prescription)
ticarcillin sodium (antibiotic)
tinidazole (antibiotic)
 tioconazole,(prescription)
 toremifene,(prescription)
Tosufloxacin hydrochloride
Tributyryn
 trifluoperazine dihydrochloride,(prescription)
 triflusal,(prescription)
 trimethadione,(prescription)
troleandomycin (antibiotic)
 tylosin,(prescription)

iohexol,(prescription)
isoconazole,(prescription)
josamycin (antibiotic)
ketoconazole,(prescription)
labetalol hydrochloride,(prescription)

vardeafil,(prescription)
vecuronium bromide,(prescription)
vinpocetine,(prescription) 60 mg/day
voriconazole,(prescription)
zafirlukast,(prescription)
zotepine,(prescription)
zuclopenthixol dihydrochloride,(prescription)

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.

apple	Limosilactobacillus fermentum (probiotic)
arabinogalactan (prebiotic)	partially hydrolyzed guar gum
bacillus subtilis (probiotics)	pectin
fasting	resistant starch
fructo-oligosaccharides (prebiotic)	resveratrol (grape seed/polyphenols/red wine)
galacto-oligosaccharides (prebiotic)	rifaximin (antibiotic)
Human milk oligosaccharides (prebiotic, Hologos, Stachyose)	rosmarinus officinalis, rosemary
inulin (prebiotic)	Slippery Elm
lactobacillus paracasei (probiotics)	soy
lactobacillus plantarum (probiotics)	vitamin d
	wheat bran

Sample of Literature Used

The following are the most significant of the studies used to generate these suggestions.

[Correction to: Open-label pilot for treatment targeting gut dysbiosis in myalgic encephalomyelitis/chronic fatigue syndrome: neuropsychological symptoms and sex comparisons.](#)

Journal of translational medicine , Volume: 16 Issue: 1 2018 Feb 23

Authors Wallis A,Ball M,Butt H,Lewis DP,McKechnie S,Paull P,Jaa-Kwee A,Bruck D

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[Increased d-lactic Acid intestinal bacteria in patients with chronic fatigue syndrome.](#)

In vivo (Athens, Greece) , Volume: 23 Issue: 4 2009 Jul-Aug

Authors Sheedy JR,Wettenhall RE,Scanlon D,Gooley PR,Lewis DP,McGregor N,Stapleton DI,Butt HL,DE Meirleir KL

[Screening competition and cross-feeding interactions during utilization of human milk oligosaccharides by gut microbes.](#)

Microbiome research reports , Volume: 3 Issue: 1 2024

Authors Díaz R,Garrido D

[Beneficial effects of GABA-producing potential probiotic Limosilactobacillus fermentum L18 of human origin on intestinal permeability and human gut microbiota.](#)

Microbial cell factories , Volume: 22 Issue: 1 2023 Dec 12

Authors Kaur S,Sharma P,Mayer MJ,Neuert S,Narbad A,Kaur S

[Gut microbiome supplementation as therapy for metabolic syndrome.](#)

World journal of diabetes , Volume: 14 Issue: 10 2023 Oct 15

Authors Antony MA,Chowdhury A,Edem D,Raj R,Nain P,Joglekar M,Verma V,Kant R

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International microbiology : the official journal of the Spanish Society for Microbiology , 2023 Nov 9

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[The Impact in Intestines and Microbiota in BALB/c Mice Through Consumption of Milk Fermented by Potentially Probiotic Lactocaseibacillus casei SJRP38 and Limosilactobacillus fermentum SJRP43.](#)

Probiotics and antimicrobial proteins , 2023 Oct 5

Authors de Souza BMS,Guerra LHA,Varallo GR,Taboga SR,Penna ALB

[Positive efficacy of Lactiplantibacillus plantarum MH-301 as a postoperative adjunct to endoscopic sclerotherapy for internal hemorrhoids: a randomized, double-blind, placebo-controlled trial.](#)

Food & function , 2023 Sep 1

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[Immunomodulatory effects of inulin and its intestinal metabolites.](#)

Frontiers in immunology , Volume: 14 2023

Authors Sheng W, Ji G, Zhang L

[Bile Acids and Short-Chain Fatty Acids Are Modulated after Onion and Apple Consumption in Obese Zucker Rats.](#)

Nutrients , Volume: 15 Issue: 13 2023 Jul 5

Authors Balderas C,de Ancos B,Sánchez-Moreno C

[Targeted modification of gut microbiota and related metabolites via dietary fiber.](#)

Carbohydrate polymers , Volume: 316 2023 Sep 15

Authors Nie Q,Sun Y,Li M,Zuo S,Chen C,Lin Q,Nie S

[Rifaximin Modifies Gut Microbiota and Attenuates Inflammation in Parkinson`s Disease: Preclinical and Clinical Studies.](#)

Cells , Volume: 11 Issue: 21 2022 Nov 2

Authors Hong CT,Chan L,Chen KY,Lee HH,Huang LK,Yang YSH,Liu YR,Hu CJ

[Probiotic effects of Lactocaseibacillus rhamnosus 1155 and Limosilactobacillus fermentum 2644 on hyperuricemic rats.](#)

Frontiers in nutrition , Volume: 9 2022

Authors Li Y,Zhu J,Lin G,Gao K,Yu Y,Chen S,Chen L,Chen Z,Li L

[Alterations in the composition of the gut microbiota affect absorption of cholecalciferol in severe osteoporosis.](#)

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[Substitution of Refined Conventional Wheat Flour with Wheat High in Resistant Starch Modulates the Intestinal Microbiota and Fecal Metabolites in Healthy Adults: A Randomized, Controlled Trial.](#)

The Journal of nutrition , 2022 Jan 31

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Effects of Dietary Supplementation With *Bacillus subtilis*, as an Alternative to Antibiotics, on Growth Performance, Serum Immunity, and Intestinal Health in Broiler Chickens.

Frontiers in nutrition , Volume: 8 2021

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Gut microbiota modulation as a possible mediating mechanism for fasting-induced alleviation of metabolic complications: a systematic review.

Nutrition & metabolism , Volume: 18 Issue: 1 2021 Dec 14

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The relationship between human milk, a functional nutrient, and microbiota.

Critical reviews in food science and nutrition , 2021 Dec 6

Authors Sakarya E,Sanlier NT,Sanlier N

Bacillus subtilis Attenuates Hepatic and Intestinal Injuries and Modulates Gut Microbiota and Gene Expression Profiles in Mice Infected with *Schistosoma japonicum*.

Frontiers in cell and developmental biology , Volume: 9 2021

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Journal of applied microbiology , 2021 Oct 27

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Bifidobacterium catabolism of human milk oligosaccharides overrides endogenous competitive exclusion driving colonization and protection.

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International journal of molecular sciences , Volume: 22 Issue: 20 2021 Oct 16

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Nature , Volume: 599 Issue: 7883 2021 Nov

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Clinical nutrition research , Volume: 10 Issue: 3 2021 Jul

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Effects of Bacillus subtilis and Bacillus licheniformis on growth performance, immunity, short chain fatty acid production, antioxidant capacity, and cecal microflora in broilers.

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Microorganisms , Volume: 9 Issue: 5 2021 May 10

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Lactobacillus Sps in Reducing the Risk of Diabetes in High-Fat Diet-Induced Diabetic Mice by Modulating the Gut Microbiome and Inhibiting Key Digestive Enzymes Associated with Diabetes.

Biology , Volume: 10 Issue: 4 2021 Apr 20

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Potato resistant starch inhibits diet-induced obesity by modifying the composition of intestinal microbiota and their metabolites in obese mice.

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Lactobacillus fermentum CECT5716 ameliorates high fat diet-induced obesity in mice through modulation of gut microbiota dysbiosis.

Pharmacological research , 2021 Jan 30

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The potential role of vitamin D supplementation as a gut microbiota modifier in healthy individuals.

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Adjunctive treatment with probiotics partially alleviates symptoms and reduces inflammation in patients with irritable bowel

syndrome.

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Effects of Different Human Milk Oligosaccharides on Growth of *Bifidobacteria* in Monoculture and Co-culture With *Faecalibacterium prausnitzii*.

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Frontiers in microbiology , Volume: 11 2020

Authors Campaniello D, Bevilacqua A, Speranza B, Sinigaglia M, Corbo MR

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Journal of microbiology and biotechnology , 2020 Oct 20

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Relative abundance of the *Prevotella* genus within the human gut microbiota of elderly volunteers determines the inter-individual responses to dietary supplementation with wheat bran arabinoxylan-oligosaccharides.

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Abdominal Aortic Aneurysm

Acne

ADHD

Age-Related Macular Degeneration and Glaucoma

Allergic Rhinitis (Hay Fever)

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