

Microbiome Information for: Asthma

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 Asthma

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
Verrucomicrobiae	class	Low	203494	Clostridium	genus	High	1485
Acidaminococcaceae	family	Low	909930	Faecalibacterium	genus	Low	216851
Bacteroidaceae	family	High	815	Haemophilus	genus	High	724
Bifidobacteriaceae	family	Low	31953	Porphyromonas	genus	High	836
Clostridiaceae	family	High	31979	Roseburia	genus	Low	841
Lachnospiraceae	family	High	186803	Akkermansia muciniphila	species	Low	239935
Lactobacillaceae	family	Low	33958	Bacteroides stercoris	species	Low	46506
Prevotellaceae	family	High	171552	Candida albicans	species	High	5476
Ruminococcaceae	family	Low	541000	Clostridium disporicum	species	Low	84024
Veillonellaceae	family	High	31977	Eggerthella lenta	species	High	84112
Akkermansia	genus	Low	239934	Faecalibacterium prausnitzii	species	Low	853
Bacteroides	genus	Low	816	Haemophilus influenzae	species	Low	727
Bifidobacterium	genus	High	1678	Phocaeicola plebeius	species	High	310297
Campylobacter	genus	High	194	Roseburia inulinivorans	species	Low	360807
Capnocytophaga	genus	High	1016	Sutterella wadsworthensis	species	Low	40545
				Haemophilus influenzae 10810	strain	Low	862964

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.

bacillus subtilis (probiotics) 10 BCFU/day	lactulose
barley,oat	linseed(flaxseed) 30 mg/day
bifidobacterium infantis,(probiotics) 10 BCFU/day	L-proline
bifidobacterium longum (probiotics) 10 BCFU/day	Nicotine, Nicotine Patch
bile (acid/salts)	non-starch polysaccharides
clostridium butyricum (probiotics),Miya,Miyarisan 1.gram/day	oats
Dangshen	oligosaccharides (prebiotic)
fruit/legume fibre	omega-3 fatty acids 4 gram/day
glycine 15 gram/day	Shen Ling Bai Zhu San
Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2 gram/day	sucralose 340 mg/day
iron 400 mg/day	Ursolic acid
lactobacillus paracasei (probiotics) 40 BCFU/day	vegetable
lactobacillus plantarum,xylooligosaccharides,(prebiotic)	vitamin a 25000 IU/day
(probiotics) 22 BCFU/day	wheat
lactobacillus reuteri (probiotics) 22 BCFU/day	wheat bran
lactobacillus sakei (probiotics)	Whole Cow milk
lactobacillus salivarius (probiotics) 9 BCFU/day	

Retail Probiotics

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

newrhythm / probiotics 20 stains
SuperSmart / Full Spectrum Probiotic Formula
Garden of Life / Dr. Formulated Once Daily Women's
hyperbiotics / pro-15
solaray / microbiome probiotic colon formula
organic 3 / primal gut
Probiotic 10 Billion Active Cells Daily Maintenance
bravo europe / starter and complex
seed / female version
fürstenmed / lacto-bifido
bioglan bio (au) / happy probiotic 100
douglas laboratories / multi probiotic 40 billion
bioray / cytoflora
garden of life / primal defense
renew life men's probiotic - ultimate
custom probiotics / d-lactate free probiotics powder
jamieson (can) / probiotic 10 bcfu
elixa / probiotic
Lake Avenue Nutrition / Probiotics 10 Strain Blend
ASEA VIA / BIOME
Wholesome Wellness / Raw Probiotic
Smidge / Sensitive Probiotic
spain (es) / vivomixx
Advanced Bio-Cultures / Advance Multi Strain Probiotics
renew life / ultimate flora
SuperSmart / Oral Health
Seeking Health / Probiota HistaminX
OMNI-BIOTIC® / 10 AAD
Bioflora(MX) / Woman
MegaFood / MegaFlora
quantum wellness / restora flora
organic 3 / gutpro
Physician Choice / 60 Billion Probiotics
Wakunaga / Max Probiotic
seed / male version
Genesis Bifidobacterium Complex BB Probiotic
lifted naturals / mood boosting probiotic
cytoplant(uk) / dentavital bifidophilus
NOW FOODS / Clinical GI Probiotic
Ombre / Metabolic Booster
Wakunaga / Pro+ Synbiotic
Dr. Mercola / Complete Probiotics
Physis / Advance Probiotics
Northwest Natural Products / PB8
custom probiotics / five strain bifidobacteria
naturopathica (au) / gastrohealth probiotic dairy free 50 billion
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
7 AM Ultra Probiotics
fairvital / microflora basic
bravo europe / freeze-dried bravo
young living / life 9
nature's bounty / probioti 10
CVSHealth / Daily Probiotic
jarrow formulas / jarro-dophilus® ultra

up4 / ultra
Seeking Health / Probiota Bifidobacterium
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
udo's choice / super 8 gold
aor / probiotic-3
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
Bromatech (IT) / Rotanelle plus
Windlove Probiotics / Ecologic®825
Jetson (US) / Immunity Probiotics
HLH BIOPHARMA(DE) / LACTOBACT ® AAD
SuperSmart / Lactoxira
nature's way (au) / restore probiotic bowel & colon health 30s
visbiome
ferring / vsl#3
klaire labs / target gb-x
philips / colon health
Sash Vitality / Bio-Cultures Probiotics for Adults
SuperSmart / Vaginal Health
Bromatech (IT) / Psicobrain
jarrow formulas / fem dophilus
Thryve LPCasei Th1, LPCasei Th2, LFerm IBF1, Lacidoph
Bromatech (IT) / Lautoselle
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains
naturopathica (au) / gastrohealth probiotic adults 50+
Schwabe Pharma Italia / MegaStress
Botica Alternativa / Bifidobacterium Infantis
align / align
PharmExtracta (IT) / Butirisan
CustomProbiotics.com / L. Paracasei Probiotic Powder
Ombre / Mood Enhancer
spain (es) / aquilea intimus
Metabolics / Bifidobacterium Infantis Powder
natren / life start 2 (goat milk-based)
amy meyers / primal earth probiotic
PrecisionBiotics / Zenflore
PharmExtracta / Bowell
Jetson / Gut Prep
up4 / adult
Ombre / Restore
Bromatech (IT) / Acronelle
spain (es) / gastrus
Immune Defense Daily Chewable Probiotic
blackmores (au) / probiotics + adults daily (90 capsules)
Swiss BioEnergetics / Full Spectrum Probiotic Defence
Maple Life Science™ / Bifidobacterium longum
CustomProbiotics.com / B. Infantis Probiotic Powder
custom probiotics / four strain lactobacilli
Bromatech (IT) / Aflugenex
solgar / advanced multi-billion dophilus
optibac / for daily immunity
HLH BIOPHARMA(DE) / LACTOBACT ® METABOLIC
Metabolics / Bifidobacterium Longum Powder
VSL Pharmaceuticals / Oxadrop
microbiome labs / restorflora
Botica Alternativa / Lactobacilos Reuteri
Krauterhaus / Lactopro
INVIVO THERAPEUTICS / Bio.Me IB +
spain (es) / alflorex

Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
ProbioMax® Daily DF
JGL / Lactogyn
Align® Extra Strength
SuperSmart / Bacillus Subtilis
PoolPharma (IT) / ProbioTKMIO
Wakunaga / 50+
custom probiotics / six strain probiotic powder
spain (es) / casenbiotic
HLH BIOPHARMA(DE) / LACTOBACT ® FORTE
ImmuneBiotech Medical Sweden AB / GutMagnific®
Bromatech (IT) / Serobiome
Nu U (uk) / Bio-Cultures Complex
Maple Life Science™ / Lactobacillus salivarius
Ombre / Healthy Gut
PharmExtracta (IT) / Gliadines buccal stickpacks
UltraFlora® Immune Booster
danactive drink
Sanogermina / AB-Kolicare
miyarian (jp) / miyarian
RepHresh / Pro-B Probiotic Supplement for Women
Energybalance / ColoBiotica 28 Colon Support
naturopathica (au) / gastrohealth women's probiotic with cranberry
microbiome labs / hu58
anabolic laboratories / probiotic complete
Invivo / Bio.Me Femme UT
CustomProbiotics.com / L. Reuteri Probiotic Powder
Probiotic Sticks
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
Schwabe Pharma Italia / EnteroDophilus
Align / Align® Chewables
UltraFlora® Restore
Microbiome Labs / MEGA Genesis
optibac / for every day
Prescript-Assist®/SBO Probiotic
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
solgar / advanced 40+ acidophilus
spain (es) / reuteri gotas
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
Bromatech (IT) / Bifiselle
BioGaia / BioGaia Products
Wakunaga / Daily Probiotic
wakamoto (jp) / wakamoto pharmaceutical intestinal drug
blackmore (au) / probiotics+ womens flora balance
naturopathica (au) / gastrohealth antacid
CustomProbiotics.com / L. Salivarius Probiotic Powder
SuperSmart / Lactobacillus reuteri
Lanto Health / Lanto Sinus Probiotic Powder
Microbiome Plus+™ Gastrointestinal
Schiff® Digestive Advantage® Advanced Probiotics Multi-Strain Support
Microbiome Labs / ZENBIOME Dual
canada (ca) / calmbiotic
Jetson (US) / Mood Probiotics
Ombre / Heart Health
klaire labs / ther-biotic factor 4
InnovixLabs / Mood Probiotic
Metabolics / Lactobacillus Salivarius Powder
blackmore (au) / probiotics+ daily health

NASOBIOTEX / L SAKEI POWDER
vinco / probiotic eight 65
optibac / for women
OMNI-BIOTIC®/ TRAVEL
jarrow formulas / fem-dophilus®
SuperSmart / H. Pylori Fight
wakamoto (jp) / strong wakamoto w
BioGaia / BioGaia Osfortis
jarrow formulas / jarro-dophilus mood
Maple Life Science™ / Bifidobacterium infantis
HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS
naturopathica (au)/ gastrohealth probiotic daily care
ecology_allergycare
PrecisionBiotics / Immune
Maple Life Science™ / Lactobacillus reuteri
bioglan bio (au) / happy probiotic 50
CustomProbiotics.com / B. Longum Probiotic Powder
powerlabs (au) / ultra blend
spain (es) / gum peribalance

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.

Akkermansia muciniphila (probiotic)

alcoholic beverages

apple

bacillus coagulans (probiotics)

berberine

black raspberries

carboxymethyl cellulose (prebiotic)

cranberry bean flour

fasting

pectin

quercetin, resveratrol

resveratrol (grape seed/polyphenols/red wine)

Slippery Elm

vitamin B3, niacin

xylan (prebiotic)

Sample of Literature Used

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Ankylosing spondylitis
Anorexia Nervosa
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Barrett esophagus cancer
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Bipolar Disorder
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Chronic Lyme
Chronic Obstructive Pulmonary Disease (COPD)
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Coagulation / Micro clot triggering bacteria
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Coronary artery disease
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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
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Hidradenitis Suppurativa
Histamine Issues
hypercholesterolemia (High Cholesterol)
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Intracranial aneurysms
Irritable Bowel Syndrome
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