

Microbiome Information for: Gout

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 Gout

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
Anaerolineae	class	High	292625	Clostridium	genus	Low	1485
Bacteroidia	class	High	200643	Coprococcus	genus	Low	33042
Chloroflexia	class	High	32061	Desulfovibrio	genus	High	872
Erysipelotrichia	class	High	526524	Enterococcus	genus	High	1350
Negativicutes	class	High	909932	Erysipelatoclostridium	genus	High	1505663
Ackermannviridae	family	Low	2169529	Helicobacter	genus	Low	209
Anaerolineaceae	family	High	292628	Phascolarctobacterium	genus	High	33024
Bacteroidaceae	family	High	815	Prevotella	genus	High	838
Bifidobacteriaceae	family	Low	31953	Rhodococcus	genus	High	1827
Demerecviridae	family	Low	2731690	Ruminococcus	genus	High	1263
Erysipelotrichaceae	family	High	128827	Shigella	genus	Low	620
Fusobacteriaceae	family	High	203492	Streptococcus	genus	High	1301
Lachnospiraceae	family	Low	186803	Anaerolineales	order	High	292629
Nocardiaceae	family	High	85025	Bacteroidales	order	High	171549
Porphyromonadaceae	family	High	171551	Bifidobacteriales	order	Low	85004
Prevotellaceae	family	High	171552	Erysipelotrichales	order	High	526525
Rikenellaceae	family	Low	171550	Selenomonadales	order	High	909929
Ruminococcaceae	family	High	541000	Bacteroides caccae	species	High	47678
Selenomonadaceae	family	High	1843491	Bacteroides xylanisolvens	species	High	371601
Victivallaceae	family	High	255528	Helicobacter pylori	species	High	210
Bacteroides	genus	High	816	Mycobacterium kansasii	species	High	1768
Butyricoccus	genus	Low	580596	Pasteurella multocida	species	High	747
				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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}	1.5 gram/day	laminaria digitata {Oarweed}	
2H-1?6,2-benzothiazol-1,1,3-trione {Saccharin}	450 mg/day	Lycium barbarum x Lycium chinense, {Goji Fruit, Juice}	
Abstention from eating {Fasting}		Malus domestica {apple}	
amaranthus {amaranth}		oligosaccharides {oligosaccharides}	
arabinogalactan {arabinogalactan}	21 gram/day	Outer Layers of Triticum aestivum {Wheat Bran}	
brown algae		partially hydrolysed guar gum	
cellulose		pectin {pectin}	
Ethyl alcohol {Grain alcohol}		Phaseolus vulgaris {Boston bean}	
Ferrum {Iron Supplements}	400 mg/day	Poly[β-D-xylopyranose(1->4)] {Xylan}	
fruit		pseudo-cereals {amaranth, quinoa, taro, buckwheat}	
fruit/legume fibre		Pulses, Beans	
fucoidan {Brown Algae Extract}	8.8 gram/day	Pulvis ledebouriellae compositae {Bofutsushosan}	
Ganoderma sichuanense {Reishi Mushroom}	3.4 gram/day	red wine	250 ml/day
grapes		resistant starch	
henopodium quinoa {Quinoa}		Saccharomyces cerevisiae var boulardii {S. boulardii}	6 BCFU/day
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	2 gram/day	β-glucan {Beta-Glucan}	500 mg/day
Hydrastis canadensis {Goldenseal}		Tobacco consumption {Smoking}	
		β-lactoglobulin {Whey}	60 gram/day

Retail Probiotics

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

Ombre / Healthy Gut
Ombre / Harmony
Bromatech / ENTERELLE PLUS
SuperSmart / Saccharomyces Boulardii
blackmore (au) / probiotics+ bowel support
Schwabe Pharma Italia / AxiBoulardi
Ombre / Metabolic Booster
spain (es) / axiboulardi
Eden's / 3-in-1 Synbiotic Superblend
Bulk Probiotics / Saccharomyces boulardii Probiotic Powder (Digestive Support)
nature's instincts / ultra spore probiotic
probiotic pur (de) / realdose nutrition
microbiome labs / restorflora
Bromatech (IT) / Enterelle
Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
Global Healing Center / FloraTrex
Realdose
florastor / florastor
Bromatech (IT) / Lautoselle
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains
imagilin / NutriLots Replenish
Ombre / Endless Energy
Next Generation
optibac / saccharomyces boulardii
spain (es) / ultralevura
organic 3 / yeastbiotic
Bromatech (IT) / Serobiome

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.

allium sativum {garlic}

Azadirachta indica {Neem}

Cinnamomum zeylanicum {Ceylon Cinnamon}

Diferuloylmethane {Curcumin}

Propolis {Bee glue}

rosmarinus officinalis {rosemary}

Thymus vulgaris {thyme}

Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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 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