

Microbiome Information for: Rosacea

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 Rosacea

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
Actinomycetes	class	High	1760	Propionibacterium	genus	High	1743
Bacteroidia	class	High	200643	Roseburia	genus	Low	841
Chlamydia	class	High	204429	Ruminococcus	genus	High	1263
Deltaproteobacteria	class	High	28221	Sarcina	genus	High	1266
Ruminococcaceae	family	Low	541000	Staphylococcus	genus	High	1279
Acidaminococcus	genus	Low	904	Desulfovibrionales	order	High	213115
Bacillus	genus	High	55087	[Ruminococcus] torques	species	High	33039
Bifidobacterium	genus	High	1678	Bacillus pumilus	species	High	1408
Candidatus Rhabdochlamydia	genus	High	292833	Chlamydia pneumoniae	species	High	83558
Citrobacter	genus	Low	544	Faecalibacterium prausnitzii	species	Low	853
Clostridium	genus	Low	1485	Flavonifractor plautii	species	High	292800
Cutibacterium	genus	Low	1912216	Helicobacter pylori	species	High	210
Haemophilus	genus	Low	724	Heyndrickxia oleronia	species	High	38875
Lactobacillus	genus	Low	1578	Micrococcus luteus	species	High	1270
Megasphaera	genus	Low	906	Staphylococcus epidermidis	species	High	1282

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->1)-beta-D-fructofuranan {Inulin} 32 gram/day

Heyndrickxia coagulans {B. coagulans} 10 BCFU/day

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2

gram/day

Linum usitatissimum {Flaxseed} 30 mg/day

oligosaccharides {oligosaccharides}

partially hydrolysed guar gum

resistant starch

synthetic disaccharide derivative of lactose {Lactulose}

Retail Probiotics

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

Biomed / Bacillus Coagulans
vitamin angels / just thrive
Sun Wave Pharma/Bio Sun Instant
nature's way (au) / adult vita gummies daily probiotic 80s
jarrow formulas / bifidus balance® + fos
organic 3 / primal soil
Maple Life Science™ / Streptococcus faecalis butyricum mesentericus sporogenes
BIO-BOTANICAL RESEARCH / Megacidin
reserveage nutrition / beautiflora
blackmore (au) / probiotics+ eczema relief
source naturals / duraflo
thorne / bacillus coagulansvet 60 caps
enviromedica terraflora sbo probiotic
schiff / digestive advantage
daiichi sankyo healthcare (jp) / panlactamin tablet
corebiotic
Bulk Probiotics / Bacillus Coagulans Probiotic
Nutrition Essentials / Probiotic (900 BCFU)
microbiome labs/ megasporebiotic
klair labs / biospora
perfect pass / perfect pass probiotic bacillus spore
global health trax / threelac
Law of Nature / Best Days Formula
bio-botanical research / proflora4r restorative probiotic
Eden's / 3-in-1 Synbiotic Superblend
nature's instincts / ultra spore 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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}
 2-(3,4-Dihydroxyphenyl)-5,7-dihydroxy-4H-chromen-4-one {Luteolin}
 amoxicillin [CFS]
 bacillus,lactobacillus,streptococcus,saccharomyces probiotic
 bifidobacterium longum {B.Longum }
 bismuth subsalicylate {Pepto-Bismol}
 blueberry
 clarithromycin [CFS]
 cranberry bean flour
 Curcuma longa {Turmeric}
 Diferuloylmethane {Curcumin}
 enterococcus faecium {E. faecium}
 foeniculum vulgare,fennel
 glycyrrhizic acid {licorice}
 Lactacaseibacillus casei {L. casei}
 lactobacillus acidophilus {L. acidophilus}

Lactobacillus Johnsonii {Lactobacillus Johnsonii}
 Lactobacillus plantarum {L. plantarum}
 Limosilactobacillus reuteri {L. Reuteri}
 Metha family {Mint}
 metronidazole [CFS]
 Pistacia lentiscus {mastic gum}
 polyphenols
 Probiotic Mixture 2 {Vetafarm Probiotic}
 Propolis {Bee glue}
 resveratrol-pterostilbene {grapes, blueberries}
 Rheum × hybridum {Rhubarb}
 Slow digestible carbohydrates. {Low Glycemic}
 tetracycline
 Thymus vulgaris {thyme}
 Vaccinium {Cranberry}
 Vaccinium myrtillus {Bilberry}
 vancomycin (antibiotic)[CFS]

Sample of Literature Used

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

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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-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