

## Microbiome Information for: Allergic Rhinitis (Hay Fever)

### 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 Allergic Rhinitis (Hay Fever)

*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
Actinomycetia	class	Low	1760	Anaerotruncus colihominis	species	High	169435
Porphyromonadaceae	family	Low	171551	Bifidobacterium adolescentis	species	Low	1680
Ruminococcaceae	family	High	541000	Bifidobacterium catenulatum	species	Low	1686
Bacteroides	genus	High	816	Bifidobacterium longum	species	Low	216816
Bifidobacterium	genus	Low	1678	Clostridium butyricum	species	Low	1492
Clostridium	genus	High	1485	Coprococcus eutactus	species	Low	33043
Enterobacter	genus	High	547	Dialister succinatiphilus	species	Low	487173
Enterococcus	genus	High	1350	Enterocloster asparagiformis	species	Low	333367
Escherichia	genus	High	561	Eubacterium xylanophilum	species	Low	39497
Lactobacillus	genus	Low	1578	Intestinimonas butyriciproducens	species	Low	1297617
Parabacteroides	genus	High	375288	Muricomes intestini	species	Low	1796634
Prevotella	genus	High	838	Murimonas intestini	species	Low	1337051
Pyramidobacter	genus	High	638847	Oscillibacter valericigenes	species	Low	351091
Bacteroidales	order	High	171549	Oxalobacter formigenes	species	Low	847
[Clostridium] hylemonae	species	High	89153	Phocaeicola massiliensis	species	Low	204516
Acetivibrio straminisolvens	species	Low	253314	Rothia mucilaginosa	species	Low	43675
Acidaminococcus intestini	species	High	187327	Ruminiclostridium papyrosolvens	species	Low	29362
Agathobaculum butyriciproducens	species	Low	1628085	Ruminococcus gnavus	species	High	33038
				Sutterella wadsworthensis	species	Low	40545

## 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.

acetylsalicylic acid, aspirin

animal-based diet

ascophyllum nodosum (sea weed)

berberine 1.5 gram/day

bile (acid/salts)

Bile Acid Sequestrant

chloramphenicol (antibiotic)

Dextrin 40 gram/day

flumequine (antibiotic)

fluorine

gluten-free diet

glyphosphate

high beef diet

high-fat diets

ibuprofen

laminaria hyperborea( tangle/cuvie - seaweed)

low fodmap diet

macrolide ((antibiotic)s)

magnesium-deficient diet

NEOMYCIN (ANTIBIOTIC)S[CFS]

penicillin-moxalactam (antibiotic)

red alga Laurencia tristicha

rifampicin (antibiotic)

saccharin 450 mg/day

sodium butyrate

spectinomycin dihydrochloride (antibiotic)

sucralose 340 mg/day

vegetarians

Vitamin B9, folic acid 5 mg/day

## 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.

acarbose,(prescription)	lactobacillus casei (probiotics)
amikacin (antibiotic)s	lactobacillus paracasei (probiotics)
arabinogalactan (prebiotic)	lactobacillus plantarum (probiotics)
bacillus subtilis (probiotics)	lactobacillus plantarum,xylooligosaccharides,(prebiotic)
Cacao	(probiotics)
ciprofloxacin (antibiotic)s[CFS]	lactobacillus reuteri (probiotics)
clostridium butyricum (probiotics),Miya,Miyarisan	lactulose
fructo-oligosaccharides (prebiotic)	oregano (origanum vulgare, oil)
galacto-oligosaccharides (prebiotic)	quercetin
gentamicin (antibiotic)s	raffinose(sugar beet)
Glucomannan	resistant starch
green tea	resveratrol (grape seed/polyphenols/red wine)
gum arabic (prebiotic)	rosmarinus officinalis,rosemary
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	soy
imipenem (antibiotic)s	triphala
inulin (prebiotic)	wheat
jerusalem artichoke (prebiotic)	wheat bran
	whey
	zinc

## 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