

Microbiome Information for: Eosinophilic Esophagitis

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/>)

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

[Our Facebook Discussion Page](#)

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.

Bacteria Name Rank Shift Taxonomy ID

Bacteroidia	class	High	200643
Clostridia	class	Low	186801
Actinomyces	genus	Low	1654
Aggregatibacter	genus	High	416916
Corynebacterium	genus	High	1716
Filifactor	genus	Low	44259
Fusobacterium	genus	High	848
Haemophilus	genus	High	724
Parvimonas	genus	Low	543311

Bacteria Name Rank Shift Taxonomy ID

Pasteurella	genus	High	745
Porphyromonas	genus	Low	836
Prevotella	genus	High	838
Rothia	genus	Low	508215
Rothia	genus	Low	32207
Streptococcus	genus	Low	1301
Veillonella	genus	Low	29465
Eubacteriales	order	Low	186802
Helicobacter pylori	species	High	210

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.

(2S)-2-amino-4-carbamoylbutanoic acid {Glutamine}	5 gram/day	Linum usitatissimum {Flaxseed}	30 mg/day
2-Amino-5-(carbamoylamino)pentanoic acid {Citrulline}		Litchi chinensis {lychee fruit}	
Abstinence from eating {Fasting}		Lonicera periclymenum {Epazote}	
Azadirachta indica {Neem}	120 mg/day	non-starch polysaccharides	
bacillus subtilis natto {B.natto}		oligosaccharides {oligosaccharides}	
bifidobacterium		oolong teas	
bifidobacterium lactis,streptococcus thermophilus probiotic		origanum vulgare {oregano}	
Bifidobacterium longum subsp. longum BB536 {BB536}		partially hydrolysed guar gum	
chlorhexidine		pectin {pectin}	
Citrus limon {Lemon}		Phaseolus vulgaris {Boston bean}	
Crataegus {Hawthorn}		Phyllanthus emblica {Chinese gall}	
Cucurbita pepo {Pumpkin}		Pulses, Beans	
DOXYCYCLINE [CFS]		red wine	250 ml/day
Epicatechin {Green tea polyphenol}		Riboflavin {Vitamin B2}	400 mg/day
Ethanoic acid {Vinegar}		Rubus fruticosus {Blackberry}	
Fagopyrum esculentum {Buckwheat}		β-(1?4)-linked D-glucosamine and N-acetyl-D-glucosamine	
Fiber, total dietary		{Chitosan}	3 gram/day
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	2	β-glucan {Beta-Glucan}	500 mg/day
gram/day		steviol glycosides {Stevia}	800 mg/day
Lactocaseibacillus rhamnosus {l. rhamnosus}	48 BCFU/day	Sucralose {Splenda}	340 mg/day
lactobacillus helveticus,lactobacillus rhamnosus		syzygium aromaticum {clove}	
Lactobacillus plantarum {L. plantarum}	60 BCFU/day	Thiamine {Vitamin B1}	1.8 gram/day
Lactococcus lactis {Streptococcus lactis}		Tobacco consumption {Smoking}	
Latilactobacillus sakei {Lactobacillus sakei}		β-lactoglobulin {Whey}	60 gram/day

Retail Probiotics

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

jarro formulas / jarro-dophilus eps
 jarro formula / ideal bowel support® lp299v®
 SuperSmart / Derma Relief
 biospec / probiotic-5
 Bulk Probiotics / Lactococcus Lactis Probiotic Powder
 CustomProbiotics.com / L. Plantarum Probiotic Powder
 UltraFlora® Immune Booster
 Filmjölkk (SE) / Filmjölkk
 UltraFlora® Intensive Care
 spain (es) / ns florabiotic instant
 Floradapt Cardio
 NASOBIOTEX / L. SAKEI POWDER
 Purica Probiotic Cardio
 Maple Life Science™ / Lactobacillus plantarum
 SuperSmart / Bifidobacterium longum (BB536)
 HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
 Lanto Health / Lanto Sinus Probiotic Powder
 goodbelly drink
 Bulk Probiotics / L. Rhamnosus Probiotic Powder
 Jetson (US) / Mood Probiotics
 ImmuneBiotech Medical Sweden AB / GutMagnific®
 spain (es) / ns defenbiotic kids
 Lab One / N ° 1 SportBiotic
 Kimchi Power / Lactobacillus Sakei
 CustomProbiotics.com / L. Rhamnosus Probiotic Powder
 Ombre / Endless Energy
 Metabolics / Streptococcus Thermophilus Powder
 Immune Defense Daily Chewable Probiotic
 spain (es) / muvagyn probiotico
 Lanto Sinus
 Pregnancy Care Probiotic
 CustomProbiotics.com / S. Thermophilus Probiotic Powder
 Metabolics / Lactobacillus Plantarum Powder
 Nature's Lab Cardio
 ProGoes® Forte
 Ombre / Ultimate Immunity
 Purica Probiotic Intensive GI
 optibac / for your cholesterol
 SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
 Floradapt Gut Comfort
 Nature's Lab Intensive GI
 Metabolics / Lactobacillus Rhamnosus Powder
 Bulk Probiotics / L. Sakei Probiotic Powder (Sinus Support)
 Bulk Probiotics / L. Plantarum Probiotic Powder
 spain (es) / I3.1

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}	<i>Lactobacillus acidophilus</i> {L. acidophilus}
5,6-dihydroxy-7-O-glucuronide flavone {Baicalin }	<i>Limosilactobacillus reuteri</i> {L. Reuteri}
amoxicillin [CFS]	Metha family {Mint}
ascorbic acid {Vitamin C}	metronidazole [CFS]
azithromycin,[CFS]	N-Acetyl Cysteine {NAC}
<i>Bacillus subtilis</i> , <i>Lactobacillus acidophilus</i>	olive oil {olive oil}
<i>Bacillus</i> , <i>Lactobacillus</i> , <i>Streptococcus</i> , <i>Saccharomyces</i> probiotic	Plantago {Psyllium}
<i>Bifidobacterium longum</i> {B.Longum }	Probiotic Mixture 2 {Vetafarm Probiotic}
bismuth subsalicylate {Pepto-Bismol}	proton-pump inhibitors (prescription)
blueberry	<i>Rheum × hybridum</i> {Rhubarb}
Bovine Milk Products {Dairy}	tetracycline
clarithromycin [CFS]	<i>Vaccinium myrtillus</i> {Bilberry}
<i>Clostridium butyricum</i> MIYAIRI 588 {Miyarisan}	walnuts
<i>Enterococcus faecium</i> {E. faecium}	whole-grain diet

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-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