Microbiome Information for: Long COVID

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

Our Facebook Discussion Page

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Long COVID

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
Acidimicrobiia	*class*	High	*84992*
Actinomycetes	*class*	High	*1760*
Bacilli	*class*	High	*91061*
Clostridia	*class*	Low	*186801*
Fusobacteriia	*class*	High	*203490*
Gammaproteobacteria	*class*	High	*1236*
Negativicutes	*class*	Low	*909932*
Acidaminococcaceae	*family*	Low	*909930*
Actinomycetaceae	*family*	High	*2049*
Barnesiellaceae	*family*	Low	*2005519*
Bifidobacteriaceae	*family*	High	*31953*
Campylobacteraceae	*family*	High	*72294*
Carnobacteriaceae	*family*	High	*186828*
Clostridiaceae	*family*	High	*31979*
Comamonadaceae	*family*	Low	*80864*
Coriobacteriaceae	*family*	High	*84107*
Corynebacteriaceae	*family*	Low	*1653*
Desulfovibrionaceae	*family*	Low	*194924*
Eggerthellaceae	*family*	High	*1643826*
Enterobacteriaceae	*family*	High	*543*
Enterococcaceae	*family*	High	*81852*
Erysipelotrichaceae	*family*	Low	*128827*
Fusobacteriaceae	*family*	High	*203492*
Lachnospiraceae	*family*	Low	*186803*
Lactobacillaceae	*family*	High	*33958*
Leuconostocaceae	*family*	Low	*81850*
Marinifilaceae	*family*	Low	*1573805*
Methylobacteriaceae	*family*	Low	*119045*
Micrococcaceae	*family*	High	*1268*
Muribaculaceae	*family*	Low	*2005473*
Neisseriaceae	*family*	High	*481*
Oscillospiraceae	*family*	Low	*216572*
Pasteurellaceae	*family*	High	*712*
Peptococcaceae	*family*	Low	*186807*
Peptoniphilaceae	*family*	High	*1570339*
Porphyromonadaceae	*family*	High	*171551*
Prevotellaceae	*family*	Low	*171552*
Rhodospirillaceae	*family*	Low	*41295*
Rikenellaceae	*family*	Low	*171550*
Ruminococcaceae	*family*	Low	*541000*
Streptococcaceae	*family*	High	*1300*

Bacteria Name	Rank	Shift	Taxonomy ID
Holdemania	*genus*	High	*61170*
Howardella	*genus*	Low	*404402*
Hydrogenophaga	*genus*	Low	*47420*
Intestinibacter	*genus*	High	*1505657*
Intestinimonas	*genus*	Low	*1392389*
Klebsiella	*genus*	Low	*570*
Kluyvera	*genus*	Low	*579*
Lachnoanaerobaculum	*genus*	High	*1164882*
Lachnoclostridium	*genus*	Low	*1506553*
Lactobacillus	*genus*	Low	*1578*
Lactonifactor	*genus*	Low	*420345*
Megamonas	*genus*	High	*158846*
Megasphaera	*genus*	Low	*906*
Mitsuokella	*genus*	Low	*52225*
Mogibacterium	*genus*	Low	*86331*
Monoglobus	*genus*	Low	*2039302*
Morganella	*genus*	High	*90690*
Morganella	*genus*	High	*108061*
Morganella	*genus*	High	*581*
Neisseria	*genus*	High	*482*
Neomegalonema	*genus*	Low	*356797*
Oscillibacter	*genus*	Low	*459786*
Parasutterella	*genus*	High	*577310*
Pediococcus	*genus*	High	*1253*
Peptococcus	*genus*	Low	*2740*
Peptoniphilus	*genus*	High	*162289*
Peptostreptococcus	*genus*	High	*1257*
Phascolarctobacterium	*genus*	Low	*33024*
Prevotella	*genus*	Low	*838*
Propionispira	*genus*	High	*84034*
Proteus	*genus*	High	*210425*
Proteus	*genus*	High	*583*
Pseudobutyrivibrio	*genus*	Low	*46205*
Pseudoflavonifractor	*genus*	High	*1017280*
Pyramidobacter	*genus*	Low	*638847*
Raoultella	*genus*	High	*160674*
Robinsoniella	*genus*	High	*588605*
Romboutsia	*genus*	Low	*1501226*
Roseburia	*genus*	Low	*841*
Rothia	*genus*	High	*32207*
Rothia	*genus*	High	*508215*

Bacteria Name	Rank	Shift	Taxonomy ID
Sutterellaceae	family	High	995019
Synergistaceae	family	Low	649777
Tannerellaceae	family	Low	2005525
Verrucomicrobiaceae	family	High	203557
Victivallaceae	family	High	255528
Acetanaerobacterium	genus	High	258514
Acidaminococcus	genus	Low	904
Actinomyces	genus	High	1654
Agathobacter	genus	High	1766253
Akkermansia	genus	High	239934
Alistipes	genus	Low	239759
Allisonella	genus	Low	209879
Anaerofilum	genus	High	52784
Anaerostipes	genus	Low	207244
Anaerotruncus	genus	High	244127
Asaccharobacter	genus	High	553372
Atopobium	genus	High	1380
Barnesiella	genus	Low	397864
Bifidobacterium	genus	Low	1678
Bilophila	genus	Low	35832
Butyricicoccus	genus	Low	580596
Butyricimonas	genus	Low	574697
Butyrivibrio	genus	Low	830
Campylobacter	genus	High	194
Candidatus Microthrix	genus	High	41949
Catenibacterium	genus	High	135858
Cetobacterium	genus	Low	180162
Christensenella	genus	Low	990721
Cloacibacillus	genus	Low	508459
Colidextribacter	genus	Low	1980681
Collinsella	genus	Low	102106
Coprobacillus	genus	High	100883
Coprobacter	genus	High	1348911
Coprococcus	genus	Low	33042
Cronobacter	genus	High	413496
Desulfovibrio	genus	Low	872
Dialister	genus	Low	39948
Dorea	genus	Low	189330
Dysgonomonas	genus	High	156973
Eggerthella	genus	High	84111
Eisenbergiella	genus	High	1432051
Enterococcus	genus	High	1350
Erysipelatoclostridium	genus	High	1505663
Escherichia	genus	High	561
Faecalibacterium	genus	Low	216851
Faecalicoccus	genus	High	1573536
Flavonifractor	genus	High	946234

Bacteria Name	Rank	Shift	Taxonomy ID
Ruminococcus	genus	Low	1263
Ruthenibacterium	genus	High	1905344
Salmonella	genus	High	590
Scardovia	genus	High	196081
Siccibacter	genus	High	1649298
Sporobacter	genus	Low	44748
Streptococcus	genus	High	1301
Subdoligranulum	genus	Low	292632
Sutterella	genus	Low	40544
Terrisporobacter	genus	High	1505652
Turicibacter	genus	High	191303
Veillonella	genus	High	29465
Victivallis	genus	High	172900
Weissella	genus	Low	46255
Bacillales	order	High	1385
Bacteroidales	order	Low	171549
Bifidobacteriales	order	High	85004
Coriobacteriales	order	High	84999
Enterobacterales	order	High	91347
Eubacteriales	order	High	186802
Lactobacillales	order	High	186826
Micrococcales	order	High	85006
Mycobacteriales	order	Low	85007
Tissierellales	order	High	1737405
[Clostridium] innocuum	species	High	1522
[Ruminococcus] gnavus	species	High	33038
Actinomyces naeslundii	species	High	1655
Anaerobutyricum hallii	species	Low	39488
Aspergillus flavus	species	High	5059
Bacteroides caccae	species	High	47678
Bacteroides thetaiotaomicron	species	Low	818
Bifidobacterium adolescentis	species	Low	1680
Bifidobacterium dentium	species	High	1689
Bifidobacterium longum	species	Low	216816
Bifidobacterium pseudocatenulatum	species	Low	28026
Blautia obeum	species	Low	40520
Collinsella aerofaciens	species	Low	74426
Coprococcus comes	species	High	410072
Enterocloster bolteae	species	High	208479
Eubacterium coprostanoligenes	species	Low	290054
Eubacterium ventriosum	species	Low	39496
Faecalibacterium prausnitzii	species	Low	853
Flavonifractor plautii	species	High	292800
Gemmiger formicilis	species	Low	745368
Hungatella hathewayi	species	High	154046
Lachnospira eligens	species	Low	39485

Bacteria Name	Rank	Shift	Taxonomy ID
Fusicatenibacter	*genus*	Low	*1407607*
Gemella	*genus*	High	*1378*
Gemmiger	*genus*	High	*204475*
Granulicatella	*genus*	High	*117563*
Haemophilus	*genus*	High	*724*

Bacteria Name	Rank	Shift	Taxonomy ID
Ligilactobacillus ruminis	*species*	High	*1623*
Phocaeicola dorei	*species*	Low	*357276*
Phocaeicola massiliensis	*species*	Low	*204516*
Phocaeicola vulgatus	*species*	High	*821*
Ruminococcus bromii	*species*	Low	*40518*
Thomasclavelia ramosa	*species*	High	*1547*

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.

- alcoholic beverages
- camelina seed
- candida albicans (prescription)
- cannabinoids
- colostrum
- dairy
- d-ribose 10 gram/day
- extra virgin olive oil
- galactose (milk sugar)
- green-lipped mussel
- ku ding cha tea
- lactobacillus kefiri (NOT KEFIR)
- lactulose
- mannooligosaccharide (prebiotic) 8 gram/day
- Methionine 5 gram/day
- partial sleep deprivation
- quercetin,resveratrol
- raffinose(sugar beet)
- rare meat
- resveratrol (grape seed/polyphenols/red wine) 2 gram/day
- retinoic acid,(Vitamin A derivative)
- symbioflor 2 e.coli probiotics
- vitamin B7, biotin 300 mg/day
- vsl#3 (probiotics)

Retail Probiotics

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

symbiopharm / symbioflo 2
PIANETA FARMA/KefiBios

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)
bacillus subtilis (probiotics)
bifidobacterium longum (probiotics)
garlic (allium sativum)
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)
inulin (prebiotic)
lactobacillus casei (probiotics)
lactobacillus plantarum (probiotics)
lactobacillus rhamnosus gg (probiotics)
Moringa Oleifera
partially hydrolyzed guar gum
Pulses
quebracho
resistant starch
vitamin d
wheat bran

Sample of Literature Used

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

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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