

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 [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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Bacteria being targeted by suggestions.

These bacteria levels were deemed atypical

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Methylococcus capsulatus	species		414	Nitrosococcus watsonii	species		473531
Methylomonas methanica	species		421	Mycobacterium dioxanotrophicus	species		482462
Methylosinus trichosporium	species		426	Candidatus Methylococcus	species		511746
Methylovulum microbium buryatense	species		95641	Candidatus Nitrosococcus	species		553981
Methylomonas sp. LW13	species		107637	Candidatus Methylomonas oxyfera	species		671143
Methylocystis heyeri	species		391905	Methylomonas koyamae	species		702114
Methylocystis bryophila	species		655015	Methylomonas paludis	species		1173101
Methylomagnum marinum	species		1432792	Nitrosospora lacus	species		1288494
Methylomagnum ishizawai	species		1760988	Methylogaea oryzae	species		1295382
Candidatus Methylospora mobilis	species		1808979	Nitrosomonas stercoris	species		1444684
Methylocystis parvus	species		134	Methylomonas denitrificans	species		1538553
Nitrosomonas europaea	species		915	Candidatus Nitrosoglobus terrae	species		1630141
Nitrosomonas eutropha	species		916	Methylovulum psychrotolerans	species		1704499
Nitrosococcus oceani	species		1229	Candidatus Nitrosospora inopinata	species		1715989
Nitrosospora multiformis	species		1231	Methylomonas sp. DH-1	species		1727196
Mycobacterium chubuense	species		1800	Nitrosococcus wardiae	species		1814290
Mycobacterium rhodesiae	species		36814	Azoarcus sp. DD4	species		2027405
Nitrosomonas communis	species		44574	Nocardia tengchongensis	species		2055889
Nitrosomonas ureae	species		44577	Burkholderia sp. JP2-270	species		2217913
Hydrogenophaga pseudoflava	species		47421	Burkholderia thailandensis	species		57975
Nitrosococcus halophilus	species		133539	Pseudomonas fluorescens	species		294
Mycobacterium holsaticum	species		152142	Ralstonia pickettii	species		329
Nitrosomonas sp. AL212	species		153948	Stutzerimonas stutzeri	species		316
Methylocystis rosea	species		173366	Shigella boydii	species		621
Methylocystis sp. SC2	species		187303	Desulfovibrio desulfuricans	species		876
Methylocella silvestris	species		199596	Clostridium pasteurianum	species		1501
Methylocella tundrae	species		227605	Marinobacter nauticus	species		2743
Nitrosomonas sp. Is79A3	species		261292	Rhodococcus opacus	species		37919
Methylovulum microbium alcaliphilum	species		271065	Pandora sp. phoenicis	species		93220
Methylacidiphilum kamchatkense	species		431057	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'.

cinnamon (oil, spice) 6 gram/day

coriander oil

Curcumin 3 gram/day

foeniculum vulgare,fennel

ginger

lactobacillus casei (probiotics) 48 BCFU/day

lactobacillus plantarum (probiotics) 60 BCFU/day

nigella sativa seed (black cumin) 1000 mg/day

oregano (origanum vulgare, oil) |

rosmarinus officinalis,rosemary

schinus molle (herb)

syzygium aromaticum (clove)

thyme (thymol, thyme oil)

trachyspermum ammi, Ajwain

triphalala 9000 mg/day

Retail Probiotics

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

theramedix / probiotic
 newrhythm / probiotics 20 strains
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 Windcove Probiotics / Ecologic®825
 ASEA VIA / BIOME
 HLH BIOPHARMA(DE) / LACTOBACT® METABOLIC
 jarow formula / jarro-dophilus original
 HLH BIOPHARMA(DE) / LACTOBACT® PREMIUM
 fürstenmed / lacto-bifido
 udo's choice /super 8 gold
 Krauterhaus / Lactopro
 Advanced Bio-Cultures / Advance Multi Strain Probiotics
 elixa / probiotic
 bioray / cytoflora
 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
 renew life / ultimate flora
 up4 / ultra
 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
 jarow formula / ideal bowel support® lp299v®
 HLH BIOPHARMA(DE) / LACTOBACT® 60PLUS
 Northwest Natural Products / PB8
 jarow formulas / jarro-dophilus eps
 SuperSmart / Probio Forte
 seed / female version
 jarow 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

solaray / microbiome 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
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
klair labs / target gb-x
ferring / vsl#3
Resbiotic/resB® Lung Support
spain (es) / I3.1
optibac / for your cholesterol
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 (Pasturized)
Floradapt Gut Comfort
Purica Probiotic Intensive GI
Ombre / Ultimate Immunity
LiveWell Nutrition / Pro-45
Metabolics / Lactobacillus Plantarum Powder
Nature's Lab Cardio
Jetson (US) / Immunity Probiotics
spain (es) / vivomixx
zint nutrition / probiotic collagen +

Smidge / Sensitive Probiotic
probiotic pur (de) / realdose nutrition
SuperSmart / Candalb
custom probiotics / four strain lactobacilli
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
CustomProbiotics.com / L. Casei Probiotic Powder
Bromatech(IT) / FEMELLE
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.

aspartame (sweetner)

iron

Slippery Elm

Sample of Literature Used

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