

Microbiome Information for: Osteoporosis

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/>)

Thome (<https://www.thome.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 Osteoporosis

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
Deferribacteres	class	Low	68337	Helicobacter	genus	High	209
Erysipelotrichaceae	family	Low	128827	Klebsiella	genus	High	570
Lachnospiraceae	family	High	186803	Lactobacillus	genus	High	1578
Oxalobacteraceae	family	High	75682	Megamonas	genus	Low	158846
Peptostreptococcaceae	family	High	186804	Rhodococcus	genus	High	1827
Prevotellaceae	family	High	171552	Romboutsia	genus	High	1501226
Rikenellaceae	family	Low	171550	Roseburia	genus	High	841
Ruminococcaceae	family	Low	541000	Ruminococcus	genus	High	1263
Actinomyces	genus	High	1654	Shigella	genus	High	620
Alistipes	genus	Low	239759	Streptococcus	genus	Low	1301
Alloprevotella	genus	Low	1283313	Subdoligranulum	genus	Low	292632
Anaerostipes	genus	Low	207244	Veillonella	genus	High	29465
Bacteroides	genus	High	816	Burkholderiales	order	Low	80840
Blautia	genus	Low	572511	Acetivibrio cellulolyticus	species	Low	35830
Butyrivibrio	genus	Low	580596	Akkermansia muciniphila	species	Low	239935
Candidatus Soleaferrea	genus	High	1470353	Bifidobacterium animalis	species	High	28025
Clostridium	genus	High	1485	Bifidobacterium breve	species	Low	1685
Dialister	genus	High	39948	Carnobacterium mobile	species	High	2750
Dorea	genus	Low	189330	Citrobacter amalonaticus	species	Low	35703
Eggerthella	genus	High	84111	Lactiplantibacillus plantarum	species	High	1590
Escherichia	genus	High	561	Methanobrevibacter smithii	species	High	2173
Faecalibacterium	genus	High	216851	Staphylococcus aureus	species	High	1280
Faecalibaculum	genus	Low	1729679	Staphylococcus simulans	species	High	1286

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->1)-beta-D-fructofuranan {Inulin} 32 gram/day

Abstention from eating {Fasting}

Arthrospira platensis {Spirulina}

Avena sativa {Oats}

Avena sativa x Hordeum vulgare {barley,oat}

bacillus subtilis {B.Subtilis } 10 BCFU/day

fructo-oligosaccharides 15 gram/day

fruit

fruit/legume fibre

henopodium quinoa {Quinoa}

Hordeum vulgare {Barley} 60 gram/day

Malus domestica {apple}

oligosaccharides {oligosaccharides}

Outer Layers of Triticum aestivum {Wheat Bran}

pectin {pectin}

polyphenols 3 gram/day

β-glucan {Beta-Glucan} 500 mg/day

Retail Probiotics

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

jarow formulas / bifidus balance® + fos
 organic 3 / primal soil
 SuperSmart / Bacillus Subtilis
 BIO-BOTANICAL RESEARCH / Megacidin
 reserveage nutrition / beautiflora
 amy meyers / primal earth probiotic
 Jetson / Gut Prep
 nature's way (au) / restore probiotic bowel & colon health 30s
 garden of life / primal defense
 naturopathica (au) / gastrohealth fibrepro
 blackmore (au) / probiotics+ eczema relief
 Jetson / FIT
 optibac / for every day
 Prescript-Assist®/SBO Probiotic
 Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
 Next Generation
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 Physician Choice /60 Billion Probiotics
 enviromedica terraflora sbo probiotic
 Jetson (US) / Mood Probiotics
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
 corebiotic
 blackmores (au) / probiotics+ immune defence
 ISCON Elegance/ Ochek Capsule 10
 Nutrition Essentials / Probiotic (900 BCFU)
 mwsb / candida yeast support
 microbiome labs/ megasporebiotic
 optibac / bifidobacteria & fibre
 klair labs / biospora
 Energybalance / ColoBiotica 28 Colon Support
 microbiome labs / hu58
 perfect pass / perfect pass probiotic bacillus spore
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 global health trax / threelac
 nature's way (au) / restore probiotic 30 billion 30s
 Law of Nature / Best Days Formula
 bio-botanical research / proflora4r restorative probiotic
 blackmore (au) / probiotics+ daily health
 powerlabs (au) / ultra blend
 Swiss BioEnergetics / Full Spectrum Probiotic Defence
 Bulk Probiotics / Bacillus Subtilis Probiotic
 theramedix / probiotic
 blackmores (au) / probiotics + adults daily (90 capsules)
 aor / probiotio-3
 vitamin angels / just thrive
 nature's way (au) / restore probiotic daily health 90s
 INVIVO THERAPEUTICS / Bio.Me IB +

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.

2-Methyl-5-(1-methylethyl)phenol {Carvacrol}
Azadirachta indica {Neem}
Cinnamomum zeylanicum {Ceylon Cinnamon}
D-(-)-Fructose {Fruit sugar}
Diferuloylmethane {Curcumin}
eugenol {Eugenol acid}
foeniculum vulgare,fennel
green tea
Honey {Honey }
Lavandula angustifolia {lavender}
Metha family {Mint}
Nigella sativa {black cumin}

Ocimum basilicum {Basil}
Ocimum gratissimum {Clove basil}
origanum vulgare {oregano}
Pimpinella anisum {Anise}
Propolis {Bee glue}
rosmarinus officinalis {rosemary}
Saccharomyces cerevisiae var boulardii {S. boulardii}
Salvia officinalis {Sage}
Silver nanoparticles {Colloidal silver}
 β -(1 $\rightarrow$ 4)-linked D-glucosamine and N-acetyl-D-glucosamine
{Chitosan}
Thymus vulgaris {thyme}
Zingiber officinale Roscoe {ginger}

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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