

Microbiome Information for: benign prostatic hyperplasia

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 benign prostatic hyperplasia

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			
Oscillospiraceae	family	Low	216572	Escherichia	genus	High	561
Bacteroides	genus	Low	816	Faecalibacterium	genus	Low	216851
Corynebacterium	genus	High	1716	Shigella	genus	High	620
Eisenbergiella	genus	Low	1432051	Staphylococcus	genus	High	1279

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.

2-Amino-4-(methylthio)butanoic acid {Methionine} 5 gram/day

Arthrospira platensis {Spirulina}

Chamaemelum nobile {Camomile}

Citrus polymethoxyflavone {Nobiletin (oranges and lemons)}

d-galactose {milk sugar}

Escherichia coli cryodesiccata {colinfant probiotics}

Escherichia coli:DSM 16441-16448 {symbioflor-2}

Glycine max {Doenjang}

humic substances {Humic,Fulvic acids}

Lentilactobacillus kefir {Kefibios}

Monascus purpureus x Oryza sativa {Red yeast rice}

Morus {Mulberry }

Nicotine, Nicotine Patch

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

Sodium 2-stearoyllactate {sodium stearoyl lactylate}

Sucralose {Splenda} 340 mg/day

Tobacco consumption {Smoking}

Under cooked animal protein {Rare meat}

Retail Probiotics

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

symbiopharm / symbioflo 2
PIANETA FARIMA/KefiBios

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->1)-beta-D-fructofuranan {Inulin}
 2,3-dihydroxypropyl dodecanoate {Monolaurin}
 arabinogalactan {arabinogalactan}
 bacillus
 bacillus subtilis {B.Subtilis }
 bacillus,lactobacillus,streptococcus,saccharomyces probiotic
 bifidobacterium bifidum {B. bifidum}
 bifidobacterium longum {B.Longum }
 Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}
 Cinnamomum zeylanicum {Ceylon Cinnamon}
 Curcuma longa {Turmeric}
 Diferuloylmethane {Curcumin}
 fruit
 fruit/legume fibre
 fucoidan {Brown Algae Extract}
 Ganoderma sichuanense {Reishi Mushroom}
 Hericium erinaceus {Lion's Mane Mushroom }
 Heyndrickxia coagulans {B. coagulans}

Honey {Honey }
 Lactacaseibacillus casei {L. casei}
 Lactacaseibacillus paracasei {L.paracasei}
 lactobacillus acidophilus {L. acidophilus}
 Lactobacillus plantarum {L. plantarum}
 lactobacillus rhamnosus gg,bifidobacterium animalis lactis
 ,lactobacillus paracasei {cvs maximum strength probiotic}
 laminaria digitata {Oarweed}
 Malus domestica {apple}
 Moringa Oleifera
 oligosaccharides {oligosaccharides}
 organum vulgare {oregano}
 Panax ... {Ginseng}
 pectin {pectin}
 Propolis {Bee glue}
 resistant starch
 Saccharomyces cerevisiae var boulardii {S. boulardii}
 β-glucan {Beta-Glucan}
 Sulforaphane {Dark Greens}
 Thymus vulgaris {thyme}
 yogurt

Sample of Literature Used

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Depression
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Epilepsy

erectile dysfunction
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Food Allergy
Functional constipation / chronic idiopathic constipation
gallstone disease (gsd)
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus
Generalized anxiety disorder
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Hypothyroidism
Hypoxia
IgA nephropathy (IgAN)
Inflammatory Bowel Disease
Insomnia
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Intracranial aneurysms
Irritable Bowel Syndrome
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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
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