

Microbiome Information for: Hypoxia

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 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 Hypoxia

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
Christensenellaceae	family	Low	990719	Lactobacillus	genus	High	1578
Clostridiaceae	family	Low	31979	Oscillibacter	genus	High	459786
Aerococcus	genus	High	1375	Paenibacillus	genus	High	44249
Akkermansia	genus	High	239934	Parabacteroides	genus	High	375288
Bacteroides	genus	High	816	Peptostreptococcus	genus	High	1257
Butyricicoccus	genus	High	580596	Phascolarctobacterium	genus	High	33024
Butyricimonas	genus	High	574697	Prevotella	genus	Low	838
Chlamydia	genus	High	810	Salinibacterium	genus	Low	235888
Clostridium	genus	High	1485	Shigella	genus	High	620
Dorea	genus	High	189330	Vogesella	genus	Low	57739
Escherichia	genus	High	561	Bacteroides sp	species	High	2778071
Flaviflexus	genus	High	1522056	Clostridium perfringens	species	High	1502
Globicatella	genus	High	13075	Escherichia coli	species	High	562
Holdemania	genus	High	61170	Klebsiella pneumoniae	species	High	573
Klebsiella	genus	High	570	Segatella copri	species	Low	165179

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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}	1.5 gram/day	Hordeum vulgare {Barley}	60 gram/day
(2->1)-beta-D-fructofuranan {Inulin}	32 gram/day	Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	2 gram/day
Abstention from eating {Fasting}		long-term, moderate-intensity exercise {exercise}	
Avena sativa x Hordeum vulgare {barley,oat}		Malus domestica {apple}	
fructo-oligosaccharides	15 gram/day	pectin {pectin}	
fruit		resistant starch	
fruit/legume fibre		̢-glucan {Beta-Glucan}	500 mg/day
high red meat		Ulmus rubra {slippery elm}	

Retail Probiotics

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

jarrow formulas / bifidus balance® + fos
nature's way (au) / restore probiotic bowel & colon health 30s
Bromatech (IT) / Lautoselle
naturopathica (au) / gastrohealth fibrepro
blackmore (au) / probiotics+ eczema relief
optibac / for every day
naturopathica (au) / gastrohealth probiotic dairy free 50 billion
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
Bromatech (IT) / Serobiome
blackmores (au) / probiotics+ immune defence
ISCON Elegance/ Ochek Capsule 10
Nutrition Essentials / Probiotic (900 BCFU)
optibac / bifidobacteria & fibre
blackmore (au) / probiotics+ bowel support
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
nature's way (au) / restore probiotic 30 billion 30s
blackmore (au) / probiotics+ daily health
Swiss BioEnergetics / Full Spectrum Probiotic Defence
blackmores (au) / probiotics + adults daily (90 capsules)
nature's way (au) / restore probiotic daily health 90s

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.

allium sativum {garlic}

Cinnamomum zeylanicum {Ceylon Cinnamon}

Cymbopogon citratus {Lemongrass}

D-(-)-Fructose {Fruit sugar}

Diferuloylmethane {Curcumin}

eugenol {Eugenol acid}

Lactobacillus casei {L. casei}

Lavandula angustifolia {lavender}

Mentha family {Mint}

Moringa Oleifera

Nigella sativa {black cumin}

Ocimum basilicum {Basil}

Ocimum gratissimum {Clove basil}

origanum vulgare {oregano}

Propolis {Bee glue}

Thymus vulgaris {thyme}

yogurt

Zingiber officinale Roscoe {ginger}

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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