

## Microbiome Information for: Cushing's Syndrome (hypercortisolism)

### 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 *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 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](mailto:Research@MicrobiomePrescription.com)

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Cushing's Syndrome (hypercortisolism)

*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.

<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy ID</b>	<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy ID</b>
Erysipelotrichaceae	family	High	128827	Aspergillus fumigatus	species	High	746128
Bacteroides	genus	Low	816	Enterobacter cloacae	species	High	550
Nocardia	genus	High	1817	Phocaeicola vulgatus	species	Low	821
				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.

Arthrospira platensis {Spirulina}

bifidobacterium infantis {B. infantis} 10 BCFU/day

Cichorium intybus {Chicory} 1800 mg/day

Decoction of Four Noble Drugs {Sijunzi Decoction (SJZD)}

gliadin, glutenin etc {Gluten}

Nicotine, Nicotine Patch

Shen Ling Bai Zhu San {参苓白术散}

Sodium Chloride {Salt}

Streptococcus faecalis, Clostridium butyricum, Bacillus mesentericus {Bio-three}

Theobroma cacao {Cacao} 20 gram/day

walnuts 75 gram/day

## **Retail Probiotics**

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

CustomProbiotics.com / B. Infantis Probiotic Powder  
VSL Pharmaceuticals / Oxadrop  
Wholesome Wellness / Raw Probiotic  
Seeking Health / Probiota Bifidobacterium  
spain (es) / alflorex  
Botica Alternativa / Bifidobacterium Infantis  
Metabolics / Bifidobacterium Infantis Powder  
natren / life start 2 (goat milk-based)  
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic  
custom probiotics / d-lactate free probiotics powder  
Probiotic 10 Billion Active Cells Daily Maintenance  
bravo europe / starter and complex  
custom probiotics / five strain bifidobacteria  
Pendulum / Pendulum Glucose Control  
HLH BIOPHARMA(DE) / LACTOBACT ® FORTE  
CVSHealth / Daily Probiotic  
Bioflora(MX) / Woman  
Maple Life Science™ / Bifidobacterium infantis  
Bulk Probiotics / B. Infantis Probiotic Powder  
anabolic laboratories / probiotic complete  
Pendulum / Metabolic Daily  
Wakunaga / Pro+ Synbiotic  
Genesis Bifidobacterium Complex BB Probiotic  
cytoplant(uk) / dentavital bifidophilus

**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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}  
 2,3-dihydroxypropyl dodecanoate {Monolaurin}  
 2-Methyl-5-(1-methylethyl)phenol {Carvacrol}  
 3,3',4',5,7-pentahydroxyflavone {Quercetin}  
 Azadirachta indica {Neem}  
 Brassica oleracea var. italica {Broccoli}  
 Cinnamomum zeylanicum {Ceylon Cinnamon}  
 Curcuma longa {Turmeric}  
 D-(-)-Fructose {Fruit sugar}  
 Diferuloylmethane {Curcumin}  
 fruit  
 fruit/legume fibre

Honey {Honey }  
 Human milk oligosaccharides (prebiotic, Holigos, Stachyose)  
 Lactobacillus plantarum {L. plantarum}  
 laminaria digitata {Oarweed}  
 Malus domestica {apple}  
 Metha family {Mint}  
 Moringa Oleifera  
 organum vulgare {oregano}  
 Propolis {Bee glue}  
 rosmarinus officinalis {rosemary}  
 Thymus vulgaris {thyme}  
 vitamin d  
 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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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

cdk15 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