

## Microbiome Information for: Functional constipation / chronic idiopathic constipation

### 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 *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 Functional constipation / chronic idiopathic constipation

*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
Bacteroidia	class	High	200643	Pseudobutyrvibrio	genus	High	46205
Coriobacteriia	class	Low	84998	Roseburia	genus	Low	841
Gammaproteobacteria	class	High	1236	Ruminiclostridium	genus	High	1508657
Bacteroidaceae	family	High	815	Ruminococcus	genus	High	1263
Enterobacteriaceae	family	High	543	Shigella	genus	High	620
Erysipelotrichaceae	family	High	128827	Coriobacteriales	order	Low	84999
Lachnospiraceae	family	High	186803	Enterobacteriales	order	High	91347
Oscillospiraceae	family	High	216572	[Ruminococcus] torques	species	Low	33039
Prevotellaceae	family	Low	171552	Alistipes finegoldii	species	Low	214856
Ruminococcaceae	family	High	541000	Bacteroides caccae	species	Low	47678
Selenomonadaceae	family	Low	1843491	Bacteroides ovatus	species	High	28116
Tannerellaceae	family	High	2005525	Bacteroides stercoris	species	High	46506
Acidaminococcus	genus	Low	904	Bifidobacterium longum	species	High	216816
Alistipes	genus	High	239759	Escherichia coli	species	High	562
Bacteroides	genus	High	816	Eubacterium coprostanoligenes	species	High	290054
Bifidobacterium	genus	High	1678	Lactococcus lactis	species	Low	1358
Candidatus Epulonipiscium	genus	High	2383	Leyella stercorea	species	Low	363265
Coprococcus	genus	Low	33042	Megamonas funiformis	species	Low	437897
Escherichia	genus	High	561	Methanobrevibacter smithii	species	High	2173
Fusicatenibacter	genus	Low	1407607	Parabacteroides gordonii	species	Low	574930
Klebsiella	genus	High	570	Phocaeicola coprocola	species	High	310298
Lachnospira	genus	High	28050	Phocaeicola coprophilus	species	High	387090
Lactobacillus	genus	Low	1578	Phocaeicola dorei	species	High	357276
Lactococcus	genus	High	1357	Phocaeicola vulgatus	species	High	821
Oscillospira	genus	High	119852	Prevotellaceae bacterium	species	Low	2049047
Parabacteroides	genus	High	375288	Roseburia intestinalis	species	High	166486
Prevotella	genus	Low	838	Segatella copri	species	Low	165179
				Staphylococcus aureus	species	High	1280

## 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.

aspartame (sweetner)

**bifidobacterium bifidum (probiotics)** 1 BCFU/day

**Human milk oligosaccharides (prebiotic, Holigos, Stachyose)** 2

gram/day

**inulin (prebiotic)** 32 gram/day

ku ding cha tea

levan

**resistant maltodextrin** 50 gram/day

**resistant starch**

**saccharin** 450 mg/day

**soy** 25 gram/day

**sybioflor 2 e.coli probiotics**

## 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  
 gnc / ultra probiotic complex  
 natren / healthy trinity probiotic  
 Genesis Bifidobacterium Complex BB Probiotic  
 cytoplan(uk) / dentavital bifidophilus  
 nature's way (au) / restore probiotic daily health 90s  
 Maple Life Science™ / Bifidobacterium Bifidum  
 genestra brands® hm  
 Seeking Health / Probiota Bifidobacterium  
 jarow formulas / bifidus balance® + fos  
 customprobiotics.com / B. Bifidum Probiotic Powder  
 HMF Intensive  
 shin biofermin (jp) /s  
 Wakunaga / Kyo-Dophilus® Multi 9 Probiotic  
 naturopathica (au) / gastrohealth fibrepro  
 philips / colon health  
 blackmore (au) / probiotics+ eczema relief  
 Ombre / Endless Energy  
 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

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.

barley	lactobacillus rhamnosus gg (probiotics)
Bismuth Salts	lactobacillus salivarius (probiotics)
chitosan,(sugar)	luteolin (flavonoid)
cinnamon (oil. spice)	neem
clostridium butyricum (probiotics),Miya,Miyarisan	nigella sativa seed (black cumin)
Curcumin	oregano (origanum vulgare, oil)
fish oil	pomegranate
foeniculum vulgare,fennel	rosmarinus officinalis,rosemary
galla chinensis (herb)	salvia officinalis (sage)
garlic (allium sativum)	Shen Ling Bai Zhu San
ginger	sucralose
Hesperidin (polyphenol)	syzygium aromaticum (clove)
lactobacillus casei (probiotics)	thyme (thymol, thyme oil)
lactobacillus paracasei (probiotics)	triphala
lactobacillus plantarum (probiotics)	walnuts
lactobacillus reuteri (probiotics)	whey

## Sample of Literature Used

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

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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  
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



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