Kyoto Encyclopedia of Genes and Genomes derived Suggestions

Review Overview

These suggestions 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 almost 2 million facts with backward chaining to sources of information. The typical sources are studies published on the US National Library of Medicine. Note: That many of the bacteria species used are *NOT* reported on many tests.

These are suggestions that are predicted to independently Decreasing histidine decarboxylase by impacting the bacteria listed on KEGG: Kyoto Encyclopedia of Genes and Genomes. 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

This is an experimental feature – manual validations is recommended. For background, see this post

There is a separate report for probiotics. That report use the enzymes in probiotic species.

Analysis Provided by Microbiome Prescription

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Our Facebook Discussion Page

Bacteria being targeted by suggestions.

These bacteria levels were deemed atypical

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Sorangium cellulosum	*species*		*56*	Kitasatospora setae	*species*		*2066*
Francisella tularensis subsp. novicida	*subspecies*		*264*	Halomonas elongata	*species*		*2746*
Pseudomonas fluorescens	*species*		*294*	Francisella philomiragia	*species*		*28110*
Methylococcus capsulatus	*species*		*414*	Vibrio nigripulchritudo	*species*		*28173*
Acinetobacter baumannii	*species*		*470*	Arcobacter nitrofigilis	*species*		*28199*
Iodobacter fluviatilis	*species*		*537*	Ornithobacterium rhinotracheale	*species*		*28251*
Klebsiella aerogenes	*species*		*548*	Streptantibioticus cattleyicolor	*species*		*29303*
Dickeya chrysanthemi	*species*		*556*	Aeromonas salmonicida subsp. salmonicida	*subspecies*		*29491*
Klebsiella pneumoniae	*species*		*573*	Vibrio tubiashii	*species*		*29498*
Aeromonas hydrophila	*species*		*644*	Staphylococcus saccharolyticus	*species*		*33028*
Aeromonas salmonicida	*species*		*645*	Gloeobacter violaceus	*species*		*33072*
Vibrio vulnificus	*species*		*672*	Streptomyces subrutilus	*species*		*36818*
Vibrio gazogenes	*species*		*687*	Xenorhabdus poinarii	*species*		*40577*
Plesiomonas shigelloides	*species*		*703*	Micromonospora aurantiaca	*species*		*47850*
Haemophilus influenzae	*species*		*727*	Acinetobacter pittii	*species*		*48296*
Bacteroides fragilis	*species*		*817*	Tatumella citrea	*species*		*53336*
Fusobacterium varium	*species*		*856*	Dactylosporangium vinaceum	*species*		*53362*
Fusobacterium ulcerans	*species*		*861*	Nocardiopsis alba	*species*		*53437*
Cellulophaga lytica	*species*		*979*	Fructilactobacillus lindneri	*species*		*53444*
Solitalea canadensis	*species*		*995*	Raoultella ornithinolytica	*species*		*54291*
Leptolyngbya boryana	*species*		*1184*	Erwinia persicina	*species*		*55211*
Clostridium perfringens	*species*		*1502*	Vibrio anguillarum	*species*		*55601*
Paeniclostridium sordellii	*species*		*1505*	Streptomyces platensis	*species*		*58346*
Clostridium tetani	*species*		*1513*	Desulfobacca acetoxidans	*species*		*60893*
Acetivibrio thermocellus	*species*		*1515*	Shewanella woodyi	*species*		*60961*
Clostridium baratii	*species*		*1561*	Serratia rubidaea	*species*		*61652*
Limosilactobacillus reuteri	*species*		*1598*	Zobellia galactanivorans	*species*		*63186*
Fructilactobacillus fructivorans	*species*		*1614*	Streptomyces fungicidicus	*species*		*68203*
Limosilactobacillus vaginalis	*species*		*1633*	Musicola paradisiaca	*species*		*69223*
Streptomyces clavuligerus	*species*		*1901*	Aliivibrio wodanis	*species*		*80852*

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.

The recommended process to obtain a *persistent shift* of the microbiome is:
- **Generate 4 lists from the suggestions with nothing repeated on another list**
- **Emphasize one list each week**
- **After 8 weeks (2 cycles), retest the microbiome to obtains the next set of *course corrections***

This approach allows the microbiome to stablize towards normal.

Pick only as many suggestions that suits you; there is no need to do all of them. Suggestions are based on your specific bacteria and not marketing concepts such as 'healthy choices'.

- **anise** 450 mgm/day
- **chitosan,(sugar)** 3 gram/day
- **cinnamon (oil. spice)** 6 gram/day
- **coriander oil**
- **Curcumin** 3 gram/day
- **foeniculum vulgare,fennel**
- **ginger**
- **nigella sativa seed (black cumin)** 1000 mg/day
- **oregano (origanum vulgare, oil) |**
- **rosmarinus officinalis,rosemary**
- **syzygium aromaticum (clove)**
- **thyme (thymol, thyme oil)**
- **trachyspermum ammi, Ajwain**

Substance to Consider Reducing or Eliminating

These are the most signigicant 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.

arabinogalactan (prebiotic)
barley
inulin (prebiotic)
iron
jerusalem artichoke (prebiotic)
lactulose
navy bean
Pulses
resistant starch
resveratrol (grape seed/polyphenols/red wine)
saccharomyces boulardii (probiotics)
sesame cake/meal
Slippery Elm
vegetarians
walnuts
wheat bran

Sample of Literature Used

The following are some of the studies used to generate these suggestions.

Spices as Sustainable Food Preservatives: A Comprehensive Review of Their Antimicrobial Potential.
Pharmaceuticals (Basel, Switzerland) , Volume: 16 Issue: 10 2023 Oct 12
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Targeted modification of gut microbiota and related metabolites via dietary fiber.
Carbohydrate polymers , Volume: 316 2023 Sep 15
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Low-Dose Lactulose as a Prebiotic for Improved Gut Health and Enhanced Mineral Absorption.
Frontiers in nutrition , Volume: 8 2021
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Monitoring in vitro antibacterial efficacy of 26 Indian spices against multidrug resistant urinary tract infecting bacteria.
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