

Microbiome Information for: Polycystic ovary syndrome

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 Polycystic ovary syndrome

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
Gammaproteobacteria	class	High	1236	Enterorhabdus	genus	Low	580024
Christensenellaceae	family	Low	990719	Escherichia	genus	High	561
Clostridiaceae	family	High	31979	Faecalibacterium	genus	Low	216851
Enterobacteriaceae	family	High	543	Flintibacter	genus	Low	1918454
Erysipelotrichaceae	family	High	128827	Fusobacterium	genus	High	848
Lachnospiraceae	family	High	186803	Gardnerella	genus	High	2701
Muribaculaceae	family	Low	2005473	Holdemania	genus	Low	61170
Nocardiaceae	family	High	85025	Kandleria	genus	High	1279388
Oscillospiraceae	family	Low	216572	Lactobacillus	genus	Low	1578
Planococcaceae	family	High	186818	Lactococcus	genus	High	1357
Porphyromonadaceae	family	Low	171551	Limosilactobacillus	genus	Low	2742598
Rikenellaceae	family	Low	171550	Merdimonas	genus	Low	2023266
Streptococcaceae	family	High	1300	Mycoplasma	genus	High	2093
Acinetobacter	genus	Low	469	Odoribacter	genus	Low	283168
Actinomyces	genus	High	1654	Oscillibacter	genus	High	459786
Akkermansia	genus	Low	239934	Parabacteroides	genus	High	375288
Alistipes	genus	Low	239759	Paraprevotella	genus	High	577309
Allobaculum	genus	High	174708	Parasutterella	genus	High	577310
Alloprevotella	genus	High	1283313	Porphyromonas	genus	High	836
Anaerococcus	genus	Low	165779	Prevotella	genus	High	838
Anaerofilum	genus	High	52784	Rodentibacter	genus	High	1960084
Bacteroides	genus	High	816	Roseburia	genus	Low	841
Bifidobacterium	genus	Low	1678	Ruminiclostridium	genus	High	1508657
Bilophila	genus	Low	35832	Ruminococcus	genus	High	1263
Blautia	genus	High	572511	Sellimonas	genus	Low	1769710
Burkholderia	genus	High	32008	Shigella	genus	High	620
Catenibacterium	genus	High	135858	Streptococcus	genus	High	1301
Clostridiisalibacter	genus	Low	516086	Bacillales	order	High	1385
Clostridium	genus	High	1485	Bacteroides fragilis	species	High	817
Coprococcus	genus	High	33042	Blautia obeum	species	High	40520
Corynebacterium	genus	Low	1716	Eubacterium coprostanoligenes	species	Low	290054
Desulfobacter	genus	High	2289	Faecalibacterium prausnitzii	species	High	853
Desulfovibrio	genus	High	872	Gardnerella vaginalis	species	High	2702
Dialister	genus	Low	39948	Mediterraneibacter gnavus	species	High	33038
Dysosmobacter	genus	Low	2591381	Parabacteroides distasonis	species	High	823
Eisenbergiella	genus	High	1432051	Parabacteroides merdae	species	High	46503
Enterococcus	genus	High	1350	Phocaeicola coprophilus	species	High	387090
				Phocaeicola vulgatus	species	High	821

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	Linum usitatissimum {Flaxseed}	30 mg/day
Dextrin	40 gram/day	Phaseolus vulgaris {Boston bean}	
Ethyl alcohol {Grain alcohol}		Pulses, Beans	
Ferrum {Iron Supplements}	400 mg/day	Tobacco consumption {Smoking}	
		Ulmus rubra {slippery elm}	

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}	lactobacillus acidophilus {L. acidophilus}
bacillus	lactobacillus paracasei,lactobacillus acidophilus,bifidobacterium animalis
bacillus subtilis {B.Subtilis }	Lactobacillus plantarum {L. plantarum}
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	lactobacillus rhamnosus gg,bifidobacterium animalis lactis ,lactobacillus paracasei {cvs maximum strength probiotic}
Bifidobacterium animalis subsp. lactis {B. Lactis}	Limosilactobacillus fermentum {L. fermentum}
bifidobacterium bifidum {B. bifidum}	Limosilactobacillus reuteri {L. Reuteri}
bifidobacterium longum {B.Longum }	oligosaccharides {oligosaccharides}
Bovine Milk Products {Dairy}	origanum vulgare {oregano}
enterococcus faecium {E. faecium}	polyphenols
fruit	Probiotic Mixture 1 {Japanese Vet Probiotic}
fruit/legume fibre	Probiotic Mixture 2 {Vetafarm Probiotic}
Hordeum vulgare {Barley}	resveratrol-pterostilbene {grapes, blueberries}
Lactocaseibacillus casei {L. casei}	Thymus vulgaris {thyme}
Lactocaseibacillus paracasei {L.paracasei}	yogurt

Sample of Literature Used

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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