

Microbiome Information for: Allergy to milk products

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 have found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is believed 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 individual's 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 is 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

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Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Allergy to milk products

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	Clostridium	genus High	1485
Acidaminococcaceae	family Low	909930	Collinsella	genus High	102106
Bifidobacteriaceae	family Low	31953	Coprococcus	genus High	33042
Burkholderiaceae	family High	119060	Enterobacter	genus High	547
Dietziaceae	family Low	85029	Escherichia	genus Low	561
Enterobacteriaceae	family Low	543	Faecalibacterium	genus High	216851
Enterococcaceae	family Low	81852	Granulicatella	genus Low	117563
Flavobacteriaceae	family High	49546	Haemophilus	genus High	724
Lachnospiraceae	family Low	186803	Klebsiella	genus High	570
Methylophilaceae	family Low	32011	Parabacteroides	genus Low	375288
Nannocystaceae	family High	224463	Prevotella	genus High	838
Oscillospiraceae	family High	216572	Ruminococcus	genus High	1263
Prevotellaceae	family Low	171552	Staphylococcus	genus High	1279
Ruminococcaceae	family High	541000	Subdoligranulum	genus High	292632
Shewanellaceae	family High	267890	Turicibacter	genus Low	191303
Streptococcaceae	family Low	1300	Lactobacillales	order Low	186826
Thermomonosporaceae	family High	2012	Akkermansia muciniphila	species High	239935
Actinobacillus	genus High	713	Blautia coccoides	species High	1532
Atopobium	genus High	1380	Coprococcus catus	species Low	116085
Bifidobacterium	genus Low	1678	Escherichia coli	species High	562
Christensenella	genus High	990721	Lacrimispora celerecrescens	species High	29354
			Oscillibacter valericigenes	species High	351091

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.

ascophyllum nodosum {Rockweed}

Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}

Disodium fumarate {Fumaric acid disodium salt}

Ferrum {Iron Supplements} 400 mg/day

Finnish Probiotic {Valio Probiotic}

Heyndrickxia coagulans {B. coagulans} 10 BCFU/day

low protein diet

Panax ... {Ginseng} 2000 mg/day

Saccharomyces cerevisiae var boulardii {S. boulardii} 6 BCFU/day

Sodium Chloride {Salt}

Sus domesticus {Pork}

Ulmus rubra {slippery elm}

vegetarians

Retail Probiotics

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

Eden's / 3-in-1 Synbiotic Superblend
nature's instincts / ultra spore probiotic
Bulk Probiotics / *Saccharomyces boulardii* Probiotic Powder (Digestive Support)
Biomed / *Bacillus Coagulans*
vitamin angels / just thrive
Sun Wave Pharma/Bio Sun Instant
nature's way (au) / adult vita gummies daily probiotic 80s
microbiome labs / restorflora
Bromatech (IT) / Enterelle
organic 3 / primal soil
Maple Life Science™ / *Streptococcus faecalis butyricum mesentericus sporogenes*
florastor / florastor
BIO-BOTANICAL RESEARCH / Megacidin
reserveage nutrition / beautiflora
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains
imagilin / NutriLots Replenish
Ombre / Endless Energy
Jetson / FIT
source naturals / duraflora
optibac / *saccharomyces boulardii*
thorne / *bacillus coagulans*vet 60 caps
enviromedica terraflora sbo probiotic
schiff / digestive advantage
daiichi sankyo healthcare (jp) / panlacmin tablet
spain (es) / ultralevura
organic 3 / yeastbiotic
corebiotic
Bulk Probiotics / *Bacillus Coagulans* Probiotic
Nutrition Essentials / Probiotic (900 BCFU)
mwsb / candida yeast support
microbiome labs/ megasporebiotic
klaire labs / biospora
Bromatech / ENTERELLE PLUS
SuperSmart / *Saccharomyces Boulardii*
Schwabe Pharma Italia / AxiBoulardi
perfect pass / perfect pass probiotic *bacillus* spore
Ombre / Metabolic Booster
global health trax / threelac
spain (es) / axiboulardi
Law of Nature / Best Days Formula
bio-botanical research / proflora4r restorative probiotic

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.

(2->1)-beta-D-fructofuranan {Inulin}

dietary fiber

Fiber, total dietary

Lactobacillus plantarum {L. plantarum}

oligosaccharides {oligosaccharides}

Slow digestible carbohydrates. {Low Glycemic}

synthetic disaccharide derivative of lactose {Lactulose}

Sample of Literature Used

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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-Haptic 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