

## Microbiome Information for: Endometriosis

### For 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 *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**

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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

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Email: [Research@MicrobiomePrescription.com](mailto:Research@MicrobiomePrescription.com)

## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Endometriosis

*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
Coriobacteriaceae	family	High	84107	Lachnospira	genus	Low	28050
Enterobacteriaceae	family	High	543	Lactobacillus	genus	Low	1578
Lactobacillaceae	family	Low	33958	Odoribacter	genus	Low	283168
Atopobium	genus	Low	1380	Oscillospira	genus	High	119852
Bacteroides	genus	High	816	Parabacteroides	genus	High	375288
Bifidobacterium	genus	High	1678	Paraprevotella	genus	Low	577309
Blautia	genus	High	572511	Porphyromonas	genus	High	836
Campylobacter	genus	High	194	Prevotella	genus	High	838
Candida	genus	High	5475	Pseudomonas	genus	High	286
Coprococcus	genus	High	33042	Ruminococcus	genus	Low	1263
Corynebacterium	genus	High	1716	Shigella	genus	High	620
Dialister	genus	Low	39948	Sneathia	genus	Low	168808
Dorea	genus	High	189330	Streptococcus	genus	High	1301
Escherichia	genus	High	561	Turidibacter	genus	Low	191303
Ezakiella	genus	High	1582879	Veillonella	genus	Low	29465
Faecalibacterium	genus	High	216851	Eubacteriales	order	Low	186802
Fingoldia	genus	Low	150022	Escherichia coli	species	High	562
Flavobacterium	genus	High	237	Faecalibacterium prausnitzii	species	High	853
Gardnerella	genus	Low	2701	Gardnerella vaginalis	species	High	2702
Gemella	genus	Low	1378	Prevotella bivia	species	High	28125

## 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.

Antibiotics annotated with [CFS] have been used with various degree of success with Myalgic Encephalomyelitis, Chronic Fatigue Syndrome, Chronic Lyme, Chronic Q-Fever and Long COVID conditions. Rotation of antibiotics with 3 weeks off between courses is recommended.

alcoholic beverages	
<b>arabinogalactan (prebiotic)</b>	21 gram/day
aspartame (sweetner)	
beef	
Bile Acid Sequestrant	
<b>Bofutsushosan</b>	
<b>cadium</b>	
catecholamines (polyphenol)	
<b>cephamycin (antibiotic)s</b>	
chondrus crispus,red sea weed	
<b>colinfant e.coli probiotics</b>	
cranberry bean flour	
<b>dibekacin (antibiotic)s</b>	
<b>Ferric citrate</b>	
<b>fluorine</b>	
<b>General Biotics Equilibrium</b>	
glucose (sugar)	
gluten-free diet	
<b>glycylcycline (antibiotic)s</b>	
green-lipped mussel	
<b>isepamicin (antibiotic)s</b>	
ku ding cha tea	
lactulose	
levan	
<b>lividomycin (antibiotic)s</b>	
low protein diet	
<b>l-proline</b>	
<b>macrolide ((antibiotic)s)</b>	
<b>netilmicin (antibiotic)s</b>	
non-starch polysaccharides	
pectin	
<b>penicillin-moxalactam (antibiotic)s</b>	
proton-pump inhibitors (prescription)	60 mg/day
Pulses	
red alga Laurencia tristicha	
red wine	250 ml/day
<b>resistant maltodextrin</b>	50 gram/day
saccharin	450 mg/day
<b>saccharomyces boulardii (probiotics)</b>	6 BCFU/day
salt (sodium chloride)	
<b>Slippery Elm</b>	
<b>sulfonamide (antibiotic)s</b>	
<b>symbioflor 2 e.coli probiotics</b>	
<b>Tributyryn</b>	
<b>xylan (prebiotic)</b>	

## **Retail Probiotics**

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

sybiopharm / symbioflo 2  
Swiss BioEnergetics / Full Spectrum Probiotic Defence  
microbiome labs / restorflora  
Bromatech (IT) / Enterelle  
florastor / florastor  
imagilin / NutriLots Replenish  
Ombre / Endless Energy  
optibac / saccharomyces boulardii  
spain (es) / ultralevura  
organic 3 / yeastbiotic  
SuperSmart / Saccharomyces Boulardii  
spain (es) / axiboulardi  
nature's instincts / ultra spore probiotic

**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.

amikacin (antibiotic)s

amoxicillin (antibiotic)s[CFS]

ampicillin (antibiotic)s[CFS]

barley

benzylpenicillin sodium (antibiotic)

cinnamon (oil. spice)

ciprofloxacin (antibiotic)s[CFS]

clostridium butyricum (probiotics),Miya,Miyarisan

fluoroquinolone (antibiotic)s

garlic (allium sativum)

gentamicin (antibiotic)s

imipenem (antibiotic)s

lactobacillus casei (probiotics)

lactobacillus paracasei (probiotics)

lactobacillus plantarum (probiotics)

lactobacillus reuteri (probiotics)

ofloxacin (antibiotic)s

oregano (organum vulgare, oil) |

piperacillin-tazobactam (antibiotic)s

rosmarinus officinalis,rosemary

thyme (thymol, thyme oil)

trimethoprim (antibiotic)s

## Sample of Literature Used

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Hypoxia  
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NonCeliac Gluten Sensitivity  
Obesity  
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Osteoarthritis  
Osteoporosis  
Parkinson's Disease  
Postural orthostatic tachycardia syndrome  
Premenstrual dysphoric disorder  
Psoriasis  
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