

Microbiome Information for: Asthma

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 Asthma

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
Verrucomicrobiae	class	Low	203494	Clostridium	genus	High	1485
Acidaminococcaceae	family	Low	909930	Faecalibacterium	genus	Low	216851
Bacteroidaceae	family	High	815	Haemophilus	genus	High	724
Bifidobacteriaceae	family	Low	31953	Porphyromonas	genus	High	836
Clostridiaceae	family	High	31979	Roseburia	genus	Low	841
Lachnospiraceae	family	High	186803	Akkermansia muciniphila	species	Low	239935
Lactobacillaceae	family	Low	33958	Bacteroides stercoris	species	Low	46506
Prevotellaceae	family	High	171552	Candida albicans	species	High	5476
Ruminococcaceae	family	Low	541000	Clostridium disporicum	species	Low	84024
Veillonellaceae	family	High	31977	Eggerthella lenta	species	High	84112
Akkermansia	genus	Low	239934	Faecalibacterium prausnitzii	species	Low	853
Bacteroides	genus	Low	816	Haemophilus influenzae	species	Low	727
Bifidobacterium	genus	High	1678	Phocaeicola plebeius	species	High	310297
Campylobacter	genus	High	194	Roseburia inulinivorans	species	Low	360807
Capnocytophaga	genus	High	1016	Sutterella wadsworthensis	species	Low	40545
				Haemophilus influenzae 10810	strain	Low	862964

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.

acarbose,(prescription)

bacillus subtilis (probiotics) 10 BCFU/day

barley,oat

bifidobacterium infantis,(probiotics) 10 BCFU/day

bifidobacterium longum (probiotics) 10 BCFU/day

bile (acid/salts)

clostridium butyricum (probiotics),Miya,Miyarisan 1.gram/day

Dangshen

fruit/legume fibre

gentamicin (antibiotic)s

glycine 15 gram/day

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2

gram/day

iron 400 mg/day

lactobacillus paracasei (probiotics) 40 BCFU/day

lactobacillus plantarum,xylooligosaccharides,(prebiotic)

(probiotics) 22 BCFU/day

lactobacillus reuteri (probiotics) 22 BCFU/day

lactobacillus sakei (probiotics)

lactobacillus salivarius (probiotics) 9 BCFU/day

lactulose

linseed(flaxseed) 30 mg/day

L-proline

Nicotine, Nicotine Patch

Nitrogen Dioxide (Urban air pollutant)

non-starch polysaccharides

oats

ofloxacin (antibiotic)s

oligosaccharides (prebiotic)

Olive Oil

omega-3 fatty acids 4 gram/day

Shen Ling Bai Zhu San

sucralose 340 mg/day

Ursolic acid

vegetable

vitamin a 25000 IU/day

wheat

wheat bran

Whole Cow milk

Retail Probiotics

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

newrhythm / probiotics 20 stains
 SuperSmart / Full Spectrum Probiotic Formula
 Garden of Life / Dr. Formulated Once Daily Women's
 hyperbiotics / pro-15
 solaray / microbiome probiotic colon formula
 organic 3 / primal gut
 Probiotic 10 Billion Active Cells Daily Maintenance
 bravo europe / starter and complex
 seed / female version
 fürstenmed / lacto-bifido
 bioglan bio (au) / happy probiotic 100
 douglas laboratories / multi probiotic 40 billion
 bioray / cytoflora
 garden of life / primal defense
 renew life men's probiotic - ultimate
 custom probiotics / d-lactate free probiotics powder
 jamieson (can) / probiotic 10 bcfu
 elixa / probiotic
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 ASEA VIA / BIOME
 Wholesome Wellness / Raw Probiotic
 Smidge / Sensitive Probiotic
 spain (es) / vivomixx
 Advanced Bio-Cultures / Advance Multi Strain Probiotics
 renew life / ultimate flora
 SuperSmart / Oral Health
 Seeking Health / Probiota HistaminX
 OMNI-BIOTIC® / 10 AAD
 Bioflora(MX) / Woman
 MegaFood / MegaFlora
 quantum wellness / restora flora
 organic 3 / gutpro
 Physician Choice / 60 Billion Probiotics
 Wakunaga / Max Probiotic
 seed / male version
 Genesis Bifidobacterium Complex BB Probiotic
 lifted naturals / mood boosting probiotic
 cytoplant(uk) / dentavital bifidophilus
 NOW FOODS / Clinical GI Probiotic
 Ombre / Metabolic Booster
 Wakunaga / Pro+ Synbiotic
 Dr. Mercola / Complete Probiotics
 Physis / Advance Probiotics
 Northwest Natural Products / PB8
 custom probiotics / five strain bifidobacteria
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
 7 AM Ultra Probiotics
 fairvital / microflora basic
 bravo europe / freeze-dried bravo
 young living / life 9
 nature's bounty / probioti 10
 CVSHealth / Daily Probiotic
 jarro formulas / jarro-dophilus® ultra

up4 / ultra
Seeking Health / Probiota Bifidobacterium
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
udo's choice / super 8 gold
aor / probiotic-3
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
Bromatech (IT) / Rotanelle plus
Windlove Probiotics / Ecologic®825
Jetson (US) / Immunity Probiotics
HLH BIOPHARMA(DE) / LACTOBACT ® AAD
SuperSmart / Lactoxira
nature's way (au) / restore probiotic bowel & colon health 30s
visbiome
ferring / vsl#3
klaire labs / target gb-x
philips / colon health
Sash Vitality / Bio-Cultures Probiotics for Adults
SuperSmart / Vaginal Health
Bromatech (IT) / Psicobrain
jarrow formulas / fem dophilus
Thryve LPCasei Th1, LPCasei Th2, LFerm IBF1, Lacidoph
Bromatech (IT) / Lautoselle
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains
naturopathica (au) / gastrohealth probiotic adults 50+
Schwabe Pharma Italia / MegaStress
Botica Alternativa / Bifidobacterium Infantis
align / align
PharmExtracta (IT) / Butirisan
CustomProbiotics.com / L. Paracasei Probiotic Powder
Ombre / Mood Enhancer
spain (es) / aquilea intimus
Metabolics / Bifidobacterium Infantis Powder
natren / life start 2 (goat milk-based)
amy meyers / primal earth probiotic
PrecisionBiotics / Zenflore
PharmExtracta / Bowell
Jetson / Gut Prep
up4 / adult
Ombre / Restore
Bromatech (IT) / Acronelle
spain (es) / gastrus
Immune Defense Daily Chewable Probiotic
blackmores (au) / probiotics + adults daily (90 capsules)
Swiss BioEnergetics / Full Spectrum Probiotic Defence
Maple Life Science™ / Bifidobacterium longum
CustomProbiotics.com / B. Infantis Probiotic Powder
custom probiotics / four strain lactobacilli
Bromatech (IT) / Aflugenex
solgar / advanced multi-billion dophilus
optibac / for daily immunity
HLH BIOPHARMA(DE) / LACTOBACT ® METABOLIC
Metabolics / Bifidobacterium Longum Powder
VSL Pharmaceuticals / Oxadrop
microbiome labs / restorflora
Botica Alternativa / Lactobacilos Reuteri
Krauterhaus / Lactopro
INVIVO THERAPEUTICS / Bio.Me IB +
spain (es) / alfforex

Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
ProbioMax® Daily DF
JGL / Lactogyn
Align® Extra Strength
SuperSmart / Bacillus Subtilis
PoolPharma (IT) / ProbioTKMIO
Wakunaga / 50+
custom probiotics / six strain probiotic powder
spain (es) / casenbiotic
HLH BIOPHARMA(DE) / LACTOBACT ® FORTE
ImmuneBiotech Medical Sweden AB / GutMagnific®
Bromatech (IT) / Serobiome
Nu U (uk) / Bio-Cultures Complex
Maple Life Science™ / Lactobacillus salivarius
Ombre / Healthy Gut
PharmExtracta (IT) / Gliadines buccal stickpacks
UltraFlora® Immune Booster
danactive drink
Sanogermina / AB-Kolicare
miyarian (jp) / miyarian
RepHresh / Pro-B Probiotic Supplement for Women
Energybalance / ColoBiotica 28 Colon Support
naturopathica (au) / gastrohealth women's probiotic with cranberry
microbiome labs / hu58
anabolic laboratories / probiotic complete
Invivo / Bio.Me Femme UT
CustomProbiotics.com / L. Reuteri Probiotic Powder
Probiotic Sticks
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
Schwabe Pharma Italia / EnteroDophilus
Align / Align® Chewables
UltraFlora® Restore
Microbiome Labs / MEGA Genesis
optibac / for every day
Prescript-Assist®/SBO Probiotic
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
solgar / advanced 40+ acidophilus
spain (es) / reuteri gotas
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
Bromatech (IT) / Bifiselle
BioGaia / BioGaia Products
Wakunaga / Daily Probiotic
wakamoto (jp) / wakamoto pharmaceutical intestinal drug
blackmore (au) / probiotics+ womens flora balance
naturopathica (au) / gastrohealth antacid
CustomProbiotics.com / L. Salivarius Probiotic Powder
SuperSmart / Lactobacillus reuteri
Lanto Health / Lanto Sinus Probiotic Powder
Microbiome Plus+™ Gastrointestinal
Schiff® Digestive Advantage® Advanced Probiotics Multi-Strain Support
Microbiome Labs / ZENBIOME Dual
canada (ca) / calmbiotic
Jetson (US) / Mood Probiotics
Ombre / Heart Health
klaire labs / ther-biotic factor 4
InnovixLabs / Mood Probiotic
Metabolics / Lactobacillus Salivarius Powder
blackmore (au) / probiotics+ daily health

NASOBIOTEX / L SAKEI POWDER
vinco / probiotic eight 65
optibac / for women
OMNI-BIOTIC®/ TRAVEL
jarrow formulas / fem-dophilus®
SuperSmart / H. Pylori Fight
wakamoto (jp) / strong wakamoto w
BioGaia / BioGaia Osfortis
jarrow formulas / jarro-dophilus mood
Maple Life Science™ / Bifidobacterium infantis
HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS
naturopathica (au)/ gastrohealth probiotic daily care
ecology_allergycare
PrecisionBiotics / Immune
Maple Life Science™ / Lactobacillus reuteri
bioglan bio (au) / happy probiotic 50
CustomProbiotics.com / B. Longum Probiotic Powder
powerlabs (au) / ultra blend
spain (es) / gum peribalance

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.

Akkermansia muciniphila (probiotic)

alcoholic beverages

apple

bacillus coagulans (probiotics)

berberine

black raspberries

carboxymethyl cellulose (prebiotic)

cefador hydrate (antibiotic)

clindamycin (antibiotic)s[CFS]

cranberry bean flour

doxycycline (antibiotic)s[CFS]

fasting

gluten-free diet

high-fat diets

low-fat diets

metformin (prescription)

nitrofurantoin (antibiotic)

pectin

quercetin, resveratrol

resveratrol (grape seed/polyphenols/red wine)

rifaximin (antibiotic)s

Slippery Elm

vitamin B3, niacin

xylan (prebiotic)

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

cdk15 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
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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