

## Microbiome Information for: Allergy to milk products

### 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

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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 Allergy to milk products

*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>
Bacteroidia	class	High	200643	Atopobium	genus	High	1380
Acidaminococcaceae	family	Low	909930	Bacteroides	genus	High	816
Bifidobacteriaceae	family	Low	31953	Bifidobacterium	genus	Low	1678
Burkholderiaceae	family	High	119060	Clostridium	genus	High	1485
Dietziaceae	family	Low	85029	Enterobacter	genus	High	547
Enterobacteriaceae	family	Low	543	Escherichia	genus	Low	561
Enterococcaceae	family	Low	81852	Faecalibacterium	genus	High	216851
Flavobacteriaceae	family	High	49546	Granulicatella	genus	Low	117563
Lachnospiraceae	family	High	186803	Haemophilus	genus	High	724
Methylophilaceae	family	Low	32011	Klebsiella	genus	High	570
Nannocystaceae	family	High	224463	Parabacteroides	genus	Low	375288
Oscillospiraceae	family	High	216572	Prevotella	genus	High	838
Prevotellaceae	family	Low	171552	Ruminococcus	genus	High	1263
Shewanellaceae	family	High	267890	Subdoligranulum	genus	High	292632
Streptococcaceae	family	Low	1300	Lactobacillales	order	Low	186826
Thermomonosporaceae	family	High	2012	Blautia coccoides	species	High	1532
Actinobacillus	genus	High	713	Escherichia coli	species	High	562
				Lacrimispora celerecrescens	species	High	29354

## 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.

### Baicalin

barley 60 gram/day

berberine 1.5 gram/day

bifidobacterium adolescentis,(probiotics) 12 BCFU/day

bile (acid/salts)

Bile Acid Sequestrant

cellulose (prebiotic)

disodium fumarate (food additive)

glycerol monolaurate (Monolaurin)

iron 400 mg/day

kefir

lactobacillus plantarum (probiotics) 60 BCFU/day

lactobacillus rhamnosus gg (probiotics) 48 BCFU/day

Moringa Oleifera

non-starch polysaccharides

polydextrose

Pulses

resistant starch

saccharin 450 mg/day

saccharomyces boulardii (probiotics) 6 BCFU/day

salt (sodium chloride)

Slippery Elm

Sodium alginate 3000 mg/day

$\beta$ -glucan 500 mg/day

tea

triphala 9000 mg/day

vegetarians

Vitamin E 60 IU/day

white button mushrooms

Xanthohumol

xylan (prebiotic)

## Retail Probiotics

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

probiotic pur (de) / realdose nutrition  
newrhythm / probiotics 20 stains  
Global Healing Center / FloraTrex  
Realdose  
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains  
jarrow formula / ideal bowel support® Ip299v®  
Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains  
Ombre / Heart Health  
Ombre / Healthy Gut  
seed / female version  
spain (es) / ultralevura  
jarrow formulas / jarro-dophilus® ultra  
custom probiotics / six strain probiotic powder  
ImmuneBiotech Medical Sweden AB / GutMagnific®  
organic 3 / yeastbiotic  
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu  
Bromatech (IT) / Serobiome  
biospec / probiotic-5  
HMF Metabolic  
CustomProbiotics.com / L. Plantarum Probiotic Powder  
1 md / complete probiotics platinum  
UltraFlora® Immune Booster  
OMNI-BIOTIC®/ 10 AAD  
spain (es) / kaleidon  
up4 / women's  
Ombre / Harmony  
young living/life 9  
Bromatech (IT) / Adomelle  
nature's bounty / probioti 10  
Bromatech / ENTERELLE PLUS  
SuperSmart / Derma Relief  
fairvital / microflora basic  
Wakunaga / Max Probiotic  
SuperSmart / Saccharomyces Boulardii  
MegaFood / MegaFlora  
Invivo / Bio.Me Femme UT  
blackmore (au) / probiotics+ bowel support  
Schwabe Pharma Italia / AxiBoulardi  
digestive care  
NaturalPharma / Profit Probiotics  
UltraFlora® Intensive Care  
Ombre / Metabolic Booster  
spain (es) / ns florabiotic instant  
OMNI-BIOTIC®/ TRAVEL  
spain (es) / axiboulardi  
organic 3 / primal gut  
Floradapt Cardio  
Dr.Max / ProtectMax ATB  
Physis / Advance Probiotics  
SuperSmart / Lactobacillus rhamnosus GG  
Eden's / 3-in-1 Synbiotic Superblend  
Dr. Mercola / Complete Probiotics  
Garden of Life / Dr. Formulated Once Daily Women's  
vinco / probiotic eight 65

nature's instincts / ultra spore probiotic  
Purica Probiotic Cardio  
hyperbiotics / pro-15  
Genesis Bifidobacterium Complex BB Probiotic  
nature's way (au) / restore probiotic 100 billion  
seed / male version  
solaray / microbiome probiotic colon formula  
Maple Life Science™ / Lactobacillus plantarum  
lifted naturals / mood boosting probiotic  
bioglan bio (au) / happy probiotic 50  
HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL  
Symprove™  
Immune Defense Daily Chewable Probiotic  
fürstenmed / lacto-bifido  
culturelle / culturelle  
spain (es) / bivos  
ProbioMax® Daily DF  
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)  
Floradapt Gut Comfort  
bioglan bio (au) / happy probiotic 100  
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS  
optibac / saccharomyces boulardii  
Northwest Natural Products / PBB  
naturopathica (au) / gastrohealth probiotic dairy free 50 billion  
SuperSmart / Probio Forte  
organic 3 / gutpro  
Botica Alternativa / Bifidobacterium Adolescentis  
goodbelly drink  
PureGG  
renew life men's probiotic - ultimate  
ferring / vsl#3  
Resbiotic / resB® Lung Support  
SuperSmart / Full Spectrum Probiotic Formula  
jarrow formulas / jarro-dophilus eps  
imaglin / NutriLots Replenish  
7 AM Ultra Probiotics  
quantum wellness / restora flora  
Ombre / Endless Energy  
Seeking Health / Probiota HistaminX  
solgar / advanced 40+ acidophilus  
vita miracle / ultra-30 probiotics  
Nature's Lab Intensive GI  
SuperSmart / Lactoxira  
douglas laboratories / multi probiotic 40 billion  
Ombre / Mood Enhancer  
florastor / florastor  
up4 / adult  
nature's way (au) / restore probiotic bowel & colon health 30s  
visbiome  
garden of life / primal defense  
spain (es) / I3.1  
Bromatech (IT) / Lautoselle  
Lake Avenue Nutrition / Probiotics 10 Strain Blend  
Windlove Probiotics / Ecologic®825  
ASEA VIA / BIOME  
HLH BIOPHARMA(DE) / LACTOBACT ® METABOLIC  
jarrow formula / jarro-dophilus original  
solgar / advanced multi-billion dophilus

Bromatech(IT) / FEMELLE  
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM  
SuperSmart / Candalb  
custom probiotics / four strain lactobacilli  
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion  
udo's choice / super 8 gold  
microbiome labs / restorflora  
spain (es) / suerobivos  
zint nutrition / probiotic collagen +  
Smidge / Sensitive Probiotic  
Krauterhaus / Lactopro  
LiveWell Nutrition / Pro-45  
Metabolics / Lactobacillus Plantarum Powder  
Nature's Lab Cardio  
spain (es) / vivomixx  
Advanced Bio-Cultures / Advance Multi Strain Probiotics  
elixa / probiotic  
Ombre / Ultimate Immunity  
bioray / cytoflora  
Purica Probiotic Intensive GI  
renew life / ultimate flora  
up4 / ultra  
optibac / for your cholesterol  
Bromatech (IT) / Enterelle

**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.

fructo-oligosaccharides (prebiotic)

ginger

Glucomannan

green tea

Human milk oligosaccharides (prebiotic, Holigos, Stachyose)

jerusalem artichoke (prebiotic)

lactulose

raffinose(sugar beet)

resveratrol (grape seed/polyphenols/red wine)

## Sample of Literature Used

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

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Bipolar Disorder

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Cancer (General)

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cdkl5 deficiency disorder

Celiac Disease  
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Histamine Issues  
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membranous nephropathy  
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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