

Microbiome Information for: Cognitive Function

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/>)

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 Cognitive Function

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
Actinomycetaceae	family	High	2049	Granulicatella	genus	High	117563
Bacteroidaceae	family	High	815	Lactobacillus	genus	Low	1578
Bifidobacteriaceae	family	High	31953	Lautropia	genus	High	47670
Erysipelotrichaceae	family	Low	128827	Leptotrichia	genus	High	32067
Lachnospiraceae	family	High	186803	Megamonas	genus	High	158846
Odoribacteraceae	family	Low	1853231	Nocardia	genus	Low	1817
Prevotellaceae	family	High	171552	Odoribacter	genus	Low	283168
Ruminococcaceae	family	High	541000	Oxalobacter	genus	Low	846
Alistipes	genus	Low	239759	Parabacteroides	genus	High	375288
Alloprevotella	genus	Low	1283313	Paraprevotella	genus	High	577309
Bacillus	genus	High	1386	Phascolarctobacterium	genus	High	33024
Bacteroides	genus	High	816	Porphyromonas	genus	Low	836
Burkholderia	genus	High	32008	Pseudobutyrvibrio	genus	High	46205
Butyricicoccus	genus	Low	580596	Roseburia	genus	Low	841
Capnocytophaga	genus	High	1016	Ruminococcus	genus	High	1263
Catenibacterium	genus	Low	135858	Streptococcus	genus	Low	1301
Clostridium	genus	Low	1485	Sutterella	genus	High	40544
Collinsella	genus	High	102106	Turicibacter	genus	High	191303
Desulfovibrio	genus	Low	872	Tyzzereella	genus	High	1506577
Dialister	genus	High	39948	Actinomycetes incertae sedis	no rank	Low	1643818
Dorea	genus	High	189330	Agathobaculum butyriciproducens	species	High	1628085
Eubacterium	genus	High	1730	Barnesiella intestinihominis	species	High	487174
				Prevotella histicola	species	High	470565

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]quinolizinium {Berberine} 1.5 gram/day

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

Abstention from eating {Fasting}

arabinogalactan {arabinogalactan} 21 gram/day

bacillus

bacillus,lactobacillus,streptococcus,saccharomyces probiotic

bifidobacterium

Dextrin 40 gram/day

Diferuloylmethane {Curcumin} 3 gram/day

fruit

fruit/legume fibre

Ganoderma sichuanense {Reishi Mushroom} 3.4 gram/day

Heyndrickxia coagulans {B. coagulans} 10 BCFU/day

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2

gram/day

long-term, moderate-intensity exercise {exercise}

oligosaccharides {oligosaccharides}

Outer Layers of Triticum aestivum {Wheat Bran}

resistant starch

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

β-glucan {Beta-Glucan} 500 mg/day

wheat

Retail Probiotics

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

Global Healing Center / FloraTrex
 theramedix / probiotic
 Eden's / 3-in-1 Synbiotic Superblend
 nature's instincts / ultra spore probiotic
 Swiss BioEnergetics / Full Spectrum Probiotic Defence
 Bulk Probiotics / Saccharomyces boulardii Probiotic Powder (Digestive Support)
 blackmores (au) / probiotics + adults daily (90 capsules)
 Biomed / Bacillus Coagulans
 vitamin angels / just thrive
 nature's way (au) / restore probiotic daily health 90s
 Sun Wave Pharma/Bio Sun Instant
 nature's way (au) / adult vita gummies daily probiotic 80s
 microbiome labs / restorflora
 LiveWell Nutrition / Pro-45
 jarow formulas / bifidus balance® + fos
 Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
 organic 3 / primal soil
 Bulk Probiotics / Bacillus Coagulans Probiotic
 1 md / complete probiotics platinum
 Nutrition Essentials / Probiotic (900 BCFU)
 microbiome labs/ megasporebiotic
 klaira labs / biospora
 SuperSmart / Saccharomyces Boulardii
 blackmore (au) / probiotics+ bowel support
 Schwabe Pharma Italia / AxiBoulardi
 perfect pass / perfect pass probiotic bacillus spore
 global health trax / threelac
 nature's way (au) / restore probiotic 30 billion 30s
 spain (es) / axiboulardi
 Law of Nature / Best Days Formula
 bio-botanical research / proflora4r restorative probiotic
 blackmore (au) / probiotics+ daily health
 Maple Life Science™ / Streptococcus faecalis butyricum mesentericus sporogenes
 florastor / florastor
 BIO-BOTANICAL RESEARCH / Megacidin
 reserveage nutrition / beautiflora
 nature's way (au) / restore probiotic bowel & colon health 30s
 Bromatech (IT) / Lautoselle
 naturopathica (au) / gastrohealth fibrepro
 blackmore (au) / probiotics+ eczema relief
 imagilin / NutriLots Replenish
 Jetson / FIT
 Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
 source naturals / durafloa
 optibac / saccharomyces boulardii
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 thorne / bacillus coagulansvet 60 caps
 Physician Choice /60 Billion Probiotics
 enviromedica terraflora sbo probiotic
 schiff / digestive advantage
 daiichi sankyo healthcare (jp) / panlacmin tablet
 spain (es) / ultralevura
 organic 3 / yeastbiotic
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu

Bromatech (IT) / Serobiome
biospec / probiotic-5
corebiotic
blackmores (au) / probiotics+ immune defence

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.

(2E,4E)-5-(1,3-Benzodioxol-5-yl)-1-(1-piperidinyl)-2,4-pentadien-1-one (Piperine)	foeniculum vulgare,fennel
(2S)-2-amino-5-carbamimidamidopentanoic acid {arginine}	Glycine max {Doenjang}
5,6-dihydroxy-7-O-glucuronide flavone {Baicalin }	high red meat
Abelmoschus {Okra}	lactobacillus helveticus {L. helveticus}
Arthrospira platensis {Spirulina}	Lactobacillus Johnsonii {Lactobacillus Johnsonii}
Below normal temperature {Cold exposure}	Mannan oligosaccharides {Mannooligosaccharide}
Calcium {Calcium Supplements}	Momordica charantia {Bitter gourd}
cobalamin {Vitamin B-12}	Morus {Mulberry }
Codonopsis pilosula {Dangshen}	N-(aminoiminomethyl)-N methyl glycine {Creatine}
colostrum	N-Acetyl Cysteine {NAC}
d-galactose {milk sugar}	Piper nigrum {black pepper}
Dihydroquercetin {Taxifolin}	Pleurotus ostreatus {Oyster mushroom}
Echinacea Moench {Echinacea}	red wine polyphenols
enterococcus faecium {E. faecium}	resveratrol-pterostilbene {grapes, blueberries}
Ethyl alcohol {Grain alcohol}	Sucralose {Splenda}
Euphausia superba {Krill Oil}	Under cooked animal protein {Rare meat}
Euterpe oleracea {Acai}	Whole Cow milk {Whole Milk}
	Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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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