

## Microbiome Information for: ME/CFS without IBS

### 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 ME/CFS without IBS

*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
Clostridiaceae	family	High		31979	Pseudomonadales	order	High		72274
Pseudomonadaceae	family	High		135621	[Clostridium] scindens	species	High		29347
Bacteroides	genus	Low		816	[Clostridium] symbiosum	species	High		1512
Bifidobacterium	genus	Low		1678	Clostridiales bacterium 1_7_47FAA	species	High		457421
Clostridium	genus	High		1485	Clostridiales bacterium L2-14	species	High		620860
Coprobacillus	genus	High		100883	Coprococcus catus	species	Low		116085
Dorea	genus	Low		189330	Dorea formicigenerans	species	Low		39486
Eggerthella	genus	High		84111	Dorea longicatena	species	High		88431
Pseudoflavonifractor	genus	High		1017280	Eggerthella lenta	species	High		84112
Pseudomonas	genus	High		286	Parabacteroides distasonis	species	Low		823
Streptococcus	genus	High		1301	Pseudoflavonifractor capillosus	species	High		106588
					Ruminococcus gnavus	species	High		33038

## 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.

**bacillus coagulans (probiotics)** 10 BCFU/day

**barley** 60 gram/day

**bifidobacterium pseudocatenulatum li09,bifidobacterium**

**catenulatum li10 (probiotics)**

**bile (acid/salts)**

**butirosin**

**chloramphenicol (antibiotic)**

**clostridium butyricum (probiotics),Miya,Miyarisan** 1 gram/day

**dairy**

**hydromorphone**

**isepamicin (antibiotic)**

**lincosamide (antibiotic)**

**Lithium**

**lividomycin (antibiotic)**

**macrolide ((antibiotic)**

**moxalactam disodium salt (antibiotic)**

**polydextrose**

**rhubarb**

**saccharomyces cerevisiae (probiotics)**

**β-glucan** 500 mg/day

**sucralose** 340 mg/day

**Tributylin**

**vegetarians**

**vitamin a** 25000 IU/day

**Vitamin B9,folic acid** 5 mg/day

**walnuts** 75 gram/day

## Retail Probiotics

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

Sun Wave Pharma/Bio Sun Instant  
nature's way (au) / adult vita gummies daily probiotic 80s  
align / align  
PharmExtracta (IT) / Butirisan  
organic 3 / primal soil  
BIO-BOTANICAL RESEARCH / Megacidin  
reserveage nutrition / beautiflora  
Jetson / FIT  
source naturals / durafloa  
thorne / bacillus coagulansvet 60 caps  
Pendulum / Pendulum Glucose Control  
enviromedica terraflora sbo probiotic  
schiff / digestive advantage  
daiichi sankyo healthcare (jp) / panlacmin tablet  
spain (es) / ultralevura  
corebiotic  
mwsb / candida yeast support  
microbiome labs/ megasporebiotic  
klair labs / biospora  
miyarian (jp) / miyarian  
naturopathica (au) / gastrohealth probiotics  
perfect pass / perfect pass probiotic bacillus spore  
global health trax / threelac  
spain (es) / axiboulardi  
Dr.Max / ProtectMax ATB  
naturopathica (au)/ gastrohealth probiotic daily care  
bio-botanical research / proflora4r restorative probiotic  
nature's instincts / ultra spore probiotic  
aor / probiotic-3  
vitamin angels / just thrive

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.

ampicillin (antibiotic)s[CFS]

apple

benzylpenicillin sodium (antibiotic)

Cacao

ciprofloxacin (antibiotic)s[CFS]

Curcumin

fructo-oligosaccharides (prebiotic)

galacto-oligosaccharides (prebiotic)

gentamicin (antibiotic)s

Human milk oligosaccharides (prebiotic, Holigos, Stachyose)

imipenem (antibiotic)s

inulin (prebiotic)

lactobacillus casei (probiotics)

lactobacillus paracasei (probiotics)

lactobacillus plantarum (probiotics)

minocycline (antibiotic)s[CFS]

piperacillin-tazobactam (antibiotic)s

resistant starch

rosmarinus officinalis, rosemary

soy

thyme (thymol, thyme oil)

triphala

vancomycin (antibiotic)[CFS]

wheat bran

## Sample of Literature Used

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

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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  
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**  
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