

## Microbiome Information for: Eosinophilic Esophagitis

### 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

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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/>)

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

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Eosinophilic Esophagitis

*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.

<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy ID</b>
Bacteroidia	<i>class</i>	<b>High</b>	200643
Clostridia	<i>class</i>	<b>Low</b>	186801
Actinomyces	<i>genus</i>	<b>Low</b>	1654
Aggregatibacter	<i>genus</i>	<b>High</b>	416916
Corynebacterium	<i>genus</i>	<b>High</b>	1716
Filifactor	<i>genus</i>	<b>Low</b>	44259
Fusobacterium	<i>genus</i>	<b>High</b>	848
Haemophilus	<i>genus</i>	<b>High</b>	724

<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy ID</b>
Neisseria	<i>genus</i>	<b>High</b>	482
Parvimonas	<i>genus</i>	<b>Low</b>	543311
Pasteurella	<i>genus</i>	<b>High</b>	745
Porphyromonas	<i>genus</i>	<b>Low</b>	836
Rothia	<i>genus</i>	<b>Low</b>	32207
Rothia	<i>genus</i>	<b>Low</b>	508215
Veillonella	<i>genus</i>	<b>Low</b>	29465
Eubacteriales	<i>order</i>	<b>Low</b>	186802

## 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

bacillus subtilis natto (probiotics)

berberine 1.5 gram/day

bifidobacterium longum bb536 (probiotics)

Cacao 20 gram/day

chitosan,(sugar) 3 gram/day

cranberry bean flour

daesih-tang

Far infrared Sauna

fructo-oligosaccharides (prebiotic) 15 gram/day

GABA 6 gram/day

ganoderma lucidum mycelium

ginger

glycyrrhizic acid (licorice) 32 gram/day

high-fat sucrose

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2

gram/day

lactobacillus rhamnosus (probiotics) 48 BCFU/day

lactobacillus sakei (probiotics)

L-glutamine 5 gram/day

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

smoking

sucralose 340 mg/day

sugar

Vitamin B9,folic acid 5 mg/day

vitamin d 50000 IU/day

whole-grain barley 60 gram/day

zinc 300 mg/day

## Retail Probiotics

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

jarro formula / jarro-dophilus original  
 jarro formulas / jarro-dophilus eps  
 optibac / for every day  
 ISCON Elegance/ Ochek Capsule 10  
 just for tummies / live bacteria  
 1 md / complete probiotics platinum  
 Nutrition Essentials / Probiotic (900 BCFU)  
 up4 /women's  
 Ombre / Harmony  
 young living/life 9  
 optibac / bifidobacteria & fibre  
 SuperSmart / Derma Relief  
 jarro formulas / jarro-dophilus mood  
 MegaFood / MegaFlora  
 spain (es) / ns florabiotic instant  
 OMNI-BIOTIC®/ TRAVEL  
 Wakunaga / Pro+ Synbiotic  
 naturopathica (au)/ gastrohealth probiotic daily care  
 Physis / Advance Probiotics  
 NASOBIOTEX / L. SAKEI POWDER  
 Bromatech (IT) / Ramnoselle  
 Dr. Mercola / Complete Probiotics  
 vinco / probiotic eight 65  
 Biorela® Daily  
 NOW FOODS / Clinical GI Probiotic  
 lifted naturals / mood boosting probiotic  
 cytoplankton (uk) / dentavital bifidophilus  
 SuperSmart / Bifidobacterium longum (BB536)  
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS  
 Northwest Natural Products / PBS  
 Lanto Health / Lanto Sinus Probiotic Powder  
 Microbiome Labs / ZENBIOME Dual  
 Symprove™  
 custom probiotics / six strain probiotic powder  
 CVSHealth / Daily Probiotic  
 Bromatech (IT) / Serobiome  
 Nu U (uk) / Bio-Cultures Complex  
 biospec / probiotic-5  
 spain (es) / ns defenbiotic kids  
 Sash Vitality / Bio-Cultures Probiotics for Adults  
 CustomProbiotics.com / L. Rhamnosus Probiotic Powder  
 SuperSmart / Vaginal Health  
 Ombre / Endless Energy  
 spain (es) / muvagyn probiotico  
 Pregnancy Care Probiotic  
 ASEA VIA / BIOME  
 PharmExtracta (IT) / FG5 Forte In Sachets  
 bio-k+  
 HLH BIOPHARMA(DE) / LACTOBACT ® METABOLIC  
 Bromatech(IT) / FEMELLE  
 SuperSmart / Candalb  
 custom probiotics / four strain lactobacilli  
 udo's choice /super 8 gold  
 zint nutrition / probiotic collagen +

**Krauterhaus / Lactopro**  
**LiveWell Nutrition / Pro-45**  
**ProGoes® Forte**  
**Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains**  
**naturopathica (au) / gastrohealth probiotic adults 50+**  
**Metabolics / Lactobacillus Rhamnosus Powder**  
**Ombre / Mood Enhancer**  
**PrecisionBiotics / Zenflore**  
**optibac / for those on antibiotics**  
**Bromatech (IT) / Lautoselle**  
**Resbiotic / resB® Lung Support**  
**Wakunaga / Kyo-Dophilus® Multi 9 Probiotic**  
**custom probiotics / d-lactate free probiotics powder**

**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)

Burdock Root

chestnut tannins

cholic acid (bile acid)

clostridium butyricum (probiotics),Miya,Miyarisan

dairy

d-ribose

fasting

inulin (prebiotic)

iron

lactobacillus paracasei (probiotics)

lactobacillus reuteri (probiotics)

Nicotine, Nicotine Patch

partial sleep deprivation

quebracho

quercetin

saccharin

Shen Ling Bai Zhu San

vitamin a

Vitamin E

walnuts

## Sample of Literature Used

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## Additional APriori Analysis Available

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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