

## Microbiome Information for: Inflammatory Bowel 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 belevied 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

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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/>)

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

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Inflammatory Bowel 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
Betaproteobacteria	class	High	28216	Shigella	genus	High	620
Chloroflexia	class	High	32061	Staphylococcus	genus	High	1279
Anaerostipes	genus	Low	207244	Streptococcus	genus	High	1301
Bacteroides	genus	High	816	Sutterella	genus	High	40544
Blautia	genus	Low	572511	Cytophagales	order	High	768507
Campylobacter	genus	High	194	Eubacteriales	order	Low	186802
Clostridium	genus	Low	1485	[Clostridium] colinum	species	Low	36835
Collinsella	genus	High	102106	[Clostridium] leptum	species	Low	1535
Coprococcus	genus	Low	33042	Actinomyces graevenitzii	species	High	55565
Enterobacter	genus	Low	547	Adlercreutzia equolifaciens	species	Low	446660
Enterococcus	genus	High	1350	Akkermansia muciniphila	species	Low	239935
Escherichia	genus	High	561	Bacteroides fragilis	species	Low	817
Eubacterium	genus	Low	1730	Butyricococcus pullicaecorum	species	Low	501571
Faecalibacterium	genus	Low	216851	Clostridium butyricum	species	Low	1492
Flavobacterium	genus	Low	237	Enterococcus faecalis	species	High	1351
Klebsiella	genus	High	570	Escherichia coli	species	High	562
Lachnospira	genus	Low	28050	Faecalibacterium prausnitzii	species	Low	853
Lactobacillus	genus	High	1578	Lacticaseibacillus rhamnosus	species	Low	47715
Oscillospira	genus	Low	119852	Methanobrevibacter smithii	species	Low	2173
Phascolarctobacterium	genus	Low	33024	Methanosphaera stadtmanae	species	High	2317
Prevotella	genus	High	838	Parabacteroides distasonis	species	Low	823
Proteus	genus	High	583	Prevotella copri	species	Low	165179
Pseudomonas	genus	High	286	Ruminococcus gnavus	species	High	33038
Roseburia	genus	Low	841	Streptococcus salivarius	species	High	1304
Ruminococcus	genus	Low	1263	Veillonella atypica	species	High	39777
Salmonella	genus	High	590	Campylobacter concisus 13826 strain	High		360104

## 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.

<b>cefixime (antibiotic)</b>	<b>mannooligosaccharide (prebiotic)</b> 8 gram/day
<b>cinoxacin (antibiotic)</b>	<b>moxifloxacin (antibiotic)</b>
dairy	<b>nalidixic acid sodium salt (antibiotic)</b>
<b>d-ribose</b> 10 gram/day	navy bean
<b>enoxacin (antibiotic)</b>	<b>norfloxacin (antibiotic)</b>
fat	<b>omega-3 fatty acids</b> 4 gram/day
<b>floxacin (antibiotic)</b>	<b>oxolinic acid (antibiotic)</b>
<b>floxuridine,(prescription)</b>	<b>paromomycin (antibiotic)s</b>
<b>fluorine</b>	<b>pefloxacin (antibiotic)</b>
<b>fructo-oligosaccharides (prebiotic)</b> 15 gram/day	<b>pipemidic acid (antibiotic)</b>
<b>galacto-oligosaccharides (prebiotic)</b> 10 gram/day	<b>pivmedillinam hydrochloride (antibiotic)</b>
<b>Gluco-Oligosaccharides</b>	proton-pump inhibitors (prescription) 60 mg/day
gluten-free diet	raffinose(sugar beet)
green-lipped mussel	red alga Laurencia tristicha
high animal protein diet	<b>ribostamycin sulfate salt (antibiotic)</b>
high sugar diet	risperidone,(prescription)
<b>kanamycin (antibiotic)s</b>	sesame cake/meal
<b>lactobacillus gasseri (probiotics)</b> 10 BCFU/day	<b>sisomicin sulfate (antibiotic)</b>
<b>Lactobacillus salivarius UCC118</b>	<b>Slippery Elm</b>
lactulose	smoking
lard	<b>symbioflor 2 e.coli probiotics</b>
linseed(flaxseed) 30 mg/day	thioguanosine,(prescription)
<b>lomefloxacin hydrochloride (antibiotic)</b>	<b>Vitamin B1,thiamine hydrochloride</b> 1.8 gram/day
low carbohydrate diet	<b>Vitamin C (ascorbic acid)</b> 30 g/day

## **Retail Probiotics**

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

symbiopharm / symbioflo 2  
spain (es) / muvagyn probiotico  
philips / colon health  
optibac / for every day  
wakamoto (jp) / wakamoto pharmaceutical intestinal drug  
ISCON Elegance/ Ochek Capsule 10  
Nutrition Essentials / Probiotic (900 BCFU)  
CustomProbiotics.com / L. Gasseri Probiotic Powder  
optibac / bifidobacteria & fibre  
SuperSmart / Lactobacillus Gasseri

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  
cinnamon (oil. spice)  
ciprofloxacin (antibiotic)s[CFS]  
fluoroquinolone (antibiotic)s  
gentamicin (antibiotic)s  
imipenem (antibiotic)s  
inulin (prebiotic)  
lactobacillus plantarum (probiotics)

lactobacillus rhamnosus gg (probiotics)  
oregano (origanum vulgare, oil) |  
piperacillin-tazobactam (antibiotic)s  
soy  
syzygium aromaticum (clove)  
tetracycline (antibiotic)s  
thyme (thymol, thyme oil)  
trimethoprim (antibiotic)s  
triphala  
vancomycin (antibiotic)[CFS]  
vegetarians  
walnuts  
wheat

## Sample of Literature Used

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

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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  
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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  
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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  
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hyperglycemia  
Hyperlipidemia (High Blood Fats)  
hypersomnia  
hypertension (High Blood Pressure)  
Hypoxia  
IgA nephropathy (IgAN)  
Inflammatory Bowel Disease  
Insomnia  
Intelligence  
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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)  
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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

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 endstream endobj 125 0 obj 2440 endobj 129 0 obj <</\_WKANCHOR\_2 9 0 R/\_WKANCHOR\_4 10 0 R/\_WKANCHOR\_6 11 0 R/\_WKANCHOR\_a  
 19 0 R/\_WKANCHOR\_8 12 0 R/\_WKANCHOR\_c 25 0 R/\_WKANCHOR\_e 76 0 R/\_WKANCHOR\_g 82 0 R/\_WKANCHOR\_i 118 0 R>> endobj  
 135 0 obj <