

Microbiome Information for: multiple chemical sensitivity [MCS]

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 multiple chemical sensitivity [MCS]

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
Erysipelotrichaceae	family	Low	128827	Lactobacillus	genus	High	1578
Actinomyces	genus	High	1654	Streptococcus	genus	High	1301
Akkermansia	genus	High	239934	Veillonella	genus	High	29465
Blautia	genus	Low	572511	Faecalibacterium prausnitzii	species	Low	853
Dialister	genus	High	39948	Streptococcus salivarius	species	High	1304
				Streptococcus thermophilus	species	High	1308

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

bacillus subtilis (probiotics) 10 BCFU/day

black raspberries 50 gram/day

cranberry bean flour

Dangshen

fat

fish oil 4 gram/day

fructo-oligosaccharides (prebiotic) 15 gram/day

Ginseng 2000 mg/day

Glucomannan 700 mg/day

inulin (prebiotic) 32 gram/day

Lactobacillus Johnsonii (probiotic) 10 BCFU/day

lactulose

Limosilactobacillus fermentum (probiotic) 12 BCFU/day

pomegranate 1 gram/day

raffinose(sugar beet)

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

vitamin a 25000 IU/day

Vitamin C (ascorbic acid) 30 g/day

vsl#3 (probiotics)

wheat bran

Retail Probiotics

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

Global Healing Center / FloraTrex
 jarrow formulas / bifidus balance® + fos
 Jetson / FIT
 optibac / for every day
 Prescript-Assist®/SBO Probiotic
 Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
 vita miracle / ultra-30 probiotics
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 Reduz melasma / Lactobacillus Johnsonii
 Physician Choice /60 Billion Probiotics
 enviromedica terraflora sbo probiotic
 Jetson (US) / Mood Probiotics
 Maple Life Science™ / Lactobacillus fermentum
 seed / female version
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
 corebiotic
 blackmores (au) / probiotics+ immune defence
 ISCON Elegance/ Ochek Capsule 10
 Nutrition Essentials / Probiotic (900 BCFU)
 mwsb / candida yeast support
 microbiome labs/ megasporebiotic
 optibac / bifidobacteria & fibre
 klaire labs / biospora
 Energybalance / ColoBiotica 28 Colon Support
 BioGaia / Elactia
 microbiome labs /hu58
 Bromatech (IT) / Milonet
 perfect pass / perfect pass probiotic bacillus spore
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 Pädia GmbH (DE)/Mambiotic Kapseln
 global health trax / threelac
 nature's way (au) / restore probiotic 30 billion 30s
 Law of Nature / Best Days Formula
 bio-botanical research / proflora4r restorative probiotic
 blackmore (au) / probiotics+ daily health
 Garden of Life / Dr. Formulated Once Daily Women's
 nature's instincts / ultra spore probiotic
 spain (es) / lactanza hereditum
 hyperbiotics / pro-15
 nature's way (au) / restore probiotic 100 billion
 powerlabs (au) / ultra blend
 organic 3 / primal soil
 SuperSmart / Bacillus Subtilis
 Realdose
 Maple Life Science™ / Lactobacillus Johnsonii
 BIO-BOTANICAL RESEARCH / Megacidin
 reserveage nutrition / beautiflora
 amy meyers / primal earth probiotic
 Jetson / Gut Prep
 nature's way (au) /restore probiotic bowel & colon health 30s
 garden of life / primal defense
 Good Start® by Gerber® Breastfeeding Comfort Plus Probiotics
 Thryve LPCasei Th1, LPCasei Th2,LFerm IBF1, Lacidoph
 SuperSmart / Full Spectrum Probiotic Formula

Materna® Opti-Lac® Breast Feeding Support
naturopathica (au) / gastrohealth fibrepro
blackmore (au) / probiotics+ eczema relief
Bromatech (IT) / Rotanelle plus
Swiss BioEnergetics / Full Spectrum Probiotic Defence
probiotic pur (de) / realdose nutrition
theramedix / probiotic
blackmores (au) / probiotics + adults daily (90 capsules)
Wholesome Wellness / Raw Probiotic
aor / probiotic-3
vitamin angels / just thrive
nature's way (au) / restore probiotic daily health 90s
microbiome labs / restorflora
reg'activ / immune & vitality
INVIVO THERAPEUTICS / Bio.Me IB +

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.

annatto	raw potato starch
bacillus laterosporus (probiotic)	resistant starch
Cacao	saccharin
cinnamon (oil, spice)	salt (sodium chloride)
Curcumin	stevia
galla chinensis (herb)	sulfites food additives
glycerol monolaurate (Monolaurin)	Sumac(Rhus coriaria)
Hesperidin (polyphenol)	syzygium aromaticum (clove)
laminaria hyperborea(tangle/cuvie - seaweed)	thyme (thymol, thyme oil)
neem	trachyspermum ammi, Ajwain
peppermint (spice, oil)	Umeboshi (Japanese Apricot or Prunus mume)
	vegetarians

Sample of Literature Used

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

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Acne

ADHD

Age-Related Macular Degeneration and Glaucoma

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Allergies

Allergy to milk products

Alopecia (Hair Loss)

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Amyotrophic lateral sclerosis (ALS) Motor Neuron

Ankylosing spondylitis

Anorexia Nervosa

Antiphospholipid syndrome (APS)

Asthma

Atherosclerosis

Atrial fibrillation

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Brain Trauma

Breast Cancer

Cancer (General)

Carcinoma

cdk15 deficiency disorder

Celiac Disease

Cerebral Palsy

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Chronic Kidney Disease
Chronic Lyme
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COVID-19
Crohn's Disease
cystic fibrosis
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gallstone disease (gsd)
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus
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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