

## Microbiome Information for: Allergies

### 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

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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/>)

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

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

### Analysis Provided by Microbiome Prescription

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Allergies

*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
Actinomycetes	class	High	1760	Methanobrevibacter	genus	High	2172
Bacteroidia	class	High	200643	Methylobacterium	genus	High	407
Acidaminococcaceae	family	Low	909930	Prevotella	genus	Low	838
Bacteroidaceae	family	High	815	Propionibacterium	genus	High	1743
Bifidobacteriaceae	family	Low	31953	Turicibacter	genus	High	191303
Clostridiaceae	family	High	31979	Akkermansia muciniphila	species	Low	239935
Comamonadaceae	family	High	80864	Bacteroides fragilis	species	High	817
Enterobacteriaceae	family	Low	543	Bifidobacterium adolescentis	species	Low	1680
Erysipelotrichaceae	family	High	128827	Bifidobacterium bifidum	species	High	1681
Lactobacillaceae	family	Low	33958	Bifidobacterium catenulatum	species	High	1686
Methylobacteriaceae	family	High	119045	Bifidobacterium longum	species	High	216816
Oscillospiraceae	family	Low	216572	Blautia obeum	species	High	40520
Ruminococcaceae	family	High	541000	Clostridioides difficile	species	High	1496
Sphingomonadaceae	family	High	41297	Collinsella aerofaciens	species	High	74426
Adlercreutzia	genus	High	447020	Coprococcus catus	species	High	116085
Alistipes	genus	Low	239759	Dorea formicigenerans	species	High	39486
Clostridium	genus	Low	1485	Escherichia coli	species	High	562
Eggerthella	genus	High	84111	Faecalibacterium prausnitzii	species	Low	853
Enhydrobacter	genus	High	212791	Oscillibacter valericigenes	species	High	351091
Enterococcus	genus	Low	1350	Phascolarctobacterium faecium	species	Low	33025
Faecalibacterium	genus	High	216851	Ruminococcus bromii	species	Low	40518
Lachnospirillum	genus	High	1506553	Segatella copri	species	Low	165179
Lactobacillus	genus	Low	1578	Staphylococcus aureus	species	Low	1280

## 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.

### AMPICILLIN (ANTIBIOTIC)[CFS]

animal-based diet

barley 60 gram/day

berberine 1.5 gram/day

bifidobacterium bifidum (probiotics) 1 BCFU/day

bifidobacterium pseudocatenuatum,(probiotics)

Curcumin 3 gram/day

ethinylestradiol,(prescription)

glycerol monolaurate (Monolaurin)

gynostemma pentaphyllum (Jiaogulan)

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2  
gram/day

hypocaloric hyperproteic diet

kefir

levan

methionine-choline-deficient (MCD) diet

neem 120 mg/day

piperacillin-tazobactam (antibiotic)s

Polyethylene glycol

quercetin, resveratrol

raw potato starch

red alga *Laurencia tristicha*

resistant maltodextrin 50 gram/day

resistant starch

saccharin 450 mg/day

saccharomyces boulardii (probiotics) 6 BCFU/day

salt (sodium chloride)

Slippery Elm

stevia 800 mg/day

syzygium aromaticum (clove)

tetracycline (antibiotic)s

thyme (thymol, thyme oil)

triphala 9000 mg/day

vitamin d 50000 IU/day

## Retail Probiotics

Over 260 retail probiotics were evaluated with the following deemed beneficial with no known adverse risks.

Swiss BioEnergetics / Full Spectrum Probiotic Defence  
 Ombre / Endless Energy  
 blackmore (au) / probiotics+ bowel support  
 Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains  
 renew life men's probiotic - ultimate  
 SuperSmart / Full Spectrum Probiotic Formula  
 Wakunaga / Kyo-Dophilus® Multi 9 Probiotic  
 klair labs / target gb-x  
 philips / colon health  
 imagilin / NutriLots Replenish  
 quantum wellness / restora flora  
 Probiotic 10 Billion Active Cells Daily Maintenance  
 fürstenmed / lacto-bifido  
 Schwabe Pharma Italia / AxiBoulardi  
 natren / bifido factor  
 Ombre / Metabolic Booster  
 OMNI-BIOTIC®/ TRAVEL  
 speer labs / emuaid first defense  
 spain (es) / axiboulardi  
 HMF IBS Relief  
 Wakunaga / Pro+ Synbiotic  
 organic 3 / primal gut  
 HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS  
 Physis / Advance Probiotics  
 Eden's / 3-in-1 Synbiotic Superblend  
 Dr. Mercola / Complete Probiotics  
 Garden of Life / Dr. Formulated Once Daily Women's  
 gnc / ultra probiotic complex  
 NOW FOODS / Clinical GI Probiotic  
 natren / healthy trinity probiotic  
 ecology\_allergycare  
 hyperbiotics / pro-15  
 Genesis Bifidobacterium Complex BB Probiotic  
 nature's way (au) / restore probiotic 100 billion  
 solaray / microbiome probiotic colon formula  
 cytoplant(uk) / dentavital bifidophilus  
 Seeking Health / Probiota HistaminX  
 bravo europe / starter and complex  
 vita miracle / ultra-30 probiotics  
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS  
 optibac / saccharomyces boulardii  
 Bromatech (IT) / Bifiselle  
 Northwest Natural Products / PBB  
 wakamoto (jp) / wakamoto pharmaceutical intestinal drug  
 custom probiotics / five strain bifidobacteria  
 Wakunaga / Daily Probiotic  
 organic 3 / gutpro  
 spain (es) / profaes4 viajeros  
 Physician Choice / 60 Billion Probiotics  
 klair labs / ther-biotic factor 4  
 spain (es) / ultralevura  
 Wakunaga / 50+  
 custom probiotics / six strain probiotic powder  
 organic 3 / yeastbiotic

Bromatech (IT) / Serobiome  
Nu U (uk) / Bio-Cultures Complex  
HMF Metabolic  
blackmores (au) / probiotics+ immune defence  
Metabolics / Bifidobacterium Bifidum Powder  
Ombre / Healthy Gut  
1 md / complete probiotics platinum  
OMNI-BIOTIC®/ 10 AAD  
young living/life 9  
Bromatech / ENTERELLE PLUS  
HMF Forte  
custom probiotics / b. lactis & b. bifidum probiotic powder  
Wakunaga / Max Probiotic  
SuperSmart / Saccharomyces Boulardii  
spain (es) / profaes4 edad escolar  
MegaFood / MegaFlora  
theramedix / probiotic  
newrhythm / probiotics 20 stains  
Windlove Probiotics / Ecologic®825  
ASEA VIA / BIOME  
Wholesome Wellness / Raw Probiotic  
optibac / for daily immunity  
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM  
udo's choice /super 8 gold  
Smidge / Sensitive Probiotic  
Krauterhaus / Lactopro  
LiveWell Nutrition / Pro-45  
Maple Life Science™ / Bifidobacterium Bifidum  
Jetson (US) / Immunity Probiotics  
genestra brands® hm  
Advanced Bio-Cultures / Advance Multi Strain Probiotics  
Seeking Health / Probiota Bifidobacterium  
elixa / probiotic  
bioray / cytoflora  
renew life / ultimate flora  
up4 / ultra  
optibac / for your cholesterol  
Bromatech (IT) / Enterelle  
Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains  
bioglan bio (au) / happy probiotic 100  
customprobiotics.com / B. Bifidum Probiotic Powder  
HMF Intensive  
SuperSmart / Lactoxira  
douglas laboratories / multi probiotic 40 billion  
florastor / florastor  
up4 / adult  
Bromatech (IT) / Acronelle  
jamieson (can) / probiotic 10 bcfu  
shin biofermin (jp) /s  
Bromatech (IT) / Lautoselle

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

## 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.

bacillus subtilis (probiotics)

Burdock Root

cefoxitin (antibiotic)s

colistin sulfate (antibiotic)

fructo-oligosaccharides (prebiotic)

gatifloxacin (antibiotic)

Glucomannan

lactulose

mediterranean diet

metformin (prescription)

metronidazole (antibiotic)s[CFS]

navy bean

norfloxacin (antibiotic)s

polymannuronic acid

raffinose(sugar beet)

resveratrol (grape seed/polyphenols/red wine)

rufloxacin (antibiotic)

Shen Ling Bai Zhu San

trimethoprim (antibiotic)s

wheat bran

whey

## Sample of Literature Used

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