

## Microbiome Information for: Intelligence

### 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

892 Lake Samish Rd, Bellingham WA 98229

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

## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Intelligence

*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.

<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy ID</b>	<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy ID</b>
Burkholderiaceae	<i>family</i>	<b>High</b>	119060	Fusicatenibacter	<i>genus</i>	<b>High</b>	1407607
Coriobacteriaceae	<i>family</i>	<b>Low</b>	84107	Oscillibacter	<i>genus</i>	<b>Low</b>	459786
Corynebacteriaceae	<i>family</i>	<b>High</b>	1653	Oscillospira	<i>genus</i>	<b>High</b>	119852
Lachnospiraceae	<i>family</i>	<b>High</b>	186803	Oxalobacter	<i>genus</i>	<b>Low</b>	846
Oscillospiraceae	<i>family</i>	<b>High</b>	216572	Prevotella	<i>genus</i>	<b>Low</b>	838
Porphyromonadaceae	<i>family</i>	<b>Low</b>	171551	Subdoligranulum	<i>genus</i>	<b>Low</b>	292632
Prevotellaceae	<i>family</i>	<b>Low</b>	171552	Sutterella	<i>genus</i>	<b>Low</b>	40544
Catenibacterium	<i>genus</i>	<b>Low</b>	135858	Bacteroides uniformis	<i>species</i>	<b>High</b>	820
Clostridium	<i>genus</i>	<b>High</b>	1485	Faecalibacterium prausnitzii	<i>species</i>	<b>Low</b>	853
Coprococcus	<i>genus</i>	<b>High</b>	33042	Prevotella copri	<i>species</i>	<b>Low</b>	165179
Dialister	<i>genus</i>	<b>Low</b>	39948	Ruminococcus callidus	<i>species</i>	<b>High</b>	40519
				Veillonella dispar	<i>species</i>	<b>High</b>	39778

## 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.

barley 60 gram/day

bile (acid/salts)

celecoxib,(prescription)

chrysanthemum morifolium

clostridium butyricum (probiotics),Miya,Miyarisan 1.gram/day

famprofazone,(prescription)

high salt

hydrochlorothiazide,(prescription)

inulin (prebiotic) 32 gram/day

ku ding cha tea

**lactobacillus plantarum (probiotics)** 60 BCFU/day

**lactobacillus reuteri (probiotics)** 22 BCFU/day

**lorglumide sodium salt non-drug**

**mastic gum (prebiotic)** 1000 mg/day

**resistant starch**

**salt (sodium chloride)**

**tetracycline (antibiotic)s**

tiratricol, 3,3',5-triiodothyroacetic acid,(prescription)

**vitamin B3,niacin** 3000 mg/day

wheat

whole-grain barley 60 gram/day

## Retail Probiotics

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

nature's way (au) / restore probiotic bowel & colon health 30s  
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion  
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu  
 seed / male version  
 solaray / microbiome probiotic colon formula  
 HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL  
 Bromatech (IT) / Serobiome  
 biospec / probiotic-5  
 CustomProbiotics.com / L. Plantarum Probiotic Powder  
 SuperSmart / Oral Health  
 Ombre / Healthy Gut  
 OMNI-BIOTIC®/ 10 AAD  
 RepHresh / Pro-B Probiotic Supplement for Women  
 young living/life 9  
 Bromatech (IT) / Adomelle  
 miyarian (jp) / miyarian  
 naturopathica (au) / gastrohealth women's probiotic with cranberry  
 CustomProbiotics.com / L. Reuteri Probiotic Powder  
 Ombre / Metabolic Booster  
 optibac / for women  
 jarrow formulas / fem-dophilus®  
 nature's way (au) / restore probiotic 30 billion 30s  
 SuperSmart / H. Pylori Fight  
 BioGaia / BioGaia Osfortis  
 blackmore (au) / probiotics+ daily health  
 spain (es) / gum periobalance  
 blackmore (au) / probiotics+ womens flora balance  
 Pendulum / Pendulum Glucose Control  
 SuperSmart / Lactobacillus reuteri  
 Ombre / Heart Health  
 custom probiotics / six strain probiotic powder  
 spain (es) / casenbiotic  
 ImmuneBiotech Medical Sweden AB / GutMagnific®  
 spain (es) / I3.1  
 Bromatech (IT) / Lautoselle  
 Resbiotic / resB® Lung Support  
 naturopathica (au) / gastrohealth fibrepro  
 blackmore (au) / probiotics+ eczema relief  
 Microbiome Labs / MEGA Genesis  
 Seeking Health / Probiota HistaminX  
 jarrow formula / ideal bowel support® Ip299v®  
 spain (es) / reuteri gotas  
 BioGaia / BioGaia Products  
 Bromatech (IT) / Rotanelle plus  
 Swiss BioEnergetics / Full Spectrum Probiotic Defence  
 blackmores (au) / probiotics + adults daily (90 capsules)  
 aor / probiotic-3  
 nature's way (au) / restore probiotic daily health 90s  
 Sun Wave Pharma/Bio Sun Instant  
 SuperSmart / Candalb  
 custom probiotics / four strain lactobacilli  
 naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion  
 zint nutrition / probiotic collagen +  
 Metabolics / Lactobacillus Plantarum Powder

spain (es) / vivomixx  
Ombre / Ultimate Immunity  
PharmExtracta (IT) / Butirisan  
jarrow formulas / fem dophilus  
optibac / for your cholesterol  
ProbioMax® Daily DF  
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)  
JGL / Lactogyn  
Bromatech (IT) / Psicobrain  
Ombre / Mood Enhancer  
spain (es) / aquilea intimus  
up4 / adult  
Ombre / Restore  
spain (es) / gastrus

**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.

acetylsalicylic acid,aspirin	lactobacillus gasseri (probiotics)
azathioprine,(prescription)	lard
Baking Soda, Sodium Bicarbonate	Lentilactobacillus buchneri
bifidobacterium animalis lactis (probiotics)	linseed(flaxseed)
blackcurrant	mediterranean diet
Cacao	Methionine
candida albicans (prescription)	monensin sodium salt,(prescription)
cefoxitin (antibiotic)s	navy bean
chitosan,(sugar)	non-starch polysaccharides
Cranberry	oligosaccharides (prebiotic)
cranberry bean flour	partial sleep deprivation
epinephrine	pomegranate
fat	raffinose(sugar beet)
fructo-oligosaccharides (prebiotic)	red wine
galacto-oligosaccharides (prebiotic)	resveratrol (grape seed/polyphenols/red wine)
heme	rifaximin (antibiotic)s
humic substances	smoking
Kale	sodium stearyl lactylate
ketogenic diet	sparfloxacin (antibiotic)
lactobacillus casei (probiotics)	vancomycin (antibiotic)[CFS]
	wasabi

## Sample of Literature Used

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

### Relationships of the gut microbiome with cognitive development among healthy school-age children.

**Frontiers in pediatrics** , Volume: 11 2023

Authors Lapidot Y,Maya M,Reshef L,Cohen D,Ornoy A,Gophna U,Muhsen K

### Glutamate interactions with obesity, insulin resistance, cognition and gut microbiota composition.

**Acta diabetologica** , Volume: 56 Issue: 5 2019 May

Authors Palomo-Buitrago ME,Sabater-Masdeu M,Moreno-Navarrete JM,Caballano-Infantes E,Arnoriaga-Rodríguez M,Coll C,Ramió L,Palomino-Schätzlein M,Gutiérrez-Carcedo P,Pérez-Brocal V,Simó R,Moya A,Ricart W,Herance JR,Fernández-Real JM

### Elderly patients have an altered gut-brain axis regardless of the presence of cirrhosis.

**Scientific reports** , Volume: 6 2016 Dec 6

Authors Bajaj JS,Ahluwalia V,Steinberg JL,Hobgood S,Boling PA,Godschalk M,Habib S,White MB,Fagan A,Gavis EA,Ganapathy D,Hylemon PB,Stewart KE,Keradman R,Liu EJ,Wang J,Gillevet PM,Sikaroodi M,Moeller FG,Wade JB

The anti-hyperlipidemic effect and underlying mechanisms of barley (*Hordeum vulgare* L.) grass polysaccharides in mice induced by a high-fat diet.

**Food & function** , 2023 Jul 14

Authors Yan JK,Chen TT,Li LQ,Liu F,Liu X,Li L

### Dietary Prebiotic Oligosaccharides and Arachidonate Alter the Fecal Microbiota and Mucosal Lipid Composition of Suckling Pigs.

**The Journal of nutrition** , 2023 Jun 20

Authors Eudy BJ,Odle J,Lin X,Maltecca C,Walter KR,McNulty NP,Fellner V,Jacobi SK

Effects of liposoluble components of highland barley spent grains on physiological indexes, intestinal microorganisms, and the liver transcriptome in mice fed a high-fat diet.

**Food science & nutrition** , Volume: 11 Issue: 6 2023 Jun

Authors Zhang J,Luo Y,Feng S,Sun W,Li S,Kong L

A red wine intervention does not modify plasma trimethylamine N-oxide but is associated with broad shifts in the plasma metabolome and gut microbiota composition.

**The American journal of clinical nutrition** , Volume: 116 Issue: 6 2022 Dec 19

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**Frontiers in pharmacology** , Volume: 13 2022

Authors Xu T,Yang D,Liu K,Gao Q,Liu Z,Li G

Substitution of Refined Conventional Wheat Flour with Wheat High in Resistant Starch Modulates the Intestinal Microbiota and Fecal Metabolites in Healthy Adults: A Randomized, Controlled Trial.

**The Journal of nutrition** , 2022 Jan 31

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### Active Smoking Induces Aberrations in Digestive Tract Microbiota of Rats.

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Effects of molecular weight of chitosan on anti-inflammatory activity and modulation of intestinal microflora in an ulcerative colitis model.

**International journal of biological macromolecules** , 2021 Nov 5

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### Alleviation Effects of *Bifidobacterium animalis* subsp. *lactis* XLTG11 on Dextran Sulfate Sodium-Induced Colitis in Mice.

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Authors Wang N,Wang S,Xu B,Liu F,Huo G,Li B

### Unravelling the collateral damage of antibiotics on gut bacteria.

**Nature** , Volume: 599 Issue: 7883 2021 Nov

Authors Maier L,Goemans CV,Wirbel J,Kuhn M,Eberl C,Pruteanu M,Müller P,Garcia-Santamarina S,Cacace E,Zhang B,Gekeler C,Banerjee T,Anderson EE,Milanese A,Löber U,Forslund SK,Patil KR,Zimmermann M,Stecher B,Zeller G,Bork P,Typas A

### Adjunctive Probiotics Alleviates Asthmatic Symptoms via Modulating the Gut Microbiome and Serum Metabolome.

**Microbiology spectrum** , 2021 Oct 6

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### The Prebiotic Potential of Inulin-type Fructans: A Systematic Review.

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[Dietary and Pharmacologic Manipulations of Host Lipids and Their Interaction With the Gut Microbiome in Non-human Primates.](#)

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[Millet shell polyphenols prevent atherosclerosis by protecting the gut barrier and remodeling the gut microbiota in ApoE<sup>-/-</sup> mice.](#)

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[Resveratrol and its derivative pterostilbene ameliorate intestine injury in intrauterine growth-retarded weanling piglets by modulating redox status and gut microbiota.](#)

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[The Potential Roles of Very Low Calorie, Very Low Calorie Ketogenic Diets and Very Low Carbohydrate Diets on the Gut Microbiota Composition.](#)

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**Experimental animals** , 2020 Oct 1

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**Journal of microbiology (Seoul, Korea)** , 2020 Sep 2

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Acne  
 ADHD  
 Allergic Rhinitis (Hay Fever)  
 Allergies  
 Alopecia (Hair Loss)  
 Alzheimer's disease  
 Amyotrophic lateral sclerosis (ALS) Motor Neuron  
 Ankylosing spondylitis  
 Anorexia Nervosa  
 Antiphospholipid syndrome (APS)  
 Asthma  
 Atherosclerosis  
 Autism  
 Autoimmune Disease  
 Barrett esophagus cancer  
 Bipolar Disorder  
 Brain Trauma  
 Carcinoma  
 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  
 Colorectal Cancer  
 Constipation  
 Coronary artery disease  
 COVID-19  
 Crohn's Disease  
 cystic fibrosis

deep vein thrombosis  
Depression  
Dermatomyositis  
Eczema  
Endometriosis  
Eosinophilic Esophagitis  
Epilepsy  
Fibromyalgia  
Functional constipation / chronic idiopathic constipation  
gallstone disease (gsd)  
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus  
Generalized anxiety disorder  
Gout  
Graves' disease  
Hashimoto's thyroiditis  
Hidradenitis Suppurativa  
Histamine Issues From Ubiome  
Histamine Issues, Mast Cell Issue, DAO Insufficiency  
hypercholesterolemia (High Cholesterol)  
hyperglycemia  
Hyperlipidemia (High Blood Fats)  
hypersomnia  
hypertension (High Blood Pressure)  
Hypoxia  
IgA nephropathy (IgAN)  
Inflammatory Bowel Disease  
Insomnia  
Intelligence  
Irritable Bowel Syndrome  
Juvenile idiopathic arthritis  
Liver Cirrhosis  
Long COVID  
Lung Cancer  
ME/CFS with IBS  
ME/CFS without IBS  
Menopause  
Metabolic Syndrome  
Mood Disorders  
Multiple Sclerosis  
Multiple system atrophy (MSA)  
Neuropathy (all types)  
neuropsychiatric disorders (PANDAS, PANS)  
Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic  
NonCeliac Gluten Sensitivity  
Obesity  
obsessive-compulsive disorder  
Osteoarthritis  
Osteoporosis  
Parkinson's Disease  
Postural orthostatic tachycardia syndrome  
Premenstrual dysphoric disorder  
Psoriasis  
rheumatoid arthritis (RA), Spondyloarthritis (SpA)  
Rosacea  
Schizophrenia  
Sjögren syndrome  
Sleep Apnea  
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**