

Microbiome Information for: Hypothyroidism

For 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

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 Hypothyroidism

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
Alcaligenaceae	family	Low	506	Holdemania	genus	High	61170
Lachnospiraceae	family	Low	186803	Hungatella	genus	High	1649459
Ruminococcaceae	family	High	541000	Intestinimonas	genus	High	1392389
Acinetobacter	genus	High	469	Paraprevotella	genus	High	577309
Akkermansia	genus	High	239934	Prevotella	genus	High	838
Anaerostipes	genus	Low	207244	Proteus	genus	High	583
Bifidobacterium	genus	Low	1678	Pseudomonas	genus	High	286
Blautia	genus	Low	572511	Ruminiclostridium	genus	High	1508657
Borrelia	genus	High	138	Serratia	genus	High	613
Butyricicoccus	genus	Low	580596	Subdoligranulum	genus	Low	292632
Butyrivibrio	genus	Low	830	[Eubacterium] brachy	species	High	35517
Coprococcus	genus	Low	33042	Helicobacter pylori	species	High	210
Cryptococcus	genus	High	5206	Prevotella intermedia	species	High	28131
Eggerthella	genus	Low	84111	Pseudomonas aeruginosa	species	High	287
Faecalibacterium	genus	Low	216851	Staphylococcus aureus	species	High	1280
Flavonifractor	genus	High	946234	Streptococcus anginosus	species	High	1328
Fusicatenibacter	genus	Low	1407607	Streptococcus pyogenes	species	High	1314

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.

Antibiotics annotated with [CFS] have been used with various degree of success with Myalgic Encephalomyelitis, Chronic Fatigue Syndrome, Chronic Lyme, Chronic Q-Fever and Long COVID conditions. Rotation of antibiotics with 3 weeks off between courses is recommended.

2-Amino-5-(carbamoylamino)pentanoic acid {Citrulline}

acetylsalicylic acid, aspirin

apramycin

Avena sativa {Oats}

bacitracin (antibiotic)

candida albicans (prescription)

cefador hydrate (antibiotic)

cefotiam hydrochloride (antibiotic)

cephalothin sodium salt (antibiotic)

clofazimine (antibiotic)

clotrimazole, (prescription)

cranberry bean flour

Crataegus {Hawthorn}

dequalinium dichloride

D-glucose {Glucose}

ebselen non-drug

Ethyl alcohol {Grain alcohol}

fat

Ferum {Iron Supplements} 400 mg/day

gatifloxacin (antibiotic)

Glycine max {Doenjang}

high-saturated fat diet

ketogenic diet

Lentilactobacillus buchneri {Lactobacillus buchneri}

low carbohydrate diet

methiazole, (prescription)

monensin sodium salt, (prescription)

moxalactam disodium salt (antibiotic)

N-(aminoiminomethyl)-N methyl glycine {Creatine}

N,N,N-trimethylglycine {Betaine} 6 gram/day

N-L-a-aspartyl-L-phenylalanine methyl ester {aspartame}

oxethazaine, (prescription)

pentamidine isethionate, (prescription)

pivampicillin (antibiotic)

rebamipide, (prescription)

resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}

risperidone, (prescription)

roxithromycin

Sodium 2-stearoyllactate {sodium stearoyl lactylate}

Sodium hypochlorite {Chlorinated Drinking Water}

spectinomycin dihydrochloride (antibiotic)

β-sitosterol {beta-sitosterol}

Sucralose {Splenda} 340 mg/day

Thiamine {Vitamin B1} 1.8 gram/day

Tobacco consumption {Smoking}

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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}
(2->1)-beta-D-fructofuranan {Inulin}
dietary fiber
Diferuloylmethane {Curcumin}
Hordeum vulgare {Barley}
Lactocaseibacillus casei {L. casei}

Lactobacillus plantarum {L. plantarum}
Limosilactobacillus reuteri {L. Reuteri}
Propolis {Bee glue}
Slow digestible carbohydrates. {Low Glycemic}
Thymus vulgaris {thyme}
wheat

Sample of Literature Used

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

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Available at: <https://microbiomeprescription.com/Library/PubMed>

Abdominal Aortic Aneurysm

Acne

Addison's Disease (hypocortisolism)

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

Biofilm

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

Cognitive Function

Colorectal Cancer

Constipation
Coronary artery disease
COVID-19
Crohn's Disease
Cushing's Syndrome (hypercortisolism)
cystic fibrosis
d-lactic acidosis (one form of brain fog)
deep vein thrombosis
Denture Wearers Oral Shifts
Depression
Dermatomyositis
Eczema
Endometriosis
Eosinophilic Esophagitis
Epilepsy
erectile dysfunction
Fibromyalgia
Food Allergy
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
Gulf War Syndrome
Halitosis
Hashimoto's thyroiditis
Heart Failure
hemorrhagic stroke
Hemorrhoidal disease, Hemorrhoids, Piles
Hidradenitis Suppurativa
High Histamine/low DAO
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
ischemic stroke
Juvenile idiopathic arthritis
Liver Cirrhosis
Long COVID
Low bone mineral density
Lung Cancer
Lymphoma
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
Peanut Allergy
Polycystic ovary syndrome
Postural orthostatic tachycardia syndrome
Premenstrual dysphoric disorder
primary biliary cholangitis
Primary sclerosing cholangitis
Psoriasis
rheumatoid arthritis (RA),Spondyloarthritis (SpA)
Rosacea
Schizophrenia
scoliosis
sensorineural hearing loss
Sjögren syndrome
Sleep Apnea
Slow gastric motility / Gastroparesis
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
Vitiligo