

Microbiome Information for: Type 1 Diabetes

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 Type 1 Diabetes

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	Lactobacillus	genus	Low	1578
Deferribacteres	class	High	68337	Megamonas	genus	Low	158846
Deltaproteobacteria	class	Low	28221	Parasutterella	genus	Low	577310
Lachnospiraceae	family	High	186803	Prevotella	genus	Low	838
Pasteurellaceae	family	Low	712	Romboutsia	genus	Low	1501226
Prevotellaceae	family	High	171552	Roseburia	genus	Low	841
Ruminococcaceae	family	Low	541000	Ruminococcus	genus	High	1263
Acidaminococcus	genus	Low	904	Staphylococcus	genus	Low	1279
Anaerostipes	genus	High	207244	Streptococcus	genus	Low	1301
Bacteroides	genus	High	816	Turidibacter	genus	Low	191303
Bilophila	genus	High	35832	Veillonella	genus	High	29465
Blautia	genus	High	572511	Caulobacterales	order	Low	204458
Clostridium	genus	Low	1485	Acetanaerobacterium elongatum	species	Low	258515
Coprococcus	genus	High	33042	Agathobaculum desmolans	species	Low	39484
Dialister	genus	Low	39948	Anaerobutyricum hallii	species	Low	39488
Escherichia	genus	High	561	Bacteroides fragilis	species	High	817
Eubacterium	genus	Low	1730	Bacteroides ovatus	species	High	28116
Faecalibacterium	genus	Low	216851	Bifidobacterium adolescentis	species	Low	1680
Haemophilus	genus	Low	724	Bifidobacterium pseudocatenulatum	species	Low	28026
Intestinimonas	genus	Low	1392389	Peptoniphilus gorbachii	species	Low	411567
Lachnospira	genus	Low	28050	Roseburia faecis	species	Low	301302
				[Ruminococcus] torques L2-14	strain	High	657313

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

bacillus licheniformis,(probiotics) 1000 mg/day

banana

berberine 1.5 gram/day

bile (acid/salts)

Bile Acid Sequestrant

Bofutsushosan

broccoli

cellulose (prebiotic)

fasting

fluorine

gallic acid (food additive)

glycerol monolaurate (Monolaurin)

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

kefir

lactobacillus rhamnosus (probiotics) 48 BCFU/day

Moringa Oleifera

potatoes

quebracho

red alga *Laurencia tristicha*

resistant maltodextrin 50 gram/day

resistant starch

saccharin 450 mg/day

salt (sodium chloride)

smoking

stevia 800 mg/day

Umeboshi (Japanese Apricot or *Prunus mume*)

Xanthohumol

xylan (prebiotic)

Retail Probiotics

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

Swiss BioEnergetics / Full Spectrum Probiotic Defence
 Bromatech (IT) / Lautoselle
 Ombre / Harmony
 Bromatech (IT) / Serobiome
 Nu U (uk) / Bio-Cultures Complex
 biospec / probiotic-5
 Ombre / Healthy Gut
 just for tummies / live bacteria
 1 md / complete probiotics platinum
 OMNI-BIOTIC®/ 10 AAD
 up4 / women's
 fürstenmed / lacto-bifido
 young living/life 9
 SuperSmart / Derma Relief
 Wakunaga / Max Probiotic
 jarro formulas / jarro-dophilus mood
 MegaFood / MegaFlora
 blackmore (au) / probiotics+ bowel support
 spain (es) / ns florabiotic instant
 OMNI-BIOTIC®/ TRAVEL
 Wakunaga / Pro+ Synbiotic
 organic 3 / primal gut
 naturopathica (au)/ gastrohealth probiotic daily care
 Physis / Advance Probiotics
 Bromatech (IT) / Ramnoselle
 Dr. Mercola / Complete Probiotics
 vinco / probiotic eight 65
 Biorela® Daily
 NOW FOODS / Clinical GI Probiotic
 solaray / microbiome probiotic colon formula
 lifted naturals / mood boosting probiotic
 cytoplan(uk) / dentavital bifidophilus
 bioglan bio (au) / happy probiotic 50
 Resbiotic / resB® Lung Support
 Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
 custom probiotics / d-lactate free probiotics powder
 spain (es) / ns defenbiotic kids
 Sash Vitality / Bio-Cultures Probiotics for Adults
 CustomProbiotics.com / L. Rhamnosus Probiotic Powder
 blackmore (au) / probiotics+ eczema relief
 SuperSmart / Vaginal Health
 7 AM Ultra Probiotics
 quantum wellness / restora flora
 bravo europe / starter and complex
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
 Northwest Natural Products / PB8
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 bravo europe / freeze-dried bravo
 Symprove™
 jarro formulas / jarro-dophilus® ultra
 custom probiotics / six strain probiotic powder
 CVSHealth / Daily Probiotic
 spain (es) / muvagyn probiotico
 Lake Avenue Nutrition / Probiotics 10 Strain Blend

Pregnancy Care Probiotic
ASEA VIA / BIOME
bio-k+
HLH BIOPHARMA(DE) / LACTOBACT ® METABOLIC
jarrow formula / jarro-dophilus original
optibac / for daily immunity
Bromatech(IT) / FEMELLE
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
SuperSmart / Candalb
custom probiotics / four strain lactobacilli
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
udo's choice / super 8 gold
zint nutrition / probiotic collagen +
Krauterhaus / Lactopro
LiveWell Nutrition / Pro-45
ProGoes® Forte
renew life / ultimate flora
up4 / ultra
optibac / for your cholesterol
Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
bioglan bio (au) / happy probiotic 100
naturopathica (au) / gastrohealth probiotic adults 50+
Metabolics / Lactobacillus Rhamnosus Powder
jamieson (can) / probiotic 10 bcfu
optibac / for those on antibiotics

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.

bacillus subtilis (probiotics)	lactulose
Burdock Root	pediococcus acidilactic (probiotic)
clostridium butyricum (probiotics),Miya,Miyarisan	Pistachio
fish oil	raffinose(sugar beet)
fructo-oligosaccharides (prebiotic)	resveratrol (grape seed/polyphenols/red wine)
garlic (allium sativum)	Shen Ling Bai Zhu San
jerusalem artichoke (prebiotic)	soy
Lactobacillus Johnsonii (probiotic)	spirulina(cyanobacteria)
lactobacillus reuteri (probiotics)	walnuts
lactobacillus sakei (probiotics)	whey
	whole-grain barley

Sample of Literature Used

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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