

Microbiome Information for: Obesity

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

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Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Obesity

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
Actinomycetes	class	High	1760	Phascolarctobacterium	genus	Low	33024
Bacteroidia	class	Low	200643	Porphyromonas	genus	Low	836
Clostridia	class	Low	186801	Propionibacterium	genus	High	1743
Deferribacteres	class	High	68337	Riemerella	genus	Low	34084
Deltaproteobacteria	class	Low	28221	Rikenella	genus	Low	28138
Fusobacteriia	class	High	203490	Romboutsia	genus	High	1501226
Gammaproteobacteria	class	High	1236	Rothia	genus	Low	508215
Acidaminococcaceae	family	Low	909930	Ruminiclostridium	genus	Low	1508657
Bacteroidaceae	family	Low	815	Ruminococcus	genus	High	1263
Bifidobacteriaceae	family	Low	31953	Sanguibacteroides	genus	Low	1635148
Burkholderiaceae	family	High	119060	Shigella	genus	High	620
Christensenellaceae	family	Low	990719	Slackia	genus	High	84108
Clostridiaceae	family	Low	31979	Solobacterium	genus	High	123375
Coriobacteriaceae	family	High	84107	Staphylococcus	genus	High	1279
Desulfovibrionaceae	family	High	194924	Streptobacillus	genus	Low	34104
Enterobacteriaceae	family	High	543	Actinomycetes incertae sedis	no rank	Low	1643818
Erysipelotrichaceae	family	High	128827	Burkholderiales	order	High	80840
Lachnospiraceae	family	High	186803	Desulfovibrionales	order	Low	213115
Lactobacillaceae	family	Low	33958	Eubacteriales	order	Low	186802
Muribaculaceae	family	Low	2005473	Pseudomonadales	order	High	72274
Odoribacteraceae	family	Low	1853231	[Ruminococcus] torques	species	High	33039
Oscillospiraceae	family	Low	216572	Actinobaculum massiliense	species	Low	202789
Paludibacteraceae	family	Low	2005523	Actinomyces graevenitzii	species	Low	55565
Peptococcaceae	family	Low	186807	Akkermansia muciniphila	species	Low	239935
Porphyromonadaceae	family	Low	171551	Akkermansia sp.	species	Low	1872421
Prevotellaceae	family	High	171552	Alistipes inops	species	High	1501391
Ruminococcaceae	family	Low	541000	Alistipes obesi	species	Low	1118061
Selenomonadaceae	family	High	1843491	Anaerobutyricum hallii	species	Low	39488
Actinobacillus	genus	High	713	Bacillus sp. (in: firmicutes)	species	Low	1409
Actinomyces	genus	Low	1654	Bacillus velezensis	species	Low	492670
Adlercreutzia	genus	High	447020	Bacteroides caccae	species	High	47678
Aggregatibacter	genus	High	416916	Bacteroides fragilis	species	Low	817
Akkermansia	genus	Low	239934	Bacteroides sp.	species	Low	29523
Alistipes	genus	Low	239759	Bifidobacterium adolescentis	species	Low	1680
Alkaliphilus	genus	Low	114627	Bifidobacterium animalis	species	Low	28025
Allisonella	genus	High	209879	Bifidobacterium bifidum	species	Low	1681
Allobaculum	genus	High	174708	Bifidobacterium breve	species	High	1685
Alloprevotella	genus	Low	1283313	Blautia coccoides	species	Low	1532
Anaerostipes	genus	Low	207244	Blautia wexlerae	species	High	418240
Angelakisella	genus	High	1935176	Clostridium sp.	species	High	1506
Atopobium	genus	Low	1380				

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Bacillus	genus	Low	1386	Clostridium sp. CAG:58	species	High	1262824
Bacillus	genus	Low	55087	Collinsella aerofaciens	species	High	74426
Bacteroides	genus	Low	816	Dialister succinatiphilus	species	High	487173
Barnesiella	genus	Low	397864	Dorea formicigenerans	species	High	39486
Bifidobacterium	genus	Low	1678	Enterobacter cloacae	species	High	550
Bilophila	genus	High	35832	Enterococcus faecium	species	High	1352
Burkholderia	genus	High	32008	Escherichia coli	species	High	562
Butyrivibrio	genus	Low	574697	Eubacterium sp.	species	Low	142586
Catenibacterium	genus	High	135858	Faecalibacterium prausnitzii	species	Low	853
Centipeda	genus	Low	82202	Faecalibacterium sp.	species	Low	1971605
Centipeda	genus	Low	82283	Fingoldia magna	species	High	1260
Christensenella	genus	Low	990721	Firmicutes bacterium CAG:94	species	High	1262989
Clostridium	genus	High	1485	Flavonifractor plautii	species	High	292800
Colidextribacter	genus	Low	1980681	Fusobacterium nucleatum	species	Low	851
Collinsella	genus	High	102106	Fusobacterium sp.	species	Low	68766
Coprococcus	genus	Low	33042	Haemophilus parainfluenzae	species	Low	729
Desulfovibrio	genus	High	872	Helicobacter pylori	species	High	210
Dialister	genus	Low	39948	Klebsiella oxytoca	species	High	571
Dorea	genus	High	189330	Klebsiella pneumoniae	species	High	573
Eggerthella	genus	Low	84111	Lactocaseibacillus paracasei	species	Low	1597
Enterobacter	genus	High	547	Lactiplantibacillus plantarum	species	Low	1590
Erysipelatoclostridium	genus	Low	1505663	Latilactobacillus sakei	species	Low	1599
Escherichia	genus	High	561	Lawsonibacter asaccharolyticus	species	High	2108523
Faecalibacterium	genus	Low	216851	Limosilactobacillus reuteri	species	High	1598
Faecalibaculum	genus	High	1729679	Mediterraneibacter gnavus	species	High	33038
Faecalitalea	genus	High	1573534	Methanobrevibacter smithii	species	Low	2173
Flavobacterium	genus	Low	237	Moraxella catarrhalis	species	High	480
Flavonifractor	genus	High	946234	Odoribacter splanchnicus	species	High	28118
Flintibacter	genus	High	1918454	Oribacterium asaccharolyticum	species	Low	1501332
Fusicatenibacter	genus	High	1407607	Oscillibacter sp.	species	Low	1945593
Gemmiger	genus	Low	204475	Peptostreptococcus sp.	species	Low	1262
Gordonibacter	genus	High	644652	Phocaeicola dorei	species	High	357276
Haemophilus	genus	High	724	Prevotella bivia	species	Low	28125
Helicobacter	genus	High	209	Prevotella corporis	species	High	28128
Holdemania	genus	High	61170	Proteus mirabilis	species	High	584
Intestinibacter	genus	Low	1505657	Pseudomonas aeruginosa	species	High	287
Intestinimonas	genus	High	1392389	Rhodotorula mucilaginosa	species	Low	5537
Klebsiella	genus	High	570	Romboutsia ilealis	species	Low	1115758
Kosakonia	genus	High	1330547	Roseburia hominis	species	High	301301
Lachnospirillum	genus	High	1506553	Roseburia sp. CAG:309	species	Low	1262945
Lactobacillus	genus	High	1578	Rothia dentocariosa	species	Low	2047
Lambdavirus	genus	Low	186765	Ruminiclostridium sp.	species	Low	2053608
Megamonas	genus	High	158846	Ruminococcus bicirculans (ex Wegman et al. 2014)	species	Low	1160721
Methanobrevibacter	genus	High	2172	Ruminococcus sp.	species	Low	41978
Methanosphaera	genus	High	2316	Segatella copri	species	High	165179
Morganella	genus	High	581				
Muribaculum	genus	High	1918540				

Bacteria Name	Rank	Shift	Taxonomy ID
Neisseria	<i>genus</i>	Low	482
Odoribacter	<i>genus</i>	High	283168
Oribacterium	<i>genus</i>	Low	265975
Oscillospira	<i>genus</i>	Low	119852
Paenibacillus	<i>genus</i>	Low	44249
Pantoea	<i>genus</i>	High	53335
Parabacteroides	<i>genus</i>	High	375288
Parasutterella	<i>genus</i>	High	577310
Peptoclostridium	<i>genus</i>	High	1481960

Bacteria Name	Rank	Shift	Taxonomy ID
Streptococcus dysgalactiae	<i>species</i>	High	1334
Streptococcus pneumoniae	<i>species</i>	High	1313
Streptococcus salivarius	<i>species</i>	Low	1304
Sutterella sp.	<i>species</i>	High	1981025
Turicibacter sanguinis	<i>species</i>	Low	154288
Tyzzereella sp.	<i>species</i>	Low	2053632
uncultured Ligilactobacillus sp.	<i>species</i>	High	2837633
Veillonella rogosae	<i>species</i>	High	423477
Weissella cibaria	<i>species</i>	Low	137591
Bifidobacterium animalis subsp. lactis	<i>subspecies</i>	Low	302911
Bifidobacterium longum subsp. infantis	<i>subspecies</i>	High	1682
Bifidobacterium longum subsp. longum	<i>subspecies</i>	Low	1679

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.

Ethyl alcohol {Grain alcohol}	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}
Abstention from eating {Fasting}
bacillus,lactobacillus,streptococcus,saccharomyces probiotic
Diferuloylmethane {Curcumin}
Epicatechin {Green tea polyphenol}
fruit
fruit/legume fibre
Grape Polyphenols {Grape Flavonoids}

grapes
green tea
Hordeum vulgare {Barley}
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)
Lactobacillus plantarum {L. plantarum}
long-term, moderate-intensity exercise {exercise}
oligosaccharides {oligosaccharides}
polyphenols
β-glucan {Beta-Glucan}

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