

Microbiome Information for: Type 1 Diabetes

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 Type 1 Diabetes

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
Bacteroidia	class	High	200643	Prevotella	genus	Low	838
Deferribacteres	class	High	68337	Roseburia	genus	Low	841
Deltaproteobacteria	class	Low	28221	Rothia	genus	High	32207
Christensenellaceae	family	High	990719	Ruminococcus	genus	High	1263
Enterobacteriaceae	family	High	543	Shigella	genus	High	620
Lachnospiraceae	family	High	186803	Staphylococcus	genus	Low	1279
Oxalobacteraceae	family	High	75682	Streptococcus	genus	High	1301
Pasteurellaceae	family	Low	712	Turidibacter	genus	Low	191303
Peptostreptococcaceae	family	High	186804	Veillonella	genus	High	29465
Prevotellaceae	family	High	171552	Caulobacterales	order	Low	204458
Rhodospirillaceae	family	High	41295	Rhodospirillales	order	High	204441
Succinivibrionaceae	family	High	83763	Verrucomicrobiales	order	High	48461
Verrucomicrobiaceae	family	High	203557	Acetanaerobacterium elongatum	species	Low	258515
Acidaminococcus	genus	Low	904	Agathobaculum desmolans	species	Low	39484
Alistipes	genus	High	239759	Akkermansia muciniphila	species	High	239935
Anaerostipes	genus	High	207244	Anaerobutyricum hallii	species	Low	39488
Bacteroides	genus	High	816	Bacteroides fragilis	species	High	817
Bifidobacterium	genus	Low	1678	Bacteroides ovatus	species	High	28116
Bilophila	genus	High	35832	Bifidobacterium adolescentis	species	Low	1680
Blautia	genus	High	572511	Bifidobacterium longum	species	Low	216816
Candidatus Soleaferrea	genus	High	1470353	Bifidobacterium pseudocatenulatum	species	Low	28026
Coprococcus	genus	High	33042	Blautia coccoides	species	Low	1532
Dialister	genus	Low	39948	Candida albicans	species	High	5476
Enterococcus	genus	High	1350	Cutibacterium acnes	species	High	1747
Escherichia	genus	High	561	Faecalibacterium prausnitzii	species	Low	853
Eubacterium	genus	Low	1730	Helicobacter pylori	species	High	210
Faecalibacterium	genus	Low	216851	Mycobacterium avium	species	High	1764
Haemophilus	genus	Low	724	Peptoniphilus gorbachii	species	Low	411567
Intestinimonas	genus	Low	1392389	Roseburia faecis	species	Low	301302
Lachnospira	genus	Low	28050	Staphylococcus aureus	species	High	1280
Lactobacillus	genus	Low	1578	Tannerella forsythia	species	High	28112
Megamonas	genus	Low	158846	Treponema denticola	species	High	158
Oscillospira	genus	High	119852	[Ruminococcus] torques L2-14	strain	High	657313
Parasutterella	genus	Low	577310	Bifidobacterium longum subsp. infantis	subspecies	Low	1682

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	Ferrum {Iron Supplements}	400 mg/day
Abstention from eating {Fasting}		high red meat	
cellulose		N-(phosphonomethyl)glycine {glyphosate}	

Retail Probiotics

Over 260 retail probiotics were evaluted with the following deem beneficial with no known adverse risks.

Ombre / Harmony

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->1)-beta-D-fructofuranan {Inulin}

Bifidobacterium animalis subsp. lactis {B. Lactis}

Bovine Milk Products {Dairy}

Cichorium intybus {Chicory}

fructo-oligosaccharides

fruit

fruit/legume fibre

Hordeum vulgare {Barley}

Lactocaseibacillus casei {L. casei}

Lactobacillus plantarum {L. plantarum}

Limosilactobacillus fermentum {L. fermentum}

oligosaccharides {oligosaccharides}

polyphenols

soy

synthetic disaccharide derivative of lactose {Lactulose}

yogurt

Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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Allergies
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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