

## Microbiome Information for: scoliosis

### 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)

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of scoliosis

*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
Mollicutes	class	High		31969	Coprococcus	genus	High		33042
Lachnospiraceae	family	High		186803	Prevotella	genus	Low		838
Oscillospiraceae	family	High		216572	Ruminiclostridium	genus	High		1508657
Bilophila	genus	Low		35832	Ruminococcus	genus	Low		1263
Catenibacterium	genus	High		135858	Eubacterium ventriosum	species	High		39496
					Lachnospira eligens	species	Low		39485

## 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.

**inulin (prebiotic)** 32 gram/day

wheat

## **Retail Probiotics**

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

Swiss BioEnergetics / Full Spectrum Probiotic Defence  
blackmores (au) / probiotics + adults daily (90 capsules)  
nature's way (au) / restore probiotic daily health 90s  
jarrow formulas / bifidus balance® + fos  
nature's way (au) / restore probiotic bowel & colon health 30s  
naturopathica (au) / gastrohealth fibrepro  
blackmore (au) / probiotics+ eczema relief  
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis  
naturopathica (au) / gastrohealth probiotic dairy free 50 billion  
Physician Choice /60 Billion Probiotics  
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu  
blackmores (au) / probiotics+ immune defence  
nature's way (au) / restore probiotic 30 billion 30s  
blackmore (au) / probiotics+ daily health

**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	lard
bacillus coagulans (probiotics)	Lentilactobacillus buchneri
bacillus pumilus	linseed(flaxseed)
Baking Soda, Sodium Bicarbonate	loperamide hydrochloride,(prescription)
bentonite	low-fat diets
Bofutsushosan	low-fat high-complex carbohydrate diet
candida albicans (prescription)	L-taurine
cannabinoids	mediterranean diet
cellulose (prebiotic)	nadifloxacin (antibiotic)
colostrum	navy bean
epinephrine	oligosaccharides (prebiotic)
galacto-oligosaccharides (prebiotic)	partially hydrolyzed guar gum
gluten-free diet	Pulses
high animal protein diet	Pumpkin
high red meat	sarafloxacin (antibiotic)
high saturated milk fat diet	Slippery Elm
high sugar diet	smoking
high-fat diets	sodium stearyl lactylate
high-protein diet	$\beta$ -glucan
iron	vegetable/fruit juice-based diets
ketogenic diet	whey
	xylan (prebiotic)

## Sample of Literature Used

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

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Abdominal Aortic Aneurysm

Acne

ADHD

Age-Related Macular Degeneration and Glaucoma

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

Atrial fibrillation

Autism

Autoimmune Disease

Barrett esophagus cancer

benign prostatic hyperplasia

Bipolar Disorder

Brain Trauma

Breast Cancer

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  
erectile dysfunction  
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  
Heart Failure  
Hidradenitis Suppurativa  
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  
Intracranial aneurysms  
Irritable Bowel Syndrome  
Juvenile idiopathic arthritis  
Liver Cirrhosis  
Long COVID  
Low bone mineral density  
Lung Cancer  
ME/CFS with IBS  
ME/CFS without IBS  
Menopause  
Metabolic Syndrome  
Mood Disorders  
Multiple Sclerosis  
Multiple system atrophy (MSA)  
myasthenia gravis  
Neuropathy (all types)  
neuropsychiatric disorders (PANDAS, PANS)  
Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic  
NonCeliac Gluten Sensitivity  
Obesity  
obsessive-compulsive disorder  
Osteoarthritis  
Osteoporosis  
pancreatic cancer  
Parkinson's Disease  
Polycystic ovary syndrome  
Postural orthostatic tachycardia syndrome  
Premenstrual dysphoric disorder

primary biliary cholangitis  
Psoriasis  
rheumatoid arthritis (RA), Spondyloarthritis (SpA)  
Rosacea  
Schizophrenia  
scoliosis  
sensorineural hearing loss  
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