

Microbiome Information for: Fibromyalgia

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 Fibromyalgia

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
Lachnospiraceae	family	Low	186803	[Clostridium] scindens	species	High	29347
Acetivibrio	genus	High	35829	Agathobaculum desmolans	species	High	39484
Alistipes	genus	High	239759	Alistipes onderdonkii	species	High	328813
Bacteroides	genus	Low	816	Bacteroides uniformis	species	Low	820
Blautia	genus	High	572511	Blautia faecis	species	Low	871665
Chlamydia	genus	High	810	Blautia hydrogenotrophica	species	High	53443
Clostridium	genus	Low	1485	Blautia massiliensis (ex Durand et al. 2017)	species	High	1737424
Dorea	genus	High	189330	Coprococcus comes	species	Low	410072
Eggerthella	genus	High	84111	Faecalibacterium prausnitzii	species	Low	853
Eubacterium	genus	Low	1730	Flavonifractor plautii	species	High	292800
Faecalibacterium	genus	Low	216851	Haemophilus parainfluenzae	species	Low	729
Haemophilus	genus	Low	724	Helicobacter pylori	species	High	210
Lachnoclostridium	genus	High	1506553	Hungatella hathewayi	species	High	154046
Mycoplasma	genus	High	2093	Intestinimonas butyriciproducens	species	High	1297617
Olsenella	genus	Low	133925	Parabacteroides merdae	species	High	46503
Parabacteroides	genus	High	375288	Ruthenibacterium lactatiformans	species	High	1550024
Phascolarctobacterium	genus	High	33024	Segatella copri	species	Low	165179
Roseburia	genus	High	841	Staphylococcus aureus	species	High	1280
Eubacteriales	order	High	186802	Thomasclavelia ramosa	species	High	1547

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.

2-aminoacetic acid {glycine} 15 gram/day

Akkermansia muciniphila {Pendulum Probiotic} 10 BCFU/day

Arctium lappa {Burdock Root}

Caffeine

Chrysanthemum × morifolium {Chrysanthemum}

Cola aspartame {Diet Cola}

Cucurbita pepo {Pumpkin}

Ethyl alcohol {Grain alcohol}

high red meat

long-term, moderate-intensity exercise {exercise}

Oryza sativa {Rice}

Pleurotus ostreatus {Oyster mushroom}

theabrownin {theabrownin}

Ulmus rubra {slippery elm}

xylooligosaccharide 3 gram/day

Retail Probiotics

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

Pendulum / Metabolic Daily
SuperSmart / Akkermansia Muciniphila Postbiotic (pasturized)
Pendulum / akkermansia muciniphila
Pendulum / Pendulum Glucose Control

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->1)-beta-D-fructofuranan {Inulin}
 2,3-dihydroxypropyl dodecanoate {Monolaurin}
 2-Methyl-5-(1-methylethyl)phenol {Carvacrol}
 3,3',4',5,7-pentahydroxyflavone {Quercetin}
 bacillus
 bacillus,lactobacillus,streptococcus,saccharomyces probiotic
 Diferuloylmethane {Curcumin}
 fruit
 fruit/legume fibre
 Grape Polyphenols {Grape Flavonoids}
 grapes
 Honey {Honey }
 Hydrastis canadensis {Goldenseal}
 Lactobacillus plantarum {L. plantarum}

laminaria digitata {Oarweed}
 Limosilactobacillus reuteri {L. Reuteri}
 Litchi chinensis {lychee fruit}
 Malus domestica {apple}
 Moringa Oleifera
 oligosaccharides {oligosaccharides}
 pectin {pectin}
 Propolis {Bee glue}
 red wine
 resveratrol-pterostilbene {grapes, blueberries}
 rosmarinus officinalis {rosemary}
 β-glucan {Beta-Glucan}
 Thymus vulgaris {thyme}
 vitamin d
 Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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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