

## 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 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

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## **Bacteria being reported because of atypical values.**

These bacteria were reported atypical in studies of Allergies

*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>
Actinomycetes	class	High	1760	Lactobacillus	genus	Low	1578
Bacteroidia	class	High	200643	Limosilactobacillus	genus	Low	2742598
Clostridia	class	Low	186801	Megamonas	genus	Low	158846
Deltaproteobacteria	class	Low	28221	Methanobrevibacter	genus	High	2172
Acidaminococcaceae	family	Low	909930	Methylobacterium	genus	High	407
Bacteroidaceae	family	High	815	Oscillibacter	genus	Low	459786
Barnesiellaceae	family	Low	2005519	Parabacteroides	genus	High	375288
Bifidobacteriaceae	family	Low	31953	Propionibacterium	genus	High	1743
Burkholderiaceae	family	High	119060	Romboutsia	genus	Low	1501226
Comamonadaceae	family	High	80864	Ruminiclostridium	genus	High	1508657
Desulfovibrionaceae	family	Low	194924	Shigella	genus	High	620
Enterobacteriaceae	family	High	543	Staphylococcus	genus	High	1279
Erysipelotrichaceae	family	High	128827	Subdoligranulum	genus	Low	292632
Lachnospiraceae	family	Low	186803	Veillonella	genus	High	29465
Lactobacillaceae	family	Low	33958	Bacteroidales	order	High	171549
Methylobacteriaceae	family	High	119045	Akkermansia muciniphila	species	Low	239935
Muribaculaceae	family	Low	2005473	Aspergillus fumigatus	species	High	746128
Oscillospiraceae	family	Low	216572	Bacteroides fragilis	species	High	817
Pasteurellaceae	family	High	712	Bifidobacterium adolescentis	species	Low	1680
Porphyromonadaceae	family	Low	171551	Bifidobacterium bifidum	species	High	1681
Prevotellaceae	family	Low	171552	Bifidobacterium catenulatum	species	High	1686
Ruminococcaceae	family	High	541000	Bifidobacterium longum	species	High	216816
Sphingomonadaceae	family	High	41297	Blautia obeum	species	High	40520
Adlercreutzia	genus	High	447020	Clostridioides difficile	species	High	1496
Alistipes	genus	Low	239759	Clostridium neonatale	species	High	137838
Anaeromassilibacillus	genus	High	1924093	Clostridium paraputrificum	species	High	29363
Anaerotaenia	genus	Low	1843206	Collinsella aerofaciens	species	High	74426
Bacteroides	genus	Low	816	Coprococcus catus	species	High	116085
Bifidobacterium	genus	Low	1678	Dorea formicigenerans	species	High	39486
Blautia	genus	High	572511	Escherichia coli	species	High	562
Citrobacter	genus	High	544	Eubacterium coprostanoligenes	species	Low	290054
Clostridium	genus	Low	1485	Faecalibacterium prausnitzii	species	Low	853
Collinsella	genus	Low	102106	Lactobacillus gasseri	species	High	1596
Dialister	genus	Low	39948	Limosilactobacillus reuteri	species	High	1598
Eggerthella	genus	High	84111	Mediterraneibacter gnavus	species	High	33038
Enhydrobacter	genus	High	212791	Oscillibacter valericigenes	species	High	351091
Enterococcus	genus	Low	1350	Phascolarctobacterium faecium	species	Low	33025
Erysipelatoclostridium	genus	High	1505663	Pseudomonas aeruginosa	species	High	287
Escherichia	genus	High	561	Robinsoniella peoriensis	species	High	180332
Eubacterium	genus	High	1730	Ruminococcus bromii	species	Low	40518
Hungateiclostridium	genus	Low	2304692	Scardovia wiggisiae	species	High	230143
Hungatella	genus	High	1649459	Segatella copri	species	Low	165179
Lachnodostridium	genus	High	1506553	Streptococcus lutetiensis	species	High	150055
				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.

(2->1)-beta-D-fructofuranan {Inulin}	Hordeum vulgare {Barley}
3,3',4',5,7-pentahydroxyflavone {Quercetin}	Lactocaseibacillus casei {L. casei}
Avena sativa x Hordeum vulgare {barley,oat}	Lactocaseibacillus paracasei {L.paracasei}
bacillus	lactobacillus acidophilus {L. acidophilus}
bacillus subtilis {B.Subtilis }	Lactobacillus plantarum {L. plantarum}
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	Limosilactobacillus reuteri {L. Reuteri}
Bifidobacterium animalis subsp. lactis {B. Lactis}	oligosaccharides {oligosaccharides}
bifidobacterium bifidum {B. bifidum}	origanum vulgare {oregano}
bifidobacterium longum {B.Longum }	pectin {pectin}
Bovine Milk Products {Dairy}	Probiotic Mixture 1 {Japanese Vet Probiotic}
Diferuloylmethane {Curcumin}	Probiotic Mixture 2 {Vetafarm Probiotic}
enterococcus faecium {E. faecium}	β-glucan {Beta-Glucan}
fructo-oligosaccharides	synthetic disaccharide derivative of lactose {Lactulose}
fruit	Thymus vulgaris {thyme}
fruit/legume fibre	yogurt

## Sample of Literature Used

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

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## Additional APriori Analysis Available

Available at: <https://microbiomeprescription.com/Library/PubMed>

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