

Microbiome Information for: Hashimoto's thyroiditis

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 have found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is believed to reduce the severity of symptoms. In some cases, this correction may cause symptoms to disappear.

These are *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 individual's 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 is received.

In the USA

Ombre (<https://www.ombrelab.com/>)
Thorne (<https://www.thorne.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

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Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Hashimoto's thyroiditis

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
Alphaproteobacteria	class	Low	28211	Lachnospira	genus	Low	28050
Erysipelotrichia	class	High	526524	Lactobacillus	genus	Low	1578
Alcaligenaceae	family	Low	506	Lactonifactor	genus	High	420345
Bacillaceae	family	Low	186817	Megamonas	genus	Low	158846
Desulfovibrionaceae	family	Low	194924	Mycobacterium	genus	High	1763
Lachnospiraceae	family	High	186803	Phascolarctobacterium	genus	High	33024
Lactobacillaceae	family	Low	33958	Ralstonia	genus	High	48736
Pasteurellaceae	family	Low	712	Romboutsia	genus	High	1501226
Peptococcaceae	family	Low	186807	Roseburia	genus	High	841
Verrucomicrobiaceae	family	Low	203557	Ruminococcus	genus	High	1263
Alistipes	genus	High	239759	Subdoligranulum	genus	High	292632
Anaerostipes	genus	High	207244	Sutterella	genus	High	40544
Bacillus	genus	High	55087	Turicibacter	genus	High	191303
Bacteroides	genus	High	816	Veillonella	genus	High	29465
Bifidobacterium	genus	Low	1678	Victivallis	genus	Low	172900
Bilophila	genus	Low	35832	Lachnospiraceae incertae sedis	no rank	High	2840493
Blautia	genus	High	572511	Desulfovibrionales	order	Low	213115
Butyrivibrio	genus	Low	830	Pasteurellales	order	Low	135625
Dorea	genus	High	189330	Verrucomicrobiales	order	Low	48461
Enterococcus	genus	High	1350	Anaerobutyricum hallii	species	High	39488
Faecalibacterium	genus	Low	216851	Bacteroides fragilis	species	High	817
Fusicatenibacter	genus	High	1407607	Blastocystis hominis	species	High	12968
Fusobacterium	genus	High	848	Faecalibacterium prausnitzii	species	Low	853
Gemella	genus	High	1378	Helicobacter pylori	species	High	210
Intestinimonas	genus	High	1392389	Klebsiella pneumoniae	species	High	573
Klebsiella	genus	Low	570	Mycobacterium avium	species	High	1764
Lachnospiraceae	genus	Low	1506553	Yersinia enterocolitica	species	High	630

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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine} 15 gram/day

Ferrum {Iron Supplements} 400 mg/day

high-fat diets

N(phosphonomethyl)glycine {glyphosate}

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.

(2->1)-beta-D-fructofuranan {Inulin}

Bifidobacterium animalis subsp. lactis {B. Lactis}

Bovine Milk Products {Dairy}

dietary fiber

Fiber, total dietary

fructo-oligosaccharides

fruit

fruit/legume fibre

Hordeum vulgare {Barley}

Lactobacillus plantarum {L. plantarum}

oligosaccharides {oligosaccharides}

polyphenols

Slow digestible carbohydrates. {Low Glycemic}

synthetic disaccharide derivative of lactose {Lactulose}

whole-grain diet

yogurt

Sample of Literature Used

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Additional APriori Analysis Available

Available at: <https://microbiomeprescription.com/Library/PubMed>

Abdominal Aortic Aneurysm

Acne

Addison's Disease (hypocortisolism)

ADHD

Age-Related Macular Degeneration and Glaucoma

Allergic Rhinitis (Hay Fever)

Allergies

Allergy to milk products

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

Biofilm

Bipolar Disorder

Brain Trauma

Breast Cancer

Cancer (General)

Carcinoma

cdkl5 deficiency disorder

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
Cognitive Function
Colorectal Cancer
Constipation
Coronary artery disease
COVID-19
Crohn's Disease
Cushing's Syndrome (hypercortisolism)
cystic fibrosis
d-Haptic acidosis (one form of brain fog)
deep vein thrombosis
Denture Wearers Oral Shifts
Depression
Dermatomyositis
Eczema
Endometriosis
Eosinophilic Esophagitis
Epilepsy
erectile dysfunction
Fibromyalgia
Food Allergy
Functional constipation / chronic idiopathic constipation
gallstone disease (gsd)
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus
Generalized anxiety disorder
giant cell arteritis
Glioblastoma
Gout
Graves' disease
Gulf War Syndrome
Halitosis
Hashimoto's thyroiditis
Heart Failure
hemorrhagic stroke
Hemorrhoidal disease, Hemorrhoids, Piles
Hidradenitis Suppurativa
High Histamine/low DAO
hypercholesterolemia (High Cholesterol)
hyperglycemia
Hyperlipidemia (High Blood Fats)
hypersomnia
hypertension (High Blood Pressure)
Hypothyroidism
Hypoxia
IgA nephropathy (IgAN)
Inflammatory Bowel Disease
Insomnia
Intelligence
Intracranial aneurysms
Irritable Bowel Syndrome
ischemic stroke

Juvenile idiopathic arthritis

Liver Cirrhosis

Long COVID

Low bone mineral density

Lung Cancer

Lymphoma

Mast Cell Issues / mastitis

ME/CFS with IBS

ME/CFS without IBS

membranous nephropathy

Menopause

Metabolic Syndrome

Mood Disorders

multiple chemical sensitivity [MCS]

Multiple Sclerosis

Multiple system atrophy (MSA)

myasthenia gravis

neuropathic pain

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

Peanut Allergy

Polycystic ovary syndrome

Postural orthostatic tachycardia syndrome

Premenstrual dysphoric disorder

primary biliary cholangitis

Primary sclerosing cholangitis

Psoriasis

rheumatoid arthritis (RA),Spondyloarthritis (SpA)

Rosacea

Schizophrenia

scoliosis

sensorineural hearing loss

Sjögren syndrome

Sleep Apnea

Slow gastric motility / Gastroparesis

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

Vitiligo