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 Methane | CH4 CH4 by impacting the bacteria listed on <u>KEGG</u>: <u>Kyoto Encyclopedia of Genes and Genomes</u>. 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

A Microbiome Analysis Company

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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
Methylococcus capsulatus	species	414	Nitrosococcus watsonii	snecies	473531
Methylosinus trichosnorium	species	421	Nycobacterium dioxanotrophicus	species	482462
Methylotuvimicrobium bun/stense	species	420	Candidatus Methylacidiphilum		
Methylomonas sn 1W13	species	107637	infernorum	species	s 511746
Methylogystis beveri	species	201007	Candidatus Nitrosacidococcus tergens	species	553981
Methylocysus negen	species	655015	Candidatus Methylomirabilis	cnoolog	6711/2
Methylocaldum marinum	species	1432792	oxygeniifera	species	6/1145
Methylomagnum ishizawai	species	1760988	Methylomonas koyamae	species	s 70 <u>211</u> 4
Candidatus Methylospira mobilis	species	1808979	Methylomonas paludis	species	s <u>1173101</u>
Methylocystis panus	species	134	Nitrosospira lacus	species	s <u>128849</u> 4
Nitrosomonas euronaea	species	915	Methylogaea oryzae	species	s <u>12</u> 95382
Nitrosomonas eutropha	species	916	Nitrosomonas stercoris	species	s <u>1444684</u>
Nitrosococcus oceani	species	1220	Methylomonas denitrificans	species	s 1538553
Nitrososnira multiformis	species	1225	Candidatus Nitrosoglobus terrae	species	s 1630141
Mycolicibacterium chubuense	species	1201	Methylovulum psychrotolerans	species	s 1704499
Mycolicibacterium thodesiae	species	2691/	Candidatus Nitrospira inopinata	species	s 1715989
Nitrosomonas communis	species	0014 11571	Methylomonas sp. DH-1	species	s 1727196
Nitrosomonas urgao	species	44577	Nitrosococcus wardiae	species	s <u>1814290</u>
Hydrogenonbaga neeudoflaya	species	44577	Azoarcus sp. DD4	species	s 2027405
Nitroscoscus balanbilus	species	47421 122520	Nocardia tengchongensis	species	2055889
Nurosococcus haiopinius	species	150140	Burkholderia sp. JP2-270	species	s <u>221791</u> 3
Nitrecompany on AL212	species	152142	Burkholderia thailandensis	species	s 57975
Nurosonnonas sp. ALZIZ	species	170066	Pseudomonas fluorescens	species	s 294
Methylogysus rosea	species	107202	Ralstonia pickettii	species	s 329
Methylocysus sp. SC2	species	100506	Stutzerimonas stutzeri	species	s 316
Methylocella silvesiris	species	199590	Shigella boydii	species	621
	species	227005	Desulfovibrio desulfuricans	species	s 876
Nurosomonas sp. 1579A3	species	<u>261292</u>	Clostridium pasteurianum	species	s 1501
Methylotuvimicrobium alcaliphilum	n species	271065	Marinobacter nauticus	species	s 2743
Methylacidiphilum kamchatkense	species	431057	Rhodococcus opacus	species	s 37919
			Pandoraea pnomenusa	species	s 93220
			Variovorax paradoxus	species	34073

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'.

Ayurvedic herbal formula {Triphala} 9000 mg/day Cinnamomum zeylanicum {Ceylon Cinnamon} 6 gram/day Coriandrum sativum {Coriander} Curcuma longa {Turmeric} 3000 mg/day DiferuloyImethane {Curcumin} 3 gram/day foeniculum vulgare,fennel fruit fruit/legume fibre Lacticaseibacillus casei {L casei} 48 BCFU/day Lactobacillus plantarum {L plantarum} 60 BCFU/day Nigella sativa {black cumin} 1000 mg/day origanum vulgare {oregano} rosmarinus officinalis {rosemary} syzygium aromaticum {clove} Thymus vulgaris {thyme} yogurt Zingiber officinale Roscoe {ginger}

Retail Probiotics

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

theramedix / probiotic newrhythm / probiotics 20 stains Lake Avenue Nutrition / Probiotics 10 Strain Blend Winclove Probiotics / Ecologic®825 ASEA VIA / BIOME fürstenmed / lacto-bifido jarrow formula / jarro-dophilus original HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM Krauterhaus / Lactopro udo's choice / super 8 gold Advanced Bio-Cultures / Advance Multi Strain Probiotics elixa / probiotic bioray / cytoflora renew life / ultimate flora up4/ultra Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains bioglan bio (au) / happy probiotic 100 **Global Healing Center / FloraTrex** SuperSmart / Lactoxira douglas laboratories / multi probiotic 40 billion visbiome garden of life / primal defense renew life men's probiotic - ultimate SuperSmart / Full Spectrum Probiotic Formula **7 AM Ultra Probiotics** quantum wellness / restora flora vita miracle / ultra-30 probiotics jarrow formula / ideal bowel support® lp299v® HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS **Next Generation** Northwest Natural Products / PB8 jarrow formulas / jarro-dophilus eps SuperSmart / Probio Forte seed / female version jarrow formulas / jarro-dophilus® ultra Physician Choice / 60 Billion Probiotics 1 md / complete probiotics platinum nature's bounty / probioti 10 SuperSmart / Derma Relief fairvital / microflora basic MegaFood / MegaFlora Invivo / Bio.Me Femme UT **OMNI-BIOTIC®/ TRAVEL** organic 3 / primal gut Physis / Advance Probiotics Dr. Mercola / Complete Probiotics Garden of Life / Dr. Formulated Once Daily Women's vinco / probiotic eight 65 hyperbiotics / pro-15 nature's way (au) / restore probiotic 100 billion bioglan bio (au) / happy probiotic 50 HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL Immune Defense Daily Chewable Probiotic seed / male version

solarav / mycrobiome probiotic colon formula Maple Life Science™ / Lactobacillus plantarum lifted naturals / mood boosting probiotic NOW FOODS / Clinical GI Probiotic Purica Probiotic Cardio ecology_allergycare Floradapt Cardio HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS PharmExtracta (IT) / INatal Sachets NaturalPharma / Profit Probiotics Bio Schwartz / Advance Strength Probiotics (40 BCFU) UltraFlora® Intensive Care Wakunaga / Max Probiotic UltraFlora® Immune Booster **OMNI-BIOTIC®/ 10 AAD** up4/women's young living/life 9 Bromatech (IT) / Adomelle goodbelly drink Bulk Probiotics / L Casei Probiotic Powder (Candida Support) Ombre / Heart Health Symprove™ custom probiotics / six strain probiotic powder Bromatech (IT) / Citogenex ImmuneBiotech Medical Sweden AB / GutMagnific® naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu biospec / probiotic-5 **HMF Metabolic** CustomProbiotics.com / L. Plantarum Probiotic Powder Ombre / Healthy Gut just for tummies / live bacteria organic 3 / gutpro Sash Vitality / Bio-Cultures Probiotics for Adults SuperSmart / Vaginal Health naturopathica (au) / gastrohealth probiotic dairy free 50 billion Probiotic 10 Billion Active Cells Daily Maintenance Seeking Health / Probiota HistaminX Thryve Inside/ L.Reu, Rham, Casi; B.Lactis klaire labs / target gb-x ferring / vsl#3 Resbiotic /resB® Lung Support Bulk Probiotics / L. Plantarum Probiotic Powder spain (es) / 13.1 Ombre / Mood Enhancer up4/adult nature's way (au) / restore probiotic bowel & colon health 30s Realdose Nature's Lab Intensive GI ProbioMax® Daily DF SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturerized) Floradapt Gut Comfort optibac / for your cholesterol Purica Probiotic Intensive GI Ombre / Ultimate Immunity zint nutrition / probiotic collagen + Smidge / Sensitive Probiotic LiveWell Nutrition / Pro-45 Metabolics / Lactobacillus Plantarum Powder

Nature's Lab Cardio Jetson (US) / Immunity Probiotics spain (es) / vivomixx SuperSmart / Candalb custom probiotics / four strain lactobacilli naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion CustomProbiotics.com / L Casei Probiotic Powder Bromatech(IT) / FEMELLE probiotic pur (de) / realdose nutrition Wholesome Wellness / Raw Probiotic bio-k+

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.

Cola aspartame {Diet Cola} Ferrum {Iron Supplements} N-L-a-aspartyl-L-phenylalanine methyl ester {aspartame} Ulmus rubra {slippery elm}

Sample of Literature Used

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

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