

Microbiome Information for: Premenstrual dysphoric disorder

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 Premenstrual dysphoric disorder

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	Low	200643	Candida	genus	High	5475
Anaerotaenia	genus	High	1843206	Collinsella	genus	High	102106
Bifidobacterium	genus	High	1678	Extibacter	genus	Low	1918452
Blautia	genus	High	572511	Megasphaera	genus	Low	906
Butyricicoccus	genus	Low	580596	Parabacteroides	genus	Low	375288

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

Lactobacillus plantarum {L. plantarum} 60 BCFU/day
oligosaccharides {oligosaccharides}

Retail Probiotics

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

theramedix / probiotic
 nature's way (au) / restore probiotic bowel & colon health 30s
 jarrow formula / ideal bowel support® lp299v®
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 Physician Choice / 60 Billion Probiotics
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
 biospec / probiotio-5
 HMF Metabolic
 blackmores (au) / probiotics+ immune defence
 CustomProbiotics.com / L. Plantarum Probiotic Powder
 Ombre / Healthy Gut
 1 md / complete probiotics platinum
 UltraFlora® Immune Booster
 OMNI-BIOTIC®/ 10 AAD
 up4 / women's
 young living / life 9
 Bromatech (IT) / Adomelle
 nature's bounty / probioti 10
 SuperSmart / Derma Relief
 fairvital / microflora basic
 Wakunaga / Max Probiotic
 Invivo / Bio.Me Femme UT
 NaturalPharma / Profit Probiotics
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 UltraFlora® Intensive Care
 nature's way (au) / restore probiotic 30 billion 30s
 organic 3 / primal gut
 Floradapt Cardio
 Physis / Advance Probiotics
 blackmore (au) / probiotics+ daily health
 Dr. Mercola / Complete Probiotics
 Garden of Life / Dr. Formulated Once Daily Women's
 vinco / probiotic eight 65
 Purica Probiotic Cardio
 hyperbiotics / pro-15
 nature's way (au) / restore probiotic 100 billion
 seed / male version
 Maple Life Science™ / Lactobacillus plantarum
 lifted naturals / mood boosting probiotic
 bioglan bio (au) / happy probiotic 50
 HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
 goodbelly drink
 Ombre / Heart Health
 Symprove™
 seed / female version
 jarrow formulas / jarro-dophilus® ultra
 custom probiotics / six strain probiotic powder
 ImmuneBiotech Medical Sweden AB / GutMagnific®
 organic 3 / gutpro
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
 Northwest Natural Products / PBS
 Immune Defense Daily Chewable Probiotic
 fürstenmed / lacto-bifido
 Swiss BioEnergetics / Full Spectrum Probiotic Defence

probiotic pur (de) / realdose nutrition
 visbiome
 garden of life / primal defense
 Bulk Probiotics / L. Plantarum Probiotic Powder
 spain (es) / I3.1
 renew life men's probiotic - ultimate
 ferring / vsl#3
 Resbiotic / resB® Lung Support
 SuperSmart / Full Spectrum Probiotic Formula
 naturopathica (au) / gastrohealth fibrepro
 blackmore (au) / probiotics+ eczema relief
 7 AM Ultra Probiotics
 quantum wellness / restora flora
 Seeking Health / Probiota HistaminX
 Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
 vita miracle / ultra-30 probiotics
 blackmores (au) / probiotics + adults daily (90 capsules)
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 Windove Probiotics / Ecologic®825
 ASEA VIA / BIOME
 jarro formula / jarro-dophilus original
 nature's way (au) / restore probiotic daily health 90s
 Bromatech(IT) / FEMELLE
 HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
 SuperSmart / Candalb
 custom probiotics / four strain lactobacilli
 naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
 udo's choice / super 8 gold
 zint nutrition / probiotic collagen +
 Smidge / Sensitive Probiotic
 Krauterhaus / Lactopro
 LiveWell Nutrition / Pro-45
 Metabolics / Lactobacillus Plantarum Powder
 Nature's Lab Cardio
 spain (es) / vivomixx
 Advanced Bio-Cultures / Advance Multi Strain Probiotics
 elixa / probiotic
 Ombre / Ultimate Immunity
 bioray / cytoflora
 Purica Probiotic Intensive GI
 renew life / ultimate flora
 up4 / ultra
 optibac / for your cholesterol
 jarro formulas / bifidus balance® + fos
 Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
 ProbioMax® Daily DF
 SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
 Floradapt Gut Comfort
 bioglan bio (au) / happy probiotic 100
 Realdose
 Nature's Lab Intensive GI
 Ombre / Mood Enhancer
 up4 / adult

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.

5,7-Dihydroxy-2-(4-hydroxyphenyl)-4H-1-benzopyran-4-one

{Apigenin }

Abstention from eating {Fasting}

allium sativum {garlic}

Aloe vera {True Aloe}

cobalamin {Vitamin B-12}

Cucurbita pepo {Pumpkin}

Cymbopogon citratus {Lemongrass}

Ethanoic acid {Vinegar}

Ethyl alcohol {Grain alcohol}

Ferrum {Iron Supplements}

high red meat

Lactococcus lactis {Streptococcus lactis}

Ocimum tenuiflorum {Tulsi}

Rubus fruticosus {Blackberry}

vegetarians

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

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