

Microbiome Information for: erectile dysfunction

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 have found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is believed 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 is 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 erectile dysfunction

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
Erysipelotrichaceae	family	High	128827	Escherichia	genus	High	561
Lachnospiraceae	family	High	186803	Fusobacterium	genus	High	848
Oscillospiraceae	family	Low	216572	Lachnoclostridium	genus	High	1506553
Ruminococcaceae	family	Low	541000	Lactococcus	genus	Low	1357
Actinomyces	genus	High	1654	Oscillibacter	genus	High	459786
Alistipes	genus	Low	239759	Senegaliomassilia	genus	High	1473205
Bacteroides	genus	High	816	Shigella	genus	High	620
Bifidobacterium	genus	Low	1678	Tyzzerella	genus	High	1506577
Clostridium	genus	High	1485	Helicobacter pylori	species	High	210
				Streptococcus anginosus	species	High	1328

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]quinolinium {Berberine} 15 gram/day
α-Amino-3-indolepropionic acid {Tryptophan} 3 gram/day
Abstention from eating {Fasting}
alpha-tocopherol {Vitamin E} 60 IU/day
Brassica oleracea var. italica {Broccoli}
cholic,taurocholic ,chenodeoxycholic,glycocholic acids {Bile supplements}
Ferrum {Iron Supplements} 400 mg/day
Hericium erinaceus {Lion's Mane Mushroom }
Hordeum vulgare {Barley} 60 gram/day
Humulus lupulus compound {Xanthohumol}
Lacticaseibacillus rhamnosus {L. rhamnosus} 48 BCFU/day
Limosilactobacillus reuteri {L. Reuteri} 22 BCFU/day
long-term, moderate-intensity exercise {exercise}

Moringa Oleifera
N-[2-(5-methoxy-1H-indol-3-yl)ethyl]acetamide {Melatonin} 10 mg/day
Outer Layers of Triticum aestivum {Wheat Bran}
Panax ... {Ginseng} 2000 mg/day
pectin {pectin}
Pentahydroxypentane {Xylitol}
Poly[β-D-xylopyranose(1->4)] {Xylan}
Rheum × hybridum {Rhubarb}
Salvia hispanica {Chia Seeds}
Sleep apnea {partial sleep deprivation}
Sodium alginate 3000 mg/day
β-glucan {Beta-Glucan} 500 mg/day
walnuts 75 gram/day
wheat

Retail Probiotics

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

optibac / for women
jarrow formulas / fem-dophilus®
RepHresh / Pro-B Probiotic Supplement for Women
spain (es) / aquilea intimus
Ombre / Restore
jarrow formulas / fem dophilus
JGL / Lactogyn
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
blackmore (au) / probiotics+ womens flora balance
SuperSmart / Oral Health
SuperSmart / Lactobacillus reuteri
Microbiome Plus+™ Gastrointestinal
Bulk Probiotics / L Rhamnosus Probiotic Powder
spain (es) / casenbiotic
Bromatech (IT) / Serobiome
spain (es) / reuteri gotas
BioGaia / BioGaia Products
Metabolics / Lactobacillus Rhamnosus Powder
spain (es) / gastrus
custom probiotics / d-lactate free probiotics powder
CustomProbiotics.com / L. Rhamnosus Probiotic Powder
blackmore (au) / probiotics+ eczema relief
Microbiome Labs / MEGA Genesis
jarrow formulas / jarro-dophilus mood
CustomProbiotics.com / L. Reuteri Probiotic Powder
spain (es) / ns florabiotic instant
SuperSmart / H. Pylori Fight
BioGaia / BioGaia Osfortis
naturopathica (au)/ gastrohealth probiotic daily care
Bulk Probiotics / L Reuteri Probiotic Powder
Maple Life Science™/ Lactobacillus reuteri
spain (es) / gum periobalance
Bromatech (IT) / Rotanelle plus
spain (es) / muvagyn probiotico
Pregnancy Care Probiotic
Botica Alternativa / Lactobacilos Reuteri
ProGoes® Forte

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.

Avena sativa {Oats}	lactobacillus rhamnosus gg,bifidobacterium animalis lactis
bacillus subtilis {B.Subtilis }	,lactobacillus paracasei {cvs maximum strength probiotic}
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	Metha family {Mint}
Bifidobacterium animalis subsp. lactis {B. Lactis}	Morinda citrifolia {Noni}
bifidobacterium bifidum {B. bifidum}	origanum vulgare {oregano}
Bovine Milk Products {Dairy}	Pleurotus ostreatus {Oyster mushroom}
Cichorium intybus {Chicory}	polyphenols
colostrum	Probiotic Mixture 1 {Japanese Vet Probiotic}
Echinacea Moench {Echinacea}	Probiotic Mixture 2 {Vetafarm Probiotic}
enterococcus faecium {E. faecium}	red wine
Epicatechin {Green tea polyphenol}	resveratrol-pterostilbene {grapes, blueberries}
Escherichia coli Nissle 1917 {Mutaflor}	resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}
grapes	Saccharomyces cerevisiae var boulardii {S. boulardii}
green tea	Secale cereale {Rye}
Lacticaseibacillus paracasei shirota {Yakult}	soy
lactobacillus acidophilus {L. acidophilus}	synthetic disaccharide derivative of lactose {Lactulose}
Lactobacillus Johnsonii {Lactobacillus Johnsonii}	terpenophenolics {cannabinoids}
lactobacillus paracasei,lactobacillus acidophilus,bifidobacterium	Thymus vulgaris {thyme}
animalis	yogurt
Lactobacillus plantarum {L. plantarum}	Zingiber officinale Roscoe {ginger}
	β-lactoglobulin {Whey}

Sample of Literature Used

The following are the most significant of the studies used to generate these suggestions.

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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