

## Microbiome Information for: Constipation

### 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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Email: [Research@MicrobiomePrescription.com](mailto:Research@MicrobiomePrescription.com)

[Our Facebook Discussion Page](#)

## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Constipation

**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
Coriobacteriia	class	Low	84998	Lachnospira	genus	High	28050
Gammaproteobacteria	class	High	1236	Megamonas	genus	Low	158846
Bacteroidaceae	family	High	815	Prevotella	genus	Low	838
Enterobacteriaceae	family	High	543	Pseudomonas	genus	High	286
Lachnospiraceae	family	High	186803	Roseburia	genus	Low	841
Oscillospiraceae	family	High	216572	Shigella	genus	High	620
Prevotellaceae	family	Low	171552	Coriobacteriales	order	Low	84999
Selenomonadaceae	family	Low	1843491	Enterobacterales	order	High	91347
Tannerellaceae	family	High	2005525	Bacteroides stercoris	species	High	46506
Bacteroides	genus	High	816	Eubacterium coprostanoligenes	species	High	290054
Blautia	genus	Low	572511	Megamonas uniformis	species	Low	437897
Citrobacter	genus	High	544	Phocaeicola coprocola	species	High	310298
Escherichia	genus	High	561	Phocaeicola dorei	species	High	357276
Faecalibacterium	genus	Low	216851	Phocaeicola vulgaris	species	High	821
				Prevotellaceae bacterium	species	Low	2049047

## 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.

alcoholic beverages	levan
aspartame (sweetner)	<b>macrolide ((antibiotic)s)</b>
banana	pectin
<b>bifidobacterium bifidum (probiotics)</b>	<b>penicillin-moxalactam (antibiotic)</b>
bile (acid/salts)	proton-pump inhibitors (prescription) 60 mg/day
carboxymethyl cellulose (prebiotic)	red alga Laurencia tristicha
gluten-free diet	<b>resistant maltodextrin</b> 50 gram/day
green-lipped mussel	resistant starch
high-fat diets	Rutin 60 mg/day
<b>Human milk oligosaccharides (prebiotic, Holigos, Stachyose)</b>	saccharin 450 mg/day
gram/day	<b>schisandra chinensis(magnolia berry or five-flavor-fruit)</b>
<b>inulin (prebiotic)</b> 32 gram/day	<b>Slippery Elm</b>
iron 400 mg/day	stevia 800 mg/day
ku ding cha tea	<b>symbioflor 2 e.coli probiotics</b>

## Retail Probiotics

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

Swiss BioEnergetics / Full Spectrum Probiotic Defence  
blackmore (au) / probiotics+ bowel support  
blackmores (au) / probiotics+ immune defence  
Metabolics / Bifidobacterium Bifidum Powder  
ISCON Elegance/ Ochek Capsule 10  
HMF Forte  
custom probiotics / b. lactis & b. bifidum probiotic powder  
spain (es) / profaes4 edad escolar  
symbiopharm / symbioflo 2  
natren / bifido factor  
speer labs / emuaid first defense  
nature's way (au) / restore probiotic 30 billion 30s  
HMF IBS Relief  
Wakunaga / Pro+ Synbiotic  
blackmore (au) / probiotics+ daily health  
gnc / ultra probiotic complex  
natren / healthy trinity probiotic  
Genesis Bifidobacterium Complex BB Probiotic  
cytoplan(uk) /dentavital bifidophilus  
blackmores (au) / probiotics + adults daily (90 capsules)  
nature's way (au) / restore probiotic daily health 90s  
optibac / for daily immunity  
Maple Life Science™/ Bifidobacterium Bifidum  
genestra brands® hm  
Seeking Health / Probiota Bifidobacterium  
jarrow formulas / bifidus balance® + fos  
customprobiotics.com / B. Bifidum Probiotic Powder  
HMF Intensive  
Bromatech (IT) / Acronelle  
jamieson (can) / probiotic 10 bcfu  
shin biofermin (jp)/s  
Bromatech (IT) / Lautoselle  
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains  
Wakunaga / Kyo-Dophilus@ Multi 9 Probiotic  
naturopathica (au) / gastrohealth fibrepro  
philips / colon health  
blackmore (au) / probiotics+ eczema relief  
Ombre / Endless Energy  
bravo europe / starter and complex  
optibac / for every day  
Bromatech (IT) / Bifiselle  
wakamoto (jp) / wakamoto pharmaceutical intestinal drug  
custom probiotics / five strain bifidobacteria  
Wakunaga / Daily Probiotic  
spain (es) / profaes4 viajeros  
klaire labs / ther-biotic factor 4  
Wakunaga / 50+  
Bromatech (IT) / Serobiome  
Nu U (uk) /Bio-Cultures Complex

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.

amikacin (antibiotic)s	gentamicin (antibiotic)s
amoxicillin (antibiotic)s[CFS]	imipenem (antibiotic)s
ampicillin (antibiotic)s[CFS]	lactobacillus casei (probiotics)
barley	lactobacillus plantarum (probiotics)
benzylpenicillin sodium (antibiotic)	lactobacillus reuteri (probiotics)
cefotaxime sodium salt (antibiotic)	lactobacillus rhamnosus gg (probiotics)
ceftazidime (antibiotic)s	meropenem (antibiotic)s
chloramphenicol (antibiotic)s	norfloxacin (antibiotic)s
cinnamon (oil, spice)	ofloxacin (antibiotic)s
ciprofloxacin (antibiotic)s[CFS]	oregano (origanum vulgare, oil)
clostridium butyricum (probiotics), Miya, Miyarisan	piperacillin-tazobactam (antibiotic)s
fluoroquinolone (antibiotic)s	thyme (thymol, thyme oil)
foeniculum vulgare, fennel	trimethoprim (antibiotic)s
	whey

## Sample of Literature Used

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

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Bipolar Disorder  
Brain Trauma  
Breast Cancer  
Cancer (General)  
Carcinoma  
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Chronic Lyme  
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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  
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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  
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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)

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**Tourette syndrome**

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