

Microbiome Information for: myasthenia gravis

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/>)

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 myasthenia gravis

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
Deltaproteobacteria	class	High	28221	Haemophilus	genus	Low	724
Gammaproteobacteria	class	Low	1236	Lachnoclostridium	genus	High	1506553
Mollicutes	class	High	31969	Roseburia	genus	Low	841
Clostridiaceae	family	Low	31979	Rothia	genus	High	508215
Defluviitaleaceae	family	Low	1185407	Shigella	genus	High	620
Enterobacteriaceae	family	Low	543	Streptococcus	genus	High	1301
Lachnospiraceae	family	High	186803	Treponema	genus	Low	157
Peptostreptococcaceae	family	Low	186804	Victivallales	order	High	278082
Barnesiella	genus	Low	397864	Burkholderia cepacia	species	High	292
Clostridium	genus	Low	1485	Klebsiella pneumoniae	species	High	573
Escherichia	genus	High	561	Mycobacterium kansasii	species	High	1768
Faecalibacterium	genus	High	216851	Mycoplasmoides pneumoniae	species	High	2104
				Nocardia pseudobrasiliensis	species	High	14851

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

bacillus licheniformis {b. licheniformis} 10 BCFU/day

bifidobacterium

Bovine Milk Products {Dairy}

Caffeine

Coffee

Cola aspartame {Diet Cola}

Lactose {Milk Sugar}

Limosilactobacillus reuteri {L. Reuteri} 22 BCFU/day

long-term, moderate-intensity exercise {exercise}

Malus domestica {apple}

Oryza sativa {Rice}

resistant starch

Saccharomyces cerevisiae var boulardii {S. boulardii} 6 BCFU/day

synthetic disaccharide derivative of lactose {Lactulose}

tea

Theobroma cacao {Cacao} 20 gram/day

Vsl#3 {Visibiome}

Zinc {Zinc Supplements} 300 mg/day

Retail Probiotics

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

Global Healing Center / FloraTrex
 Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
 Ombre / Metabolic Booster
 optibac / for women
 jarow formulas / fem-dophilus®
 nature's way (au) / restore probiotic 30 billion 30s
 spain (es) / axiboulardi
 SuperSmart / H. Pylori Fight
 BioGaia / BioGaia Osfortis
 blackmore (au) / probiotics+ daily health
 Eden's / 3-in-1 Synbiotic Superblend
 Bulk Probiotics / Saccharomyces boulardii Probiotic Powder (Digestive Support)
 Garden of Life / Dr. Formulated Once Daily Women's
 nature's instincts / ultra spore probiotic
 Bulk Probiotics / L. Reuteri Probiotic Powder
 hyperbiotics / pro-15
 Maple Life Science™ / Lactobacillus reuteri
 spain (es) / gum periobalance
 nature's way (au) / restore probiotic 100 billion
 seed / male version
 vita miracle / ultra-30 probiotics
 spain (es) / reuteri gotas
 Next Generation
 optibac / saccharomyces boulardii
 BioGaia / BioGaia Products
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 blackmore (au) / probiotics+ womens flora balance
 SuperSmart / Lactobacillus reuteri
 Microbiome Plus+™ Gastrointestinal
 Physician Choice /60 Billion Probiotics
 seed / female version
 spain (es) / ultralevura
 spain (es) / casenbiotic
 organic 3 / yeastbiotic
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
 Bromatech (IT) / Serobiome
 blackmores (au) / probiotics+ immune defence
 SuperSmart / Oral Health
 Ombre / Healthy Gut
 RepHresh /Pro-B Probiotic Supplement for Women
 microbiome labs/ megasporebiotic
 Bromatech / ENTERELLE PLUS
 Bioflora(MX) / Woman
 fairvital / microflora basic
 Energybalance / ColoBiotica 28 Colon Support
 naturopathica (au) / gastrohealth women's probiotic with cranberry
 SuperSmart / Saccharomyces Boulardii
 blackmore (au) / probiotics+ bowel support
 CustomProbiotics.com / L. Reuteri Probiotic Powder
 Schwabe Pharma Italia / AxiBoulardi
 Realdose
 Bromatech (IT) / Psicobrain
 spain (es) / aquilea intimus
 florastor / florastor

Ombre / Restore
spain (es) / gastrus
nature's way (au) / restore probiotic bowel & colon health 30s
Bromatech (IT) / Lautoselle
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains
SuperSmart / Full Spectrum Probiotic Formula
naturopathica (au) / gastrohealth fibrepro
blackmore (au) / probiotics+ eczema relief
imagilin / NutriLots Replenish
Schwabe Pharma Italia / EnteroDophilus
Probiotic 10 Billion Active Cells Daily Maintenance
Microbiome Labs / MEGA Genesis
Ombre / Endless Energy
Bromatech (IT) / Rotanelle plus
Swiss BioEnergetics / Full Spectrum Probiotic Defence
probiotic pur (de) / realdose nutrition
theramedix / probiotic
newrhythm / probiotics 20 stains
blackmores (au) / probiotics + adults daily (90 capsules)
nature's way (au) / restore probiotic daily health 90s
microbiome labs / restorflora
Botica Alternativa / Lactobacilos Reuteri
Jetson (US) / Immunity Probiotics
Advanced Bio-Cultures / Advance Multi Strain Probiotics
elixa / probiotic
bioray / cytoflora
jarrow formulas / fem dophilus
jarrow formulas / bifidus balance® + fos
Bromatech (IT) / Enterelle
Bioflora (MX) / BIOFLORA / 30 BILLION 10 strains
JGL / Lactogyn

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.

Azadirachta indica {Neem}

Cinnamomum zeylanicum {Ceylon Cinnamon}

Curcuma longa {Turmeric}

Cymbopogon citratus {Lemongrass}

D-(-)-Fructose {Fruit sugar}

Diferuloylmethane {Curcumin}

Echinacea Moench {Echinacea}

Ferrum {Iron Supplements}

Honey {Honey }

Menta × piperita {peppermint}

Metha family {Mint}

origanum vulgare {oregano}

Phyllanthus emblica {Chinese gall}

Propolis {Bee glue}

syzygium aromaticum {clove}

Thymus vulgaris {thyme}

Zingiber officinale Roscoe {ginger}

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