

## Microbiome Information for: Histamine Issues,Mast Cell Issue, DAO Insufficiency

### 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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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Histamine Issues,Mast Cell Issue, DAO Insufficiency

*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
Bifidobacteriaceae	family	Low	31953	Bifidobacterium pseudocatenulatum	species	High	28026
Alistipes	genus	High	239759	Citrobacter freundii DSM 24301	species	High	546
Bacteroides	genus	High	816	Enterobacter cloacae	species	High	931533
Blautia	genus	Low	572511	Enterococcus faecalis	species	High	550
Butyricimonas	genus	Low	574697	Escherichia coli	species	High	1351
Enterococcus	genus	High	1350	Hafnia alvei	species	High	562
Hafnia	genus	High	568	Klebsiella aerogenes	species	High	569
Hespellia	genus	Low	241189	Klebsiella pneumoniae	species	High	548
Lachnospira	genus	High	28050	Lactobacillus crispatus	species	High	573
Mediterraneibacter	genus	Low	2316020	Lactobacillus gasseri	species	High	47770
Morganella	genus	High	581	Ligilactobacillus salivarius	species	High	1596
Parasutterella	genus	Low	577310	Limosilactobacillus fermentum	species	High	1624
Phocaeicola	genus	High	909656	Limosilactobacillus vaginalis	species	High	1613
Proteus	genus	High	583	Morganella morganii	species	High	1633
Pseudomonas	genus	High	286	Photobacterium damsela	species	High	582
Raoultella	genus	High	160674	Proteus mirabilis	species	High	38293
Roseburia	genus	High	841	Proteus vulgaris	species	High	584
ATCC 35469	species	High	564	Serratia liquefaciens	species	High	585
Bifidobacterium adolescentis	species	High	1680	Serratia marcescens	species	High	614
Bifidobacterium longum	species	High	216816	Streptococcus vestibularis	species	High	615
							1343

## 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.

almonds/ almond skins 90 gram/day

arabinogalactan (prebiotic) 21 gram/day

bacillus subtilis (probiotics) 10 BCFU/day

Burdock Root

Conjugated Linoleic Acid

fructo-oligosaccharides (prebiotic) 15 gram/day

galacto-oligosaccharides (prebiotic) 10 gram/day

gum arabic (prebiotic) 30 gram/day

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2  
gram/day

inulin (prebiotic) 32 gram/day

jerusalem artichoke (prebiotic) 40 gram/day

Lactobacillus Johnsonii (probiotic) 10 BCFU/day

lactulose

navy bean

noni 6 gram/day

proton-pump inhibitors (prescription) 60 mg/day

raffinose(sugar beet)

resveratrol (grape seed/polyphenols/red wine) 2 gram/day

sesame cake/meal

soy 25 gram/day

wheat bran

## Retail Probiotics

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

Global Healing Center / FloraTrex  
 Physician Choice / 60 Billion Probiotics  
 theramedix / probiotic  
 jarow formulas / bifidus balance® + fos  
 organic 3 / primal soil  
 SuperSmart / Bacillus Subtilis  
 Swiss BioEnergetics / Full Spectrum Probiotic Defence  
 probiotic pur (de) / realdose nutrition  
 blackmores (au) / probiotics + adults daily (90 capsules)  
 Wholesome Wellness / Raw Probiotic  
 aor / probiotic-3  
 vitamin angels / just thrive  
 nature's way (au) / restore probiotic daily health 90s  
 microbiome labs / restorflora  
 INVIVO THERAPEUTICS / Bio.Me IB +  
 enviromedica terraflora sbo probiotic  
 Jetson (US) / Mood Probiotics  
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu  
 corebiotic  
 blackmores (au) / probiotics+ immune defence  
 ISCON Elegance/ Ochek Capsule 10  
 Nutrition Essentials / Probiotic (900 BCFU)  
 mwsb / candida yeast support  
 microbiome labs/ megasporebiotic  
 optibac / bifidobacteria & fibre  
 claire labs / biospora  
 Energybalance / ColoBiotica 28 Colon Support  
 microbiome labs / hu58  
 perfect pass / perfect pass probiotic bacillus spore  
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)  
 global health trax / threelac  
 nature's way (au) / restore probiotic 30 billion 30s  
 bio-botanical research / proflo4r restorative probiotic  
 blackmore (au) / probiotics+ daily health  
 nature's instincts / ultra spore probiotic  
 powerlabs (au) / ultra blend  
 Realdose  
 BIO-BOTANICAL RESEARCH / Megacidin  
 reserveage nutrition / beautiflora  
 amy meyers / primal earth probiotic  
 Jetson / Gut Prep  
 nature's way (au) / restore probiotic bowel & colon health 30s  
 garden of life / primal defense  
 naturopathica (au) / gastrohealth fibrepro  
 blackmore (au) / probiotics+ eczema relief  
 Jetson / FIT  
 optibac / for every day  
 Prescript-Assist®/SBO Probiotic  
 Thyve Inside/ L.Reu,Rham,Casi; B.Lactis  
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion  
 Reduz melasma / Lactobacillus Johnsonii

**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]  
benzylpenicillin sodium (antibiotic)  
ceftriaxone (antibiotic)s  
ciprofloxacin (antibiotic)s[CFS]  
fluoroquinolone (antibiotic)s

gentamicin (antibiotic)s  
imipenem (antibiotic)s  
ofloxacin (antibiotic)s  
piperacillin-tazobactam (antibiotic)s  
syzygium aromaticum (clove)  
thyme (thymol, thyme oil)  
trimethoprim (antibiotic)s  
vancomycin (antibiotic)[CFS]

## Sample of Literature Used

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

### Alterations of gut microbiota and cytokines in elevated serum diamine oxidase disorder.

**Medicine** , Volume: 101 Issue: 50 2022 Dec 16

Authors Shi L,Li Y,Liu Y,Jia H

### Microbial patterns in patients with histamine intolerance.

**Journal of physiology and pharmacology : an official journal of the Polish Physiological Society** , Volume: 69 Issue: 4 2018 Aug

Authors Schink M,Konturek PC,Tietz E,Dieterich W,Pinzer TC,Wirtz S,Neurath MF,Zopf Y

### Estimating modifiers from bacteria associations

**Microbiome Prescription** , Volume: 2023 Issue: 3 2023 Apr

Authors K Lassenen

Effect of an Enteroprotective Complementary Feed on Faecal Markers of Inflammation and Intestinal Microbiota Composition in Weaning Puppies.

**Veterinary sciences** , Volume: 10 Issue: 7 2023 Jul 3

Authors Meineri G,Cocolin L,Morelli G,Schievano C,Atuahene D,Ferrocino I

### Targeted modification of gut microbiota and related metabolites via dietary fiber.

**Carbohydrate polymers** , Volume: 316 2023 Sep 15

Authors Nie Q,Sun Y,Li M,Zuo S,Chen C,Lin Q,Nie S

### Gentamicin alleviates cholestatic liver injury by decreasing gut microbiota-associated bile salt hydrolase activity in rats.

**European journal of pharmacology** , Volume: 951 2023 May 12

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Bacillus subtilis Attenuates Hepatic and Intestinal Injuries and Modulates Gut Microbiota and Gene Expression Profiles in Mice Infected with Schistosoma japonicum.

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### Bacillus pumilus and Bacillus subtilis Promote Early Maturation of Cecal Microbiota in Broiler Chickens.

**Microorganisms** , Volume: 9 Issue: 9 2021 Sep 7

Authors Bilal M,Achard C,Barbe F,Chevaux E,Ronholm J,Zhao X

Pharmacological benefits of Acacia against metabolic diseases: intestinal-level bioactivities and favorable modulation of gut microbiota.

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**Poultry science** , Volume: 100 Issue: 9 2021 Jun 26

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Nrf2/ARE Activators Improve Memory in Aged Mice via Maintaining of Mitochondrial Quality Control of Brain and the Modulation of Gut Microbiome.

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Anorexia Nervosa  
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Asthma  
Atherosclerosis  
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Autoimmune Disease  
Barrett esophagus cancer

Bipolar Disorder  
Brain Trauma  
Carcinoma  
Celiac Disease  
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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)  
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Systemic Lupus Erythematosus  
Tic Disorder  
Tourette syndrome  
Type 1 Diabetes  
Type 2 Diabetes  
Ulcerative colitis  
Unhealthy Ageing