

## Microbiome Information for: High Histamine/low DAO

### 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

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of High Histamine/low DAO

**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
Acholeplasmataceae	family	High	2146	Clostridium perfringens	species	High	1502
Actinomycetaceae	family	High	2049	Enterobacter cloacae	species	High	550
Bifidobacteriaceae	family	Low	31953	Enterococcus faecalis	species	High	1351
Enterobacteriaceae	family	High	543	Escherichia coli	species	High	562
Prevotellaceae	family	Low	171552	Hafnia alvei	species	High	569
Staphylococcaceae	family	High	90964	Klebsiella oxytoca	species	High	571
Bifidobacterium	genus	Low	1678	Klebsiella pneumoniae	species	High	573
Butyrimonas	genus	Low	574697	Kluyvera intermedia	species	High	61648
Clostridium	genus	High	1485	Lactcaseibacillus casei	species	High	1582
Enterobacter	genus	High	547	Lentilactobacillus hilgardii	species	High	1588
Faecalibacterium	genus	Low	216851	Morganella morganii	species	High	582
Hespellia	genus	Low	241189	Morganella psychrotolerans	species	High	368603
Klebsiella	genus	High	570	Photobacterium angustum	species	High	661
Lactobacillus	genus	High	1578	Photobacterium aquimaris	species	High	512643
Morganella	genus	High	581	Photobacterium damselae	species	High	38293
Morganella	genus	High	108061	Photobacterium kishitanii	species	High	318456
Morganella	genus	High	90690	Photobacterium phosphoreum	species	High	659
Photobacterium	genus	High	657	Plesiomonas shigelloides	species	High	703
Proteus	genus	High	583	Proteus mirabilis	species	High	584
Proteus	genus	High	210425	Proteus vulgaris	species	High	585
Roseburia	genus	High	841	Providencia stuartii	species	High	588
Ruminococcus	genus	Low	1263	Rahnella aquatilis	species	High	34038
Serratia	genus	High	613	Raoultella terrigena	species	High	577
Staphylococcus	genus	High	1279	Serratia fonticola	species	High	47917
Citrobacter braakii	species	High	57706	Serratia liquefaciens	species	High	614
Citrobacter freundii	species	High	546	Serratia marcescens	species	High	615
Citrobacter youngae	species	High	133448	Serratia plymuthica	species	High	82996
				Salmonella enterica subsp. arizonae	subspecies	High	59203

## 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.

**Arthospira platensis {Spirulina}**

high red meat

**Escherichia coli cryodesiccata {colinfant probiotics}**

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

**Ferrum {Iron Supplements}** 400 mg/day

**Ulmus rubra {slippery elm}**

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.

(2->1)-beta-D-fructofuranan {Inulin}	Lactcaseibacillus casei {L casei}
2-Methyl-5-(1-methylethyl)phenol {Carvacrol}	Lactobacillus plantarum {L plantarum}
3,3',4',5,7-pentahydroxyflavone {Quercetin}	Lavandula angustifolia {lavender}
allium sativum {garlic}	Metha family {Mint}
Azadirachta indica {Neem}	Moringa Oleifera
bacillus	Nigella sativa {black cumin}
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	Ocimum basilicum {Basil}
Cinnamomum zeylanicum {Ceylon Cinnamon}	Ocimum gratissimum {Clove basil}
Cymbopogon citratus {Lemongrass}	oligosaccharides {oligosaccharides}
D(-)-Fructose {Fruit sugar}	origanum vulgare {oregano}
Diferuloylmethane {Curcumin}	Propolis {Bee glue}
eugenol {Eugenic acid}	rosmarinus officinalis {rosemary}
foeniculum vulgare,fennel	Salvia officinalis {Sage}
fruit	syzygium aromaticum {clove}
fruit/legume fibre	Thymus vulgaris {thyme}
green tea	yogurt
Honey {Honey }	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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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**