

Microbiome Information for: Sleep Apnea

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 Sleep Apnea

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	Low	1760	Faecalibacterium	genus	Low	216851
Bacilli	class	Low	91061	Flaviflexus	genus	High	1522056
Gammaproteobacteria	class	High	1236	Fusobacterium	genus	High	848
Acidaminococcaceae	family	Low	909930	Globicatella	genus	High	13075
Enterobacteriaceae	family	High	543	Megamonas	genus	High	158846
Oscillospiraceae	family	High	216572	Oscillibacter	genus	High	459786
Peptostreptococcaceae	family	High	186804	Paenibacillus	genus	High	44249
Rikenellaceae	family	Low	171550	Parascardovia	genus	High	196082
Veillonellaceae	family	High	31977	Roseburia	genus	Low	841
Alistipes	genus	Low	239759	Ruminococcus	genus	High	1263
Alloscardovia	genus	High	419014	Shigella	genus	High	620
Anaerostipes	genus	Low	207244	Subdoligranulum	genus	High	292632
Bacteroides	genus	Low	816	Lactobacillales	order	Low	186826
Bifidobacterium	genus	High	1678	Anaerostipes caccae	species	High	105841
Dorea	genus	High	189330	Eubacterium xylanophilum	species	Low	39497
Eggerthella	genus	Low	84111	Pseudomonas aeruginosa	species	High	287

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

Cichorium intybus {Chicory} 1800 mg/day

fructo-oligosaccharides 15 gram/day

oligosaccharides {oligosaccharides}

synthetic disaccharide derivative of lactose {Lactulose}

Retail Probiotics

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

jarrow formulas / bifidus balance® + fos
Physician Choice / 60 Billion Probiotics
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
blackmores (au) / probiotics+ immune defence
ISCON Elegance/ Ochek Capsule 10
Nutrition Essentials / Probiotic (900 BCFU)
optibac / bifidobacteria & fibre
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
nature's way (au) / restore probiotic 30 billion 30s
blackmore (au) / probiotics+ daily health
Global Healing Center / FloraTrex
nature's way (au) / restore probiotic bowel & colon health 30s
naturopathica (au) / gastrohealth fibrepro
blackmore (au) / probiotics+ eczema relief
optibac / for every day
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
naturopathica (au) / gastrohealth probiotic dairy free 50 billion
Swiss BioEnergetics / Full Spectrum Probiotic Defence
theramedix / probiotic
blackmores (au) / probiotics + adults daily (90 capsules)
Wholesome Wellness / Raw Probiotic
nature's way (au) / restore probiotic daily health 90s

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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}
2H-1,6,2-benzothiazol-1,1,3-trione {Saccharin}
2-Methyl-5-(1-methylethyl)phenol {Carvacrol}
allium sativum {garlic}
Cinnamomum zeylanicum {Ceylon Cinnamon}
Curcuma amada {Mango ginger}
Curcuma longa {Turmeric}
D-(-)-Fructose {Fruit sugar}

Diferuloylmethane {Curcumin}
Ethyl alcohol {Grain alcohol}
Ferrum {Iron Supplements}
origanum vulgare {oregano}
Sulforaphane {Dark Greens}
Thymus vulgaris {thyme}
vitamin d
Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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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