Microbiome Information for: Hashimoto's thyroiditis

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/)
Thorne (https://www.thorne.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 Hashimoto's thyroiditis

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
Lachnospiraceae	*family*	High	*186803*
Lactobacillaceae	*family*	Low	*33958*
Akkermansia	*genus*	High	*239934*
Alistipes	*genus*	High	*239759*
Bifidobacterium	*genus*	Low	*1678*
Bilophila	*genus*	Low	*35832*
Blautia	*genus*	High	*572511*
Dorea	*genus*	High	*189330*
Faecalibacterium	*genus*	Low	*216851*
Fusicatenibacter	*genus*	High	*1407607*
Klebsiella	*genus*	Low	*570*
Lachnoclostridium	*genus*	Low	*1506553*
Lactonifactor	*genus*	High	*420345*
Phascolarctobacterium	*genus*	High	*33024*
Prevotella	*genus*	Low	*838*
Romboutsia	*genus*	High	*1501226*
Roseburia	*genus*	High	*841*
Subdoligranulum	*genus*	High	*292632*
Lachnospiraceae incertae sedis	*no rank*	High	*2840493*
[Ruminococcus] torques	*species*	High	*33039*
Anaerobutyricum hallii	*species*	High	*39488*
Klebsiella pneumoniae	*species*	High	*573*

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.

- Apigenin
- barley 60 gram/day
- berberine 1.5 gram/day
- bile (acid/salts)
- inulin (prebiotic) 32 gram/day
- ku ding cha tea
- lactobacillus rhamnosus gg (probiotics) 48 BCFU/day
- saccharomyces boulardii (probiotics) 6 BCFU/day
- safflower oil
- salt (sodium chloride)
- vitamin d 50000 UI/day
- wheat

Retail Probiotics

Over 260 retail probiotics were evaluted with the following deem beneficial with no known adverse risks.

- **spain (es) / suerobivos**
- **Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains**
- **culturelle / culturelle**
- **spain (es) / bivos**
- **florastor / florastor**
- **blackmore (au) / probiotics+ eczema relief**
- **Thryve Inside/ L.Reu,Rham,Casi; B.Lactis**
- **optibac / saccharomyces boulardii**
- **PureGG**
- **spain (es) / ultralevura**
- **organic 3 / yeastbiotic**
- **spain (es) / kaleidon**
- **SuperSmart / Saccharomyces Boulardii**
- **Schwabe Pharma Italia / AxiBoulardi**
- **digestive care**
- **spain (es) / ns florabiotic instant**
- **spain (es) / axiboulardi**
- **Dr.Max / ProtectMax ATB**
- **SuperSmart / Lactobacillus rhamnosus GG**
- **Eden's / 3-in-1 Synbiotic Superblend**

Note: Some of these are only available regionally – search the web for sources.

Substance to Consider Reducing or Eliminating

These are the most signigicant 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.

- apple
- arabinogalactan (prebiotic)
- bacillus subtilis (probiotics)
- Cacao
- Dangshen
- fat
- fish oil
- fructo-oligosaccharides (prebiotic)
- galacto-oligosaccharides (prebiotic)
- Glucomannan
- gum arabic (prebiotic)
- Human milk oligosaccharides (prebiotic, Holigos, Stachyose)
- jerusalem artichoke (prebiotic)
- lactobacillus acidophilus (probiotics)
- Lactobacillus Johnsonii (probiotic)
- lactulose
- linseed(flaxseed)
- oligosaccharides (prebiotic)
- partially hydrolyzed guar gum
- pectin
- pediococcus acidilactic (probiotic)
- quercetin
- raffinose(sugar beet)
- resistant starch
- resveratrol (grape seed/polyphenols/red wine)
- smoking
- soy
- whey
- zinc

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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