

Microbiome Information for: Allergies

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

[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Allergies

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
Actinomycetes	class	High	1760	Lactobacillus	genus	Low	1578
Bacteroidia	class	High	200643	Limosilactobacillus	genus	Low	2742598
Clostridia	class	Low	186801	Megamonas	genus	Low	158846
Deltaproteobacteria	class	Low	28221	Methanobrevibacter	genus	High	2172
Acidaminococcaceae	family	Low	909930	Methylobacterium	genus	High	407
Bacteroidaceae	family	High	815	Oscillibacter	genus	Low	459786
Barnesiellaceae	family	Low	2005519	Parabacteroides	genus	High	375288
Bifidobacteriaceae	family	Low	31953	Propionibacterium	genus	High	1743
Burkholderiaceae	family	High	119060	Romboutsia	genus	Low	1501226
Comamonadaceae	family	High	80864	Ruminiclostridium	genus	High	1508657
Desulfovibrionaceae	family	Low	194924	Shigella	genus	High	620
Enterobacteriaceae	family	High	543	Staphylococcus	genus	High	1279
Erysipelotrichaceae	family	High	128827	Subdoligranulum	genus	Low	292632
Lachnospiraceae	family	Low	186803	Veillonella	genus	High	29465
Lactobacillaceae	family	Low	33958	Bacteroidales	order	High	171549
Methylobacteriaceae	family	High	119045	Akkermansia muciniphila	species	Low	239935
Muribaculaceae	family	Low	2005473	Aspergillus fumigatus	species	High	746128
Oscillospiraceae	family	Low	216572	Bacteroides fragilis	species	High	817
Pasteurellaceae	family	High	712	Bifidobacterium adolescentis	species	Low	1680
Porphyromonadaceae	family	Low	171551	Bifidobacterium bifidum	species	High	1681
Prevotellaceae	family	Low	171552	Bifidobacterium catenulatum	species	High	1686
Ruminococcaceae	family	High	541000	Bifidobacterium longum	species	High	216816
Sphingomonadaceae	family	High	41297	Blautia obeum	species	High	40520
Adlercreutzia	genus	High	447020	Clostridioides difficile	species	High	1496
Alistipes	genus	Low	239759	Clostridium neonatale	species	High	137838
Anaeromassilibacillus	genus	High	1924093	Clostridium paraputrificum	species	High	29363
Anaerotaenia	genus	Low	1843206	Collinsella aerofaciens	species	High	74426
Bacteroides	genus	Low	816	Coprococcus catus	species	High	116085
Bifidobacterium	genus	Low	1678	Dorea formicigenerans	species	High	39486
Blautia	genus	High	572511	Escherichia coli	species	High	562
Citrobacter	genus	High	544	Eubacterium coprostanoligenes	species	Low	290054
Clostridium	genus	Low	1485	Faecalibacterium prausnitzii	species	Low	853
Collinsella	genus	Low	102106	Lactobacillus gasseri	species	High	1596
Dialister	genus	Low	39948	Limosilactobacillus reuteri	species	High	1598
Eggerthella	genus	High	84111	Mediterraneibacter gnavus	species	High	33038
Enhydrobacter	genus	High	212791	Oscillibacter valericigenes	species	High	351091
Enterococcus	genus	Low	1350	Phascolarctobacterium faecium	species	Low	33025
Erysipelatoclostridium	genus	High	1505663	Pseudomonas aeruginosa	species	High	287
Escherichia	genus	High	561	Robinsoniella peoriensis	species	High	180332
Eubacterium	genus	High	1730	Ruminococcus bromii	species	Low	40518
Hungateiclostridium	genus	Low	2304692	Scardovia wiggisiae	species	High	230143
Hungatella	genus	High	1649459	Segatella copri	species	Low	165179
Lachnodostridium	genus	High	1506553	Streptococcus lutetiensis	species	High	150055
				Streptococcus mutans	species	High	1309

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.

Ferrum {Iron Supplements} 400 mg/day

High-protein diet {Atkins low-carbohydrate diet}

proton-pump inhibitors (prescription) 60 mg/day

Sucralose {Splenda} 340 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.

(2->1)-beta-D-fructofuranan {Inulin}	Hordeum vulgare {Barley}
3,3',4',5,7-pentahydroxyflavone {Quercetin}	Lactocaseibacillus casei {L. casei}
bacillus	Lactocaseibacillus paracasei {L.paracasei}
bacillus subtilis {B.Subtilis }	lactobacillus acidophilus {L. acidophilus}
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	Lactobacillus plantarum {L. plantarum}
Bifidobacterium animalis subsp. lactis {B. Lactis}	Limosilactobacillus reuteri {L. Reuteri}
bifidobacterium bifidum {B. bifidum}	oligosaccharides {oligosaccharides}
bifidobacterium longum {B.Longum }	origanum vulgare {oregano}
Bovine Milk Products {Dairy}	pectin {pectin}
dietary fiber	Probiotic Mixture 1 {Japanese Vet Probiotic}
Diferuloylmethane {Curcumin}	Probiotic Mixture 2 {Vetafarm Probiotic}
Fiber, total dietary	Slow digestible carbohydrates. {Low Glycemic}
fruit	Thymus vulgaris {thyme}
fruit/legume fibre	whole-grain diet
High-fibre diet {Whole food diet}	yogurt

Sample of Literature Used

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

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Abdominal Aortic Aneurysm

Acne

Addison's Disease (hypocortisolism)

ADHD

Age-Related Macular Degeneration and Glaucoma

Allergic Rhinitis (Hay Fever)

Allergies

Allergy to milk products

Alopecia (Hair Loss)

Alzheimer's disease

Amyotrophic lateral sclerosis (ALS) Motor Neuron

Ankylosing spondylitis

Anorexia Nervosa
Antiphospholipid syndrome (APS)
Asthma
Atherosclerosis
Atrial fibrillation
Autism
Autoimmune Disease
Barrett esophagus cancer
benign prostatic hyperplasia
Biofilm
Bipolar Disorder
Brain Trauma
Breast Cancer
Cancer (General)
Carcinoma
cdk15 deficiency disorder
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
Cognitive Function
Colorectal Cancer
Constipation
Coronary artery disease
COVID-19
Crohn's Disease
Cushing's Syndrome (hypercortisolism)
cystic fibrosis
d-lactic acidosis (one form of brain fog)
deep vein thrombosis
Denture Wearers Oral Shifts
Depression
Dermatomyositis
Eczema
Endometriosis
Eosinophilic Esophagitis
Epilepsy
erectile dysfunction
Fibromyalgia
Food Allergy
Functional constipation / chronic idiopathic constipation
gallstone disease (gsd)
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus
Generalized anxiety disorder
giant cell arteritis
Glioblastoma
Gout
Graves' disease
Gulf War Syndrome
Halitosis
Hashimoto's thyroiditis
Heart Failure
hemorrhagic stroke
Hemorrhoidal disease, Hemorrhoids, Piles

Hidradenitis Suppurativa
High Histamine/low DAO
hypercholesterolemia (High Cholesterol)
hyperglycemia
Hyperlipidemia (High Blood Fats)
hypersomnia
hypertension (High Blood Pressure)
Hypothyroidism
Hypoxia
IgA nephropathy (IgAN)
Inflammatory Bowel Disease
Insomnia
Intelligence
Intracranial aneurysms
Irritable Bowel Syndrome
ischemic stroke
Juvenile idiopathic arthritis
Liver Cirrhosis
Long COVID
Low bone mineral density
Lung Cancer
Lymphoma
Mast Cell Issues/ mastitis
ME/CFS with IBS
ME/CFS without IBS
membranous nephropathy
Menopause
Metabolic Syndrome
Mood Disorders
multiple chemical sensitivity [MCS]
Multiple Sclerosis
Multiple system atrophy (MSA)
myasthenia gravis
neuropathic pain
Neuropathy (all types)
neuropsychiatric disorders (PANDAS, PANS)
Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic
NonCeliac Gluten Sensitivity
Obesity
obsessive-compulsive disorder
Osteoarthritis
Osteoporosis
pancreatic cancer
Parkinson's Disease
Peanut Allergy
Polycystic ovary syndrome
Postural orthostatic tachycardia syndrome
Premenstrual dysphoric disorder
primary biliary cholangitis
Primary sclerosing cholangitis
Psoriasis
rheumatoid arthritis (RA), Spondyloarthritis (SpA)
Rosacea
Schizophrenia
scoliosis
sensorineural hearing loss
Sjögren syndrome
Sleep Apnea

Slow gastric motility / Gastroparesis
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
Vitiligo