

Microbiome Information for: Crohn's Disease

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

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

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Crohn's Disease

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
Clostridia	class	Low	186801	Klebsiella	genus	Low	570
Aerococcaceae	family	High	186827	Lachnospira	genus	Low	28050
Bifidobacteriaceae	family	Low	31953	Lactococcus	genus	Low	1357
Christensenellaceae	family	Low	990719	Leuconostoc	genus	High	1243
Enterobacteriaceae	family	High	543	Malassezia	genus	Low	55193
Lachnospiraceae	family	Low	186803	Megasphaera	genus	Low	906
Ruminococcaceae	family	Low	541000	Methanobrevibacter	genus	Low	2172
Abiotrophia	genus	Low	46123	Methanosphaera	genus	High	2316
Acetobacter	genus	Low	434	Olsenella	genus	Low	133925
Acidaminococcus	genus	Low	904	Paenibacillus	genus	Low	44249
Actinobacillus	genus	High	713	Parvimonas	genus	High	543311
Actinomyces	genus	High	1654	Peptostreptococcus	genus	High	1257
Adlercreutzia	genus	High	447020	Phascolarctobacterium	genus	Low	33024
Alistipes	genus	High	239759	Porphyromonas	genus	Low	836
Anaerofustis	genus	Low	264995	Prevotella	genus	Low	838
Anaerostipes	genus	Low	207244	Proteus	genus	High	583
Barnesiella	genus	High	397864	Proteus	genus	High	210425
Bilophila	genus	High	35832	Roseburia	genus	Low	841
Blautia	genus	Low	572511	Ruminococcus	genus	Low	1263
Burkholderia	genus	High	32008	Shigella	genus	High	620
Butyricoccus	genus	Low	580596	Slackia	genus	Low	84108
Butyrivibrio	genus	Low	830	Succinatimonas	genus	High	674963
Candida	genus	High	1535326	Sutterella	genus	Low	40544
Catenibacterium	genus	Low	135858	Thermoanaerobacter	genus	High	1754
Cetobacterium	genus	High	180162	Treponema	genus	Low	157
Clostridium	genus	High	1485	Veillonella	genus	High	29465
Coprococcus	genus	Low	33042	Vibrio	genus	High	662
Dehalobacterium	genus	Low	51514	Eubacteriales	order	Low	186802
Desulfovibrio	genus	Low	872	Lactobacillales	order	High	186826
Dialister	genus	High	39948	Verrucomicrobiales	order	High	48461
Dorea	genus	Low	189330	[Clostridium] leptum	species	Low	1535
Eggerthella	genus	High	84111	[Eubacterium] rectale	species	Low	39491
Enterobacter	genus	High	547	Bacteroides uniformis	species	High	820
Enterococcus	genus	High	1350	Blautia coccoides	species	Low	1532
Escherichia	genus	High	561	Blautia faecis	species	High	871665
Facklamia	genus	Low	66831	Escherichia coli	species	High	562
Faecalibacterium	genus	Low	216851	Faecalibacterium prausnitzii	species	Low	853
Fusicatenibacter	genus	Low	1407607	Francisella tularensis	species	Low	263
Fusobacterium	genus	High	848	Fusobacterium nucleatum	species	High	851
Gemmiger	genus	Low	204475	Prevotella oralis	species	High	28134
Gordonibacter	genus	High	644652	Roseburia inulinivorans	species	High	360807
Haemophilus	genus	High	724	Roseburia sp.	species	Low	2049040
Jonquetella	genus	High	428711	Ruminococcus gnavus	species	High	33038

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.

5-fluorouracil,(prescription)
 beef
 camelina seed
 candida albicans (prescription)
 cannabinoids
 carboxymethyl cellulose (prebiotic)
 carob
 colinfant e.coli probiotics
 dibekacin (antibiotic)s
DOXYCYCLINE (ANTIBIOTIC)S[CFS]
 d-ribose 10 gram/day
 enoxacin (antibiotic)
 fleroxacin (antibiotic)
 flumequine (antibiotic)
 fluorine
 GABA 6 gram/day
 gluten-free diet
 grape polyphenols
 green-lipped mussel
 high animal protein diet
 high sugar diet
 high-fat diets
 high-protein diet
 ibuprofen
 isepamicin (antibiotic)s
 kanamycin (antibiotic)s
 ku ding cha tea
 lactulose
 linseed(flaxseed) 30 mg/day
 lividomycin (antibiotic)s
 lomefloxacin hydrochloride (antibiotic)
 low carbohydrate diet
 low-fat diets
 macrolide ((antibiotic)s)
 manno oligosaccharide (prebiotic) 8 gram/day
 netilmicin (antibiotic)s
 norfloxacin (antibiotic)
 paromomycin (antibiotic)s
 pefloxacin (antibiotic)
 penicillin-moxalactam (antibiotic)s
 proton-pump inhibitors (prescription) 60 mg/day
 raffinose(sugar beet)
 red alga Laurencia tristicha
 resveratrol (grape seed/polyphenols/red wine) 2 gram/day
 ribostamycin sulfate salt (antibiotic)
 risperidone,(prescription)
 sesame cake/meal
 sisomicin sulfate (antibiotic)
 smoking
 spectinomycin dihydrochloride (antibiotic)
 sucralose 340 mg/day
 symbioflor 2 e.coli probiotics
 triclosan
 Vitamin B1,thiamine hydrochloride 1.8 gram/day
 Vitamin B9,folic acid 5 mg/day

Retail Probiotics

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

symbiopharm / symbioflo 2

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	inulin (prebiotic)
amoxicillin (antibiotic)s[CFS]	lactobacillus casei (probiotics)
ampicillin (antibiotic)s[CFS]	lactobacillus paracasei (probiotics)
arabinogalactan (prebiotic)	lactobacillus plantarum (probiotics)
bacillus subtilis (probiotics)	lactobacillus reuteri (probiotics)
barley	lactobacillus rhamnosus gg (probiotics)
benzylpenicillin sodium (antibiotic)	oregano (organum vulgare, oil)
ceftazidime (antibiotic)s	piperacillin-tazobactam (antibiotic)s
ceftriaxone (antibiotic)s	resistant starch
cinnamon (oil, spice)	rosmarinus officinalis, rosemary
ciprofloxacin (antibiotic)s[CFS]	soy
clostridium butyricum (probiotics), Miya, Miyarisan	syzygium aromaticum (clove)
fluoroquinolone (antibiotic)s	thyme (thymol, thyme oil)
foeniculum vulgare, fennel	tigecycline (antibiotic)s
garlic (allium sativum)	trimethoprim (antibiotic)s
gentamicin (antibiotic)s	triphala
imipenem (antibiotic)s	vancomycin (antibiotic)[CFS]
intesti-bacteriophage	wheat

Sample of Literature Used

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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