

Microbiome Information for: Hypoxia

For non-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 Hypoxia

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
Aerococcus	<i>genus</i> High	1375	Parabacteroides	<i>genus</i> High	375288
Akkermansia	<i>genus</i> High	239934	Phascolarctobacterium	<i>genus</i> High	33024
Bacteroides	<i>genus</i> High	816	Prevotella	<i>genus</i> Low	838
Butyricimonas	<i>genus</i> High	574697	Salinibacterium	<i>genus</i> Low	235888
Lactobacillus	<i>genus</i> High	1578	Vogesella	<i>genus</i> Low	57739

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.

apple

arabinogalactan (prebiotic) 21 gram/day

berberine 1.5 gram/day

fasting

fructo-oligosaccharides (prebiotic) 15 gram/day

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2

gram/day

inulin (prebiotic) 32 gram/day

lactobacillus plantarum (probiotics) 60 BCFU/day

pectin

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

vitamin d 50000 IU/day

Retail Probiotics

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

theramedix / probiotic
 nature's way (au) / restore probiotic bowel & colon health 30s
 jarro formulas / bifidus balance® + fos
 jarro formula / ideal bowel support® Ip299v®
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 SuperSmart / Probio Forte
 goodbelly drink
 Ombre / Heart Health
 Symprove™
 UltraFlora® Intensive Care
 nature's way (au) / restore probiotic 30 billion 30s
 Floradapt Cardio
 blackmore (au) / probiotics+ daily health
 Purica Probiotic Cardio
 nature's way (au) / restore probiotic 100 billion
 seed / male version
 Maple Life Science™ / Lactobacillus plantarum
 lifted naturals / mood boosting probiotic
 bioglan bio (au) / happy probiotic 50
 HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
 HMF Metabolic
 blackmores (au) / probiotics+ immune defence
 CustomProbiotics.com / L. Plantarum Probiotic Powder
 ISCON Elegance/ Ochek Capsule 10
 UltraFlora® Immune Booster
 Nutrition Essentials / Probiotic (900 BCFU)
 Bromatech (IT) / Adomelle
 optibac / bifidobacteria & fibre
 SuperSmart / Derma Relief
 fairvital / microflora basic
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
 Immune Defense Daily Chewable Probiotic
 Swiss BioEnergetics / Full Spectrum Probiotic Defence
 ProbioMax® Daily DF
 SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
 Floradapt Gut Comfort
 Nature's Lab Intensive GI
 Ombre / Mood Enhancer
 up4 / adult
 visbiome
 spain (es) / I3.1
 ferring / vsl#3
 Resbiotic / resB® Lung Support
 jarro formulas / jarro-dophilus eps
 naturopathica (au) / gastrohealth fibrepro
 blackmore (au) / probiotics+ eczema relief
 optibac / for every day
 Thyve Inside/ L.Reu,Rham,Casi; B.Lactis
 blackmores (au) / probiotics + adults daily (90 capsules)
 jarro formula / jarro-dophilus original
 nature's way (au) / restore probiotic daily health 90s
 Bromatech(IT) / FEMELLE

HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
SuperSmart / Candalb
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
zint nutrition / probiotic collagen +
Krauterhaus / Lactopro
Metabolics / Lactobacillus Plantarum Powder
Nature's Lab Cardio
spain (es) / vivomixx
Ombre / Ultimate Immunity
Purica Probiotic Intensive GI
up4 / ultra
optibac / for your cholesterol

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.

Cacao	lactobacillus salivarius (probiotics)
Carthamus tinctorius L,Safflower	linseed(flaxseed)
ethanol	luteolin (flavonoid)
fluorine	marijuana
fruit/legume fibre	navy bean
galla chinensis (herb)	neem
glycine	Nicotine, Nicotine Patch
Grapefruit seed extract	rosa rugosa
Hesperidin (polyphenol)	saccharomyces boulardii (probiotics)
humic substances	salt (sodium chloride)
Kimchi	Shen Ling Bai Zhu San
Konjaku flour	sorghum
lactobacillus gasseri (probiotics)	sucralose
lactobacillus sakei (probiotics)	tea
	thyme (thymol, thyme oil)

Sample of Literature Used

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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