

## Microbiome Information for: Allergies

### 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

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 Allergies

**Nota Benia:** 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
Actinomycetes	class	High	1760	Megamonas	genus	Low	158846
Bacteroidia	class	High	200643	Methanobrevibacter	genus	High	2172
Clostridia	class	Low	186801	Methyllobacterium	genus	High	407
Delta proteobacteria	class	Low	28221	Oscillibacter	genus	Low	459786
Acidaminococcaceae	family	Low	909930	Parabacteroides	genus	High	375288
Bacteroidaceae	family	High	815	Propionibacterium	genus	High	1743
Barnesiellaceae	family	Low	2005519	Romboutsia	genus	Low	1501226
Bifidobacteriaceae	family	Low	31953	Ruminiclostridium	genus	High	1508657
Burkholderiaceae	family	High	119060	Shigella	genus	High	620
Comamonadaceae	family	High	80864	Staphylococcus	genus	High	1279
Desulfovibrionaceae	family	Low	194924	Subdoligranulum	genus	Low	292632
Enterobacteriaceae	family	High	543	Veillonella	genus	High	29465
Erysipelotrichaceae	family	High	128827	Bacteroidales	order	High	171549
Lachnospiraceae	family	Low	186803	Akkermansia muciniphila	species	Low	239935
Lactobacillaceae	family	Low	33958	Aspergillus fumigatus	species	High	746128
Methylbacteriaceae	family	High	119045	Bacteroides fragilis	species	High	817
Muribaculaceae	family	Low	2005473	Bifidobacterium adolescentis	species	Low	1680
Oscillospiraceae	family	Low	216572	Bifidobacterium bifidum	species	High	1681
Pasteurellaceae	family	High	712	Bifidobacterium catenulatum	species	High	1686
Porphyromonadaceae	family	Low	171551	Bifidobacterium longum	species	High	216816
Prevotellaceae	family	Low	171552	Blautia obeum	species	High	40520
Ruminococcaceae	family	High	541000	Clostridioides difficile	species	High	1496
Sphingomonadaceae	family	High	41297	Clostridium neonatale	species	High	137838
Adlercreutzia	genus	High	447020	Clostridium paraputreficum	species	High	29363
Alistipes	genus	Low	239759	Collinsella aerofaciens	species	High	74426
Anaeromassilibacillus	genus	High	1924093	Coprococcus catus	species	High	116085
Anaerotaenia	genus	Low	1843206	Dorea formicigenerans	species	High	39486
Bacteroides	genus	Low	816	Escherichia coli	species	High	562
Bifidobacterium	genus	Low	1678	Eubacterium coprostanoligenes	species	Low	290054
Blautia	genus	High	572511	Faecalibacterium prausnitzii	species	Low	853
Clostridium	genus	Low	1485	Lactobacillus gasseri	species	High	1596
Dialister	genus	Low	39948	Limosilactobacillus reuteri	species	High	1598
Eggerthella	genus	High	84111	Oscillibacter valericigenes	species	High	351091
Enhydrobacter	genus	High	212791	Phascolarctobacterium faecium	species	Low	33025
Enterococcus	genus	Low	1350	Pseudomonas aeruginosa	species	High	287
Erysipelatoclostridium	genus	High	1505663	Robinsoniella peoriensis	species	High	180332
Escherichia	genus	High	561	Ruminococcus bromii	species	Low	40518
Eubacterium	genus	High	1730	Scardovia wiggiae	species	High	230143
Hungateiclostridium	genus	Low	2304692	Segatella copri	species	Low	165179
Lachnospiraceae	genus	High	1506553	Streptococcus lutetiensis	species	High	150055
Lactobacillus	genus	Low	1578	Streptococcus mutans	species	High	1309



## 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.

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

**Sucralose {Splenda}** 340 mg/day

## 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}  
3,3',4',5,7-pentahydroxyflavone {Quercetin}  
*Avena sativa* x *Hordeum vulgare* {barley,oat}  
bacillus  
bacillus subtilis {B.Subtilis }  
bacillus,lactobacillus,streptococcus,saccharomyces probiotic  
Bifidobacterium animalis subsp. lactis {B. Lactis}  
bifidobacterium bifidum {B. bifidum}  
bifidobacterium longum {B.Longum }  
Bovine Milk Products {Dairy}  
Diferuloylmethane {Curcumin}  
enterococcus faecium {E. faecium}  
fructo-oligosaccharides  
fruit  
fruit/legume fibre  
*Hordeum vulgare* {Barley}

Lacticaseibacillus casei {L casei}  
Lacticaseibacillus paracasei {L.paracasei}  
lactobacillus acidophilus {L acidophilus}  
Lactobacillus plantarum {L plantarum}  
lactobacillus rhamnosus gg,bifidobacterium animalis lactis  
,lactobacillus paracasei {cvs maximum strength probiotic}  
Limosilactobacillus fermentum {L fermentum}  
Limosilactobacillus reuteri {L Reuteri}  
oligosaccharides {oligosaccharides}  
origanum vulgare {oregano}  
pectin {pectin}  
polyphenols  
Probiotic Mixture 1 {Japanese Vet Probiotic}  
Probiotic Mixture 2 {Vetafarm Probiotic}  
β-glucan {Beta-Glucan}  
synthetic disaccharide derivative of lactose {Lactulose}  
Thymus vulgaris {thyme}  
yogurt

## Sample of Literature Used

The following are the most significant of the studies used to generate these suggestions.

Immunoglobulin-coating patterns reveal altered humoral responses to gut bacteria in pediatric cow milk allergies.

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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-Haptic 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