

## Microbiome Information for: Mast Cell Issues / mastitis

### 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**

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Best practise for making microbiome adjustments is to obtain the individual's 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](mailto:Research@MicrobiomePrescription.com)

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Mast Cell Issues / mastitis

**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
Mollicutes	class	Low	31969	Ralstonia	genus	High	48736
Lachnospiraceae	family	Low	186803	Romboutsia	genus	Low	1501226
Pasteurellaceae	family	High	712	Ruminococcus	genus	Low	1263
Prevotellaceae	family	Low	171552	Shigella	genus	High	620
Alistipes	genus	Low	239759	Staphylococcus	genus	High	1279
Anaplasma	genus	Low	768	Streptococcus	genus	High	1301
Bifidobacterium	genus	Low	1678	Bacteroidales	order	Low	171549
Coprococcus	genus	Low	33042	Candidatus Gastranaerophilales	order	High	1906119
Escherichia	genus	High	561	Acinetobacter baumannii	species	High	470
Herbaspirillum	genus	High	963	Brucella abortus	species	High	235
Klebsiella	genus	High	570	Fusobacterium nucleatum	species	High	851
Lachnobacterium	genus	Low	140625	Helicobacter pylori	species	High	210
Malassezia	genus	High	55193	Klebsiella aerogenes	species	High	548
Moraxella	genus	High	475	Listeria monocytogenes	species	High	1639
Mycoplasma	genus	High	2093	Moraxella catarrhalis	species	High	480
Paenibacillus	genus	High	1849828	Porphyromonas gingivalis	species	High	837
Prevotella	genus	Low	838	Pseudomonas aeruginosa	species	High	287
				Staphylococcus aureus	species	High	1280

## 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.

Ethyl alcohol {Grain alcohol}

Ferrum {Iron Supplements} 400 mg/day

high red meat

Sucralose {Splenda} 340 mg/day

Sus domesticus {Pork}

Titanium Dioxide {E171}

Under cooked animal protein {Rare meat}

## 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[ <i>g</i> ]-1,3-benzodioxolo[5,6- <i>a</i> ]quinolinium {Berberine}	Hordeum vulgare {Barley}
(2->1)-beta-D-fructofuranan {Inulin}	Lacticaseibacillus casei {L. casei}
2-Methyl-5-(1-methylethyl)phenol {Carvacrol}	lactobacillus acidophilus {L. acidophilus}
3,3',4',5,7-pentahydroxyflavone {Quercetin}	Lactobacillus plantarum {L. plantarum}
allium sativum {garlic}	lactobacillus rhamnosus gg bifidobacterium animalis lactis
Azadirachta indica {Neem}	,lactobacillus paracasei {cvs maximum strength probiotic}
bacillus	Metha family {Mint}
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	Moringa Oleifera
Bifidobacterium animalis subsp. lactis {B. Lactis}	oligosaccharides {oligosaccharides}
bifidobacterium longum {B.Longum }	origanum vulgare {oregano}
Bovine Milk Products {Dairy}	Pimpinella anisum {Anise}
Cinnamomum zeylanicum {Ceylon Cinnamon}	Propolis {Bee glue}
Citrus limon {Lemon}	Punica granatum {pomegranate}
Curcuma longa {Turmeric}	rosmarinus officinalis {rosemary}
D(-)-Fructose {Fruit sugar}	Salvia officinalis {Sage}
Diferuloylmethane {Curcumin}	$\beta$ -(1?4)-linked D-glucosamine and N-acetyl-D-glucosamine
foeniculum vulgare,fennel	{Chitosan}
fruit	$\beta$ -glucan {Beta-Glucan}
fruit/legume fibre	syzygium aromaticum {clove}
green tea	Thymus vulgaris {thyme}
Honey {Honey }	vitamin d
	wheat
	yogurt
	Zingiber officinale Roscoe {ginger}

## Sample of Literature Used

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

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Age-Related Macular Degeneration and Glaucoma

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Allergies

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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**