

## Microbiome Information for: Parkinson's Disease

### 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 Parkinson's Disease

*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.

<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy ID</b>	<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy ID</b>
Actinomycetes	class	Low	1760	Fusobacterium	genus	Low	848
Clostridia	class	Low	186801	Intestinimonas	genus	High	1392389
Akkermansiaceae	family	High	1647988	Klebsiella	genus	High	570
Bifidobacteriaceae	family	High	31953	Lachnospira	genus	Low	28050
Christensenellaceae	family	High	990719	Lactobacillus	genus	High	1578
Enterobacteriaceae	family	High	543	Methanobrevibacter	genus	High	2172
Enterococcaceae	family	High	81852	Oscillospira	genus	High	119852
Lachnospiraceae	family	Low	186803	Parabacteroides	genus	High	375288
Lactobacillaceae	family	High	33958	Paraprevotella	genus	Low	577309
Pasteurellaceae	family	Low	712	Peptoclostridium	genus	High	1481960
Prevotellaceae	family	Low	171552	Porphyromonas	genus	High	836
Rikenellaceae	family	High	171550	Prevotella	genus	Low	838
Ruminococcaceae	family	High	541000	Pseudobutyrvibrio	genus	Low	46205
Streptococcaceae	family	Low	1300	Ralstonia	genus	High	48736
Sutterellaceae	family	High	995019	Roseburia	genus	Low	841
Tissierellaceae	family	High	1737406	Ruminococcus	genus	Low	1263
Verrucomicrobiaceae	family	High	203557	Sellimonas	genus	High	1769710
Adlercreutzia	genus	High	447020	Serratia	genus	Low	613
Agathobacter	genus	Low	1766253	Turidibacter	genus	High	191303
Akkermansia	genus	High	239934	Tyzzera	genus	High	1506577
Alistipes	genus	High	239759	Veillonella	genus	Low	29465
Anaerostipes	genus	Low	207244	Marinilabiliales	order	High	1970189
Anaerotruncus	genus	High	244127	[Clostridium] leptum	species	Low	1535
Barnesiella	genus	Low	397864	Actinomyces oris	species	High	544580
Bifidobacterium	genus	High	1678	Akkermansia muciniphila	species	High	239935
Bilophila	genus	High	35832	Bacteroides fragilis	species	Low	817
Blautia	genus	Low	572511	Bifidobacterium bifidum	species	Low	1681
Butyricoccus	genus	Low	580596	Bifidobacterium dentium	species	High	1689
Butyricimonas	genus	High	574697	Blautia coccoides	species	Low	1532
Butyrvibrio	genus	Low	830	Blautia wexlerae	species	Low	418240
Catabacter	genus	High	270497	Clostridium sporogenes	species	High	1509
Catenisphaera	genus	High	1774107	Escherichia coli	species	High	562
Citrobacter	genus	Low	544	Faecalibacterium prausnitzii	species	Low	853
Collinsella	genus	High	102106	Intestinimonas sp.	species	High	1965293
Coprococcus	genus	Low	33042	Klebsiella pneumoniae	species	High	573
Desulfovibrio	genus	High	872	Klebsiella quasipneumoniae	species	High	1463165
Eggerthella	genus	High	84111	Lactobacillus acidophilus	species	Low	1579
Enterobacter	genus	Low	547	Lancefieldella parvula	species	Low	1382
Escherichia	genus	Low	561	Limosilactobacillus reuteri	species	Low	1598
Eubacterium	genus	Low	1730	Mesorhizobium loti	species	High	381
Faecalibacterium	genus	Low	216851	Porphyromonas asaccharolytica	species	High	28123
Fusicatenibacter	genus	Low	1407607	Roseburia intestinalis	species	Low	166486
				Streptococcus mutans	species	High	1309

## 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.

**bacillus subtilis (probiotics)** 10 BCFU/day

cranberry bean flour

**fructo-oligosaccharides (prebiotic)** 15 gram/day

**Glucomannan** 700 mg/day

grapes

**Human milk oligosaccharides (prebiotic, Holigos, Stachyose)** 2

gram/day

ketogenic diet

lactulose

**Limosilactobacillus fermentum (probiotic)** 12 BCFU/day

metformin (prescription)

pomegranate 1 gram/day

quercetin, resveratrol

raffinose(sugar beet)

resveratrol (grape seed/polyphenols/red wine) 2 gram/day

soy 25 gram/day

whey 60 gram/day

## Retail Probiotics

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

Jetson / FIT  
 optibac / for every day  
 Prescript-Assist®/SBO Probiotic  
 enviromedica terraflorea sbo probiotic  
 Jetson (US) / Mood Probiotics  
 Maple Life Science™ / Lactobacillus fermentum  
 corebiotic  
 ISCON Elegance/ Ochek Capsule 10  
 Nutrition Essentials / Probiotic (900 BCFU)  
 mwsb / candida yeast support  
 microbiome labs/ megasporebiotic  
 optibac / bifidobacteria & fibre  
 klare labs / biospora  
 Energybalance / ColoBiotica 28 Colon Support  
 BioGaia / Elactia  
 microbiome labs / hu58  
 Bromatech (IT) / Milonet  
 perfect pass / perfect pass probiotic bacillus spore  
 Pädia GmbH (DE)/Mambiotic Kapseln  
 global health trax / threelac  
 Law of Nature / Best Days Formula  
 bio-botanical research / proflorea4r restorative probiotic  
 spain (es) / lactanza hereditum  
 powerlabs (au) / ultra blend  
 Wholesome Wellness / Raw Probiotic  
 aor / probiotic-3  
 vitamin angels / just thrive  
 reg'activ / immune & vitality  
 INVIVO THERAPEUTICS / Bio.Me IB +  
 jarow formulas / bifidus balance® + fos  
 organic 3 / primal soil  
 SuperSmart / Bacillus Subtilis  
 BIO-BOTANICAL RESEARCH / Megacidin  
 reserveage nutrition / beautiflora  
 amy meyers / primal earth probiotic  
 Jetson / Gut Prep  
 Good Start® by Gerber® Breastfeeding Comfort Plus Probiotics  
 Thryve LPCasei Th1, LPCasei Th2,L.Ferm IBF1, Lacidoph  
 Materna® Opti-Lac® Breast Feeding Support

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.

bifidobacterium catenulatum,(probiotics)  
bifidobacterium pseudocatenulatum,(probiotics)  
bile (acid/salts)  
brown rice  
cellulose (prebiotic)  
chloramphenicol (antibiotic)s  
disodium fumarate (food additive)  
ethanol  
Fisetin  
garlic (allium sativum)  
gluten  
glycerol monolaurate (Monolaurin)  
glycine  
high salt  
lactobacillus plantarum (probiotics)  
lactobacillus reuteri (probiotics)  
lactobacillus rhamnosus gg (probiotics)

luteolin (flavonoid)  
polygonatum kingianum(Orange Flower Solomon's Seal.)  
Pork  
Psyllium (Plantago Ovata Husk)  
Pulses  
quebracho  
rifampicin (antibiotic)s  
saccharomyces boulardii (probiotics)  
salt (sodium chloride)  
Sodium alginate  
tea  
tetracycline (antibiotic)s  
trimethoprim (antibiotic)s  
vegetarians  
walnuts  
wheat  
white button mushrooms  
xylan (prebiotic)

## Sample of Literature Used

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Chronic Lyme

Chronic Obstructive Pulmonary Disease (COPD)

Chronic Urticaria (Hives)

Coagulation / Micro clot triggering bacteria

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Constipation

Coronary artery disease

COVID-19

Crohn's Disease

cystic fibrosis

deep vein thrombosis

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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  
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Irritable Bowel Syndrome  
Juvenile idiopathic arthritis  
Liver Cirrhosis  
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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  
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Parkinson's Disease  
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**primary biliary cholangitis**  
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