

Microbiome Information for: Histamine Issues

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 Histamine Issues

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
			Citrobacter freundii	species High	546
Bifidobacteriaceae	family Low	31953	Enterobacter cloacae	species High	550
Alistipes	genus High	239759	Enterococcus faecalis	species High	1351
Bacteroides	genus High	816	Escherichia coli	species High	562
Blautia	genus Low	572511	Escherichia fergusonii	species High	564
Butyricimonas	genus Low	574697	Hafnia alvei	species High	569
Enterococcus	genus High	1350	Klebsiella aerogenes	species High	548
Hafnia	genus High	568	Klebsiella pneumoniae	species High	573
Hespellia	genus Low	241189	Lactocaseibacillus saniviri	species High	931533
Lachnospira	genus High	28050	Lactobacillus crispatus	species High	47770
Mediterraneibacter	genus Low	2316020	Lactobacillus gasserii	species High	1596
Morganella	genus High	581	Ligilactobacillus salivarius	species High	1624
Parasutterella	genus Low	577310	Limosilactobacillus fermentum	species High	1613
Phocaeicola	genus High	909656	Limosilactobacillus vaginalis	species High	1633
Proteus	genus High	583	Morganella morganii	species High	582
Pseudomonas	genus High	286	Photobacterium damsela	species High	38293
Raoultella	genus High	160674	Proteus mirabilis	species High	584
Roseburia	genus High	841	Proteus vulgaris	species High	585
Bifidobacterium adolescentis	species High	1680	Serratia liquefaciens	species High	614
Bifidobacterium longum	species High	216816	Serratia marcescens	species High	615
Bifidobacterium pseudocatenulatum	species High	28026	Streptococcus vestibularis	species High	1343

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.

almonds/ almond skins 90 gram/day

apple

arabinogalactan (prebiotic) 21 gram/day

fructo-oligosaccharides (prebiotic) 15 gram/day

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2
gram/day

inulin (prebiotic) 32 gram/day

jerusalem artichoke (prebiotic) 40 gram/day

lactulose

navy bean

raffinose(sugar beet)

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

sesame cake/meal

Slippery Elm

wheat bran

Retail Probiotics

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

jarrow formulas / bifidus balance® + fos
Physician Choice / 60 Billion Probiotics
theramedix / probiotic
blackmores (au) / probiotics + adults daily (90 capsules)
Wholesome Wellness / Raw Probiotic
nature's way (au) / restore probiotic daily health 90s
Swiss BioEnergetics / Full Spectrum Probiotic Defence
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
blackmores (au) / probiotics+ immune defence
ISCON Elegance/ Ochek Capsule 10
Nutrition Essentials / Probiotic (900 BCFU)
optibac / bifidobacteria & fibre
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
nature's way (au) / restore probiotic 30 billion 30s
blackmore (au) / probiotics+ daily health
Global Healing Center / FloraTrex
nature's way (au) / restore probiotic bowel & colon health 30s
naturopathica (au) / gastrohealth fibrepro
blackmore (au) / probiotics+ eczema relief
optibac / for every day
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
naturopathica (au) / gastrohealth probiotic dairy free 50 billion

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.

cinnamon (oil, spice)
coriander oil
Curcumin
foeniculum vulgare, fennel
ginger
neem

nigella sativa seed (black cumin)
oregano (origanum vulgare, oil) |
syzygium aromaticum (clove)
thyme (thymol, thyme oil)
trachyspermum ammi, Ajwain
triphala

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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

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

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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
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Juvenile idiopathic arthritis
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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