

## Microbiome Information for: Type 2 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**

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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 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

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[Our Facebook Discussion Page](#)

## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Type 2 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
Actinomycetes	class	High	1760
Clostridia	class	High	186801
Delta proteobacteria	class	Low	28221
Negativicutes	class	High	909932
Bifidobacteriaceae	family	High	31953
Clostridiaceae	family	Low	31979
Comamonadaceae	family	High	80864
Coriobacteriaceae	family	High	84107
Enterobacteriaceae	family	High	543
Erysipelotrichaceae	family	High	128827
Lachnospiraceae	family	High	186803
Leuconostocaceae	family	Low	81850
Odoribacteraceae	family	Low	1853231
Peptostreptococcaceae	family	Low	186804
Prevotellaceae	family	High	171552
Ruminococcaceae	family	Low	541000
Veillonellaceae	family	High	31977
Verrucomicrobiaceae	family	High	203557
Acidaminococcus	genus	High	904
Actinomyces	genus	High	1654
Adlercreutzia	genus	High	447020
Agathobacter	genus	High	1766253
Akkermansia	genus	Low	239934
Alistipes	genus	High	239759
Alloprevotella	genus	High	1283313
Anaerotruncus	genus	High	244127
Bacteroides	genus	Low	816
Bifidobacterium	genus	Low	1678
Bilophila	genus	High	35832
Butyricimonas	genus	High	574697
Butyribrio	genus	Low	830
Caecibacter	genus	High	1980685
Campylobacter	genus	High	194
Clostridium	genus	Low	1485
Collinsella	genus	High	102106
Coprococcus	genus	High	100883
Desulfovibrio	genus	High	872
Dialister	genus	Low	39948
Dorea	genus	High	189330
Eggerthella	genus	High	84111
Elusimicrobium	genus	Low	423604
Morganella	genus	High	90690
Odoribacter	genus	High	283168
Oribacterium	genus	Low	265975
Oscillibacter	genus	Low	459786
Oxalobacter	genus	High	846
Paenibacillus	genus	Low	44249
Pantoea	genus	High	53335
Paraprevotella	genus	Low	577309
Parasutterella	genus	Low	577310
Parvimonas	genus	Low	543311
Pediococcus	genus	Low	1253
Peptococcus	genus	Low	2740
Phocaeicola	genus	High	909656
Phocea	genus	High	1926663
Porphyromonas	genus	High	836
Prevotella	genus	High	838
Propionibacterium	genus	Low	1743
Pseudoflavonifractor	genus	High	1017280
Pyramidobacter	genus	High	638847
Rhodococcus	genus	High	1661425
Rhodococcus	genus	High	1827
Roseburia	genus	Low	841
Ruminococcus	genus	High	1263
Sellimonas	genus	Low	1769710
Shigella	genus	High	620
Solobacterium	genus	High	123375
Streptococcus	genus	High	1301
Subdoligranulum	genus	High	292632
Sutterella	genus	High	40544
Turicibacter	genus	Low	191303
Veillonella	genus	Low	29465
Vibrio	genus	High	662
Weissella	genus	High	46255
Eubacteriales	order	High	186802
Rhodospirillales	order	High	204441
Verrucomicrobiales	order	High	48461
[Clostridium] methylpentosum	species	High	84026
Akkermansia muciniphila	species	Low	239935
Bacteroides caccae	species	High	47678
Bacteroides fragilis	species	High	817

Bacteria Name	Rank	Shift	Taxonomy ID
Enterococcus	genus	High	1350
Enterorhabdus	genus	High	580024
Escherichia	genus	High	561
Eubacterium	genus	Low	1730
Faecalibacterium	genus	Low	216851
Finegoldia	genus	Low	150022
Flavonifractor	genus	High	946234
Fusobacterium	genus	High	848
Gemmiger	genus	High	204475
Gordonibacter	genus	High	644652
Haemophilus	genus	Low	724
Holdemania	genus	High	61170
Klebsiella	genus	High	570
Lachnosporidium	genus	High	1506553
Lacticaseibacillus	genus	Low	2759736
Lactobacillus	genus	High	1578
Lactococcus	genus	High	1357
Leuconostoc	genus	Low	1243
Ligilactobacillus	genus	High	2767887
Malassezia	genus	High	55193
Megasphaera	genus	High	906
Mesosutterella	genus	High	2494213
Methanobrevibacter	genus	High	2172
Mitsuokella	genus	High	52225
Morganella	genus	High	581
Morganella	genus	High	108061
Bacteroides intestinalis	species	High	329854
Bacteroides stercoris	species	High	46506
Bacteroides thetaiotaomicron	species	Low	818
Bacteroides uniformis	species	Low	820
Barnesiella intestinihominis	species	Low	487174
Bifidobacterium adolescentis	species	Low	1680
Bifidobacterium animalis	species	Low	28025
Bifidobacterium bifidum	species	High	1681
Bifidobacterium pseudolongum	species	Low	1694
Blastocystis hominis	species	High	12968
Butyrivibrio crossotus	species	High	45851
Clostridium butyricum	species	Low	1492
Collinsella aerofaciens	species	High	74426
Enterocloster bolteae	species	High	208479
Escherichia coli	species	High	562
Eubacterium coprostanoligenes	species	High	290054
Eubacterium oxidoreducens	species	Low	1732
Faecalibacterium prausnitzii	species	Low	853
Klebsiella pneumoniae	species	High	573
Lactobacillus intestinalis	species	High	151781
Ligilactobacillus ruminis	species	High	1623
Mediterraneibacter gnavus	species	High	33038
Phascolarctobacterium faecium	species	Low	33025
Anaerobutyricum hallii DSM 3353	strain	Low	411469
Clostridium beijerinckii NCIMB 8052	strain	Low	290402
Clostridium beijerinckii NRRL B-598	strain	Low	1428454
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.

2-Amino-4-(methylthio)butanoic acid {Methionine} 5 gram/day  
cholic,taurocholic ,chenodeoxycholic,glycocholic acids {Bile  
supplements}

Escherichia coli cryodesiccata {colinfant probiotics}

Escherichia coli:DSM 16441-16448 {symbioflor-2}

Ethyl alcohol {Grain alcohol}

fat

Ferrum {Iron Supplements} 400 mg/day

high red meat

high-fat diets

High-protein diet {Atkins low-carbohydrate diet}

Linum usitatissimum {Flaxseed} 30 mg/day

Nitrogen Oxide x Particulate Matter {Urban air pollutant}

N-L-a-aspartyl-L-phenylalanine methyl ester {aspartame}

penicillin-moxalactam

proton-pump inhibitors (prescription) 60 mg/day

Sleep apnea {partial sleep deprivation}

Sucratose {Splenda} 340 mg/day

Tobacco consumption {Smoking}

## Retail Probiotics

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

symbiopharm / symbioflo 2

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}

amikacin

bacillus,lactobacillus,streptococcus,saccharomyces probiotic

bifidobacterium bifidum {B. bifidum}

ciprofloxacin [CFS]

dietary fiber

Diferuloylmethane {Curcumin}

Epicatechin {Green tea polyphenol}

Fiber, total dietary

fruit

fruit/legume fibre

gentamicin

Grape Polyphenols {Grape Flavonoids}

green tea

Human milk oligosaccharides (prebiotic, Holigos, Stachyose)

imipenem

Lacticaseibacillus casei {L. casei}

Lactobacillus plantarum {L. plantarum}

metformin (prescription)

oligosaccharides {oligosaccharides}

piperacillin-tazobactam

Slow digestible carbohydrates. {Low Glycemic}

Thymus vulgaris {thyme}

Zingiber officinale Roscoe {ginger}

## Sample of Literature Used

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## Additional APriori Analysis Available

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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**