

Microbiome Information for: Type 1 Diabetes

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 have found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is believed 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

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 is 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

892 Lake Samish Rd, Bellingham WA 98229
Email: Research@MicrobiomePrescription.com

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Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Type 1 Diabetes

Nota Benia: 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
Bacteroidia	class	High	200643
Deferribacteres	class	High	68337
Delta proteobacteria	class	Low	28221
Christensenellaceae	family	High	990719
Enterobacteriaceae	family	High	543
Lachnospiraceae	family	High	186803
Oxalobacteraceae	family	High	75682
Pasteurellaceae	family	Low	712
Peptostreptococcaceae	family	High	186804
Prevotellaceae	family	High	171552
Rhodospirillaceae	family	High	41295
Succinivibrionaceae	family	High	83763
Verrucomicrobiaceae	family	High	203557
Acidaminococcus	genus	Low	904
Alistipes	genus	High	239759
Anaerostipes	genus	High	207244
Bacteroides	genus	High	816
Bifidobacterium	genus	Low	1678
Bilophila	genus	High	35832
Blautia	genus	High	572511
Candidatus Soleaferrea	genus	High	1470353
Coprococcus	genus	High	33042
Dialister	genus	Low	39948
Enterococcus	genus	High	1350
Escherichia	genus	High	561
Eubacterium	genus	Low	1730
Faecalibacterium	genus	Low	216851
Haemophilus	genus	Low	724
Intestinimonas	genus	Low	1392389
Lachnospira	genus	Low	28050
Lactobacillus	genus	Low	1578
Megamonas	genus	Low	158846
Oscillospira	genus	High	119852
Parasutterella			
Prevotella			
Roseburia			
Rothia			
Ruminococcus			
Shigella			
Staphylococcus			
Streptococcus			
Turicibacter			
Veillonella			
Caulobacterales			
Rhodospirillales			
Verrucomicrobiales			
Acetanaerobacterium elongatum	species	Low	258515
Agathobaculum desmolans	species	Low	39484
Akkermansia muciniphila	species	High	239935
Anaerobutyricum hallii	species	Low	39488
Bacteroides fragilis	species	High	817
Bacteroides ovatus	species	High	28116
Bifidobacterium adolescentis	species	Low	1680
Bifidobacterium longum	species	Low	216816
Bifidobacterium pseudocatenulatum	species	Low	28026
Blautia coccoides	species	Low	1532
Candida albicans	species	High	5476
Cutibacterium acnes	species	High	1747
Helicobacter pylori	species	High	210
Mycobacterium avium	species	High	1764
Peptoniphilus gorbachii	species	Low	411567
Roseburia faecis	species	Low	301302
Staphylococcus aureus	species	High	1280
Tannerella forsythia	species	High	28112
Treponema denticola	species	High	158
[Ruminococcus] torques L2-14	strain	High	657313
Bifidobacterium longum subsp. infantis	subspecies	Low	1682

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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine} 15 gram/day

high red meat

high-fat diets

High-protein diet {Atkins low-carbohydrate diet}

ketogenic diet

low fodmap diet

N-(phosphonomethyl)glycine {glyphosate}

Abstention from eating {Fasting}

cellulose

Ferrum {Iron Supplements} 400 mg/day

High glycemic diet {High-sugar diet (HSD)}

Retail Probiotics

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

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.

(2->1)-beta-D-fructofuranan {Inulin}	Hordeum vulgare {Barley}
amoxicillin [CFS]	Lacticaseibacillus casei {L casei}
Bifidobacterium animalis subsp. lactis {B. Lactis}	Lactobacillus plantarum {L plantarum}
Bovine Milk Products {Dairy}	Limosilactobacillus fermentum {L fermentum}
Cichorium intybus {Chicory}	metronidazole [CFS]
ciprofloxacin [CFS]	oligosaccharides {oligosaccharides}
dietary fiber	polyphenols
enterococcus faecium {E. faecium}	Propolis {Bee glue}
Fiber, total dietary	Slow digestible carbohydrates. {Low Glycemic}
fructo-oligosaccharides	synthetic disaccharide derivative of lactose {Lactulose}
fruit	whole-grain diet
fruit/legume fibre	yogurt
green tea	Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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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

cdkl5 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