

Microbiome Information for: Irritable Bowel Syndrome

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 Irritable Bowel Syndrome

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	High	186801	Parabacteroides	genus	Low	375288
Bacteroidaceae	family	High	815	Parasutterella	genus	Low	577310
Desulfovibrionaceae	family	High	194924	Prevotella	genus	High	838
Enterobacteriaceae	family	High	543	Proteus	genus	High	583
Erysipelotrichaceae	family	High	128827	Proteus	genus	High	210425
Lachnospiraceae	family	Low	186803	Roseburia	genus	Low	841
Oscillospiraceae	family	High	216572	Ruminococcus	genus	High	1263
Rikenellaceae	family	High	171550	Shigella	genus	High	620
Ruminococcaceae	family	High	541000	Sporobacter	genus	Low	44748
Sutterellaceae	family	High	995019	Subdoligranulum	genus	Low	292632
Alistipes	genus	Low	239759	Sutterella	genus	Low	40544
Anaerostipes	genus	High	207244	Turicibacter	genus	Low	191303
Bacillus	genus	Low	1386	Weissella	genus	Low	46255
Bifidobacterium	genus	Low	1678	Eubacteriales	order	High	186802
Burkholderia	genus	Low	32008	Pseudomonadales	order	Low	72274
Butyricimonas	genus	Low	574697	Bacteroides caccae	species	High	47678
Clostridium	genus	High	1485	Bacteroides ovatus	species	Low	28116
Desulfovibrio	genus	High	872	Bacteroides thetaiotaomicron	species	High	818
Escherichia	genus	High	561	Bacteroides uniformis	species	Low	820
Faecalibacterium	genus	Low	216851	Dialister invisus	species	High	218538
Faecalitalea	genus	High	1573534	Escherichia coli	species	High	562
Hyphomicrobium	genus	Low	81	Faecalibacterium prausnitzii	species	Low	853
Klebsiella	genus	Low	570	Methanobrevibacter smithii	species	High	2173
Lachnospira	genus	Low	28050	Mycoplasma hominis	species	High	2098
Lactobacillus	genus	Low	1578	Phocaeicola vulgatus	species	Low	821
Oscillibacter	genus	High	459786	Pseudomonas aeruginosa	species	High	287
Oxalobacter	genus	Low	846	Weizmannia coagulans	species	Low	1398

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)

aspartame (sweetner)

Baking Soda, Sodium Bicarbonate

blackcurrant

carboxymethyl cellulose (prebiotic)

cellulose (prebiotic)

Ferric citrate

fluorine

gluten-free diet

high-fat diets

iron 400 mg/day

linseed(flaxseed) 30 mg/day

low fodmap diet

macrolide ((antibiotic)s)

navy bean

non-starch polysaccharides

oligosaccharides (prebiotic)

Pulses

red alga *Laurencia tristicha*

red wine 250 ml/day

rifampicin (antibiotic)s

saccharin 450 mg/day

smoking

β -glucan 500 mg/day

ymbioflor 2 e.coli probiotics

Tributylin

vegetarians

xylan (prebiotic)

Retail Probiotics

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

symbiopharm / symbioflo 2

Ombre / Harmony

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	lactobacillus paracasei (probiotics)
amoxicillin (antibiotic)s[CFS]	lactobacillus plantarum (probiotics)
bacillus subtilis (probiotics)	lactobacillus reuteri (probiotics)
ciprofloxacin (antibiotic)s[CFS]	ofloxacin (antibiotic)s
clostridium butyricum (probiotics),Miya,Miyarisan	oregano (origanum vulgare, oil)
fluoroquinolone (antibiotic)s	piperacillin-tazobactam (antibiotic)s
fructo-oligosaccharides (prebiotic)	resveratrol (grape seed/polyphenols/red wine)
gentamicin (antibiotic)s	rosmarinus officinalis,rosemary
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	soy
imipenem (antibiotic)s	trimethoprim (antibiotic)s
inulin (prebiotic)	wheat
lactobacillus casei (probiotics)	whey

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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