Microbiome Information for: Inflammatory Bowel Disease

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

A Microbiome Analysis Company

892 Lake Samish Rd, Bellingham WA 98229
Email: Research@MicrobiomePrescription.com

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Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Inflammatory Bowel Disease

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
Betaproteobacteria	class	High	28216
Chloroflexia	class	High	32061
Christensenellaceae	family	Low	990719
Actinomyces	genus	High	1654
Agathobacter	genus	Low	1766253
Akkermansia	genus	Low	239934
Alistipes	genus	Low	239759
Anaerostipes	genus	Low	207244
Bacteroides	genus	High	816
Barnesiella	genus	Low	397864
Blautia	genus	Low	572511
Campylobacter	genus	High	194
Clostridium	genus	Low	1485
Collinsella	genus	High	102106
Coprococcus	genus	Low	33042
Eggerthella	genus	High	84111
Enterobacter	genus	Low	547
Enterococcus	genus	High	1350
Erysipelatoclostridium	genus	High	1505663
Escherichia	genus	High	561
Eubacterium	genus	Low	1730
Faecalibacterium	genus	Low	216851
Faecalitalea	genus	High	1573534
Fenollaria	genus	Low	1686313
Flavobacterium	genus	Low	237
Flavonifractor	genus	High	946234
Fusicatenibacter	genus	Low	1407607
Gemella	genus	High	1378
Haemophilus	genus	High	724
Intestinibacter	genus	High	1505657
Intestinimonas	genus	Low	1392389
Klebsiella	genus	High	570
Lachnospira	genus	Low	28050
Lactobacillus	genus	High	1578
Lactococcus	genus	High	1357
Oscillospira	genus	Low	119852
Phascolarctobacterium	genus	Low	33024
Prevotella	genus	High	838
Proteus	genus	High	583
Pseudomonas	genus	High	286
Roseburia	genus	Low	841
Ruminococcus	genus	Low	1263
Salmonella	genus	High	590
Sellimonas	genus	High	1769710
Shigella	genus	High	620
Staphylococcus	genus	High	1279
Streptococcus	genus	High	1301
Sutterella	genus	High	40544
Cytophagales	order	High	768507
Eubacteriales	order	Low	186802
[Clostridium] colinum	species	Low	36835
[Clostridium] innocuum	species	High	1522
[Clostridium] leptum	species	Low	1535
[Eubacterium] brachy	species	High	35517
[Eubacterium] siraeum	species	Low	39492
[Ruminococcus] gnavus	species	High	33038
Actinomyces graevenitzii	species	High	55565
Adlercreutzia equolifaciens	species	Low	446660
Agathobacter rectalis	species	Low	39491
Akkermansia muciniphila	species	Low	239935
Alistipes putredinis	species	Low	28117
Anaerobutyricum hallii	species	Low	39488
Bifidobacterium longum	species	Low	216816
Butyricicoccus pullicaecorum	species	Low	501571
Clostridium butyricum	species	Low	1492
Collinsella aerofaciens	species	Low	74426
Enterococcus faecalis	species	High	1351
Escherichia coli	species	High	562
Eubacterium ruminantium	species	Low	42322
Eubacterium ventriosum	species	Low	39496
Eubacterium xylanophilum	species	Low	39497
Faecalibacterium prausnitzii	species	Low	853
Gemmiger formicilis	species	Low	745368
Lacticaseibacillus rhamnosus	species	Low	47715
Methanobrevibacter smithii	species	Low	2173
Methanosphaera stadtmanae	species	High	2317
Parabacteroides distasonis	species	Low	823
Roseburia intestinalis	species	Low	166486
Ruminococcus bromii	species	Low	40518
Segatella copri	species	Low	165179
Streptococcus salivarius	species	High	1304
Thomasclavelia ramosa	species	High	1547
Veillonella atypica	species	High	39777
Campylobacter concisus 13826	strain	High	360104
Adlercreutzia equolifaciens subsp. celatus	subspecies	Low	394340

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.

- dairy
- d-ribose 10 gram/day
- fat
- fluorine
- green-lipped mussel
- lactulose
- lard
- linseed(flaxseed) 30 mg/day
- omega-3 fatty acids 4 gram/day
- raffinose(sugar beet)
- smoking
- symbioflor 2 e.coli probiotics
- Vitamin C (ascorbic acid) 30 g/day

Retail Probiotics

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

symbiopharm / symbioflo 2

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.

- arabinogalactan (prebiotic)
- barley
- cinnamon (oil. spice)
- clostridium butyricum (probiotics),Miya,Miyarisan
- Curcumin
- fasting
- foeniculum vulgare,fennel
- garlic (allium sativum)
- inulin (prebiotic)
- lactobacillus plantarum (probiotics)
- lactobacillus reuteri (probiotics)
- lactobacillus rhamnosus gg (probiotics)
- oregano (origanum vulgare, oil) |
- resistant starch
- rosmarinus officinalis,rosemary
- Slippery Elm
- soy
- syzygium aromaticum (clove)
- thyme (thymol, thyme oil)
- triphala
- vegetarians
- vitamin d
- walnuts
- wheat

Sample of Literature Used

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Depression
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Epilepsy
erectile dysfunction
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Gastroesophageal reflux disease (Gerd) including Barrett's esophagus
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Mast Cell Issues / mastitis
ME/CFS with IBS
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Menopause
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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
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Schizophrenia
scoliosis
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