

## Microbiome Information for: Eczema

### 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 Eczema

*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
Bacteroidia	class	High	200643	Faecalibacterium	genus	High	216851
Bacteroidaceae	family	High	815	Haemophilus	genus	Low	724
Bifidobacteriaceae	family	Low	31953	Megasphaera	genus	Low	906
Clostridiaceae	family	High	31979	Romboutsia	genus	High	1501226
Enterobacteriaceae	family	High	543	Shigella	genus	High	620
Lactobacillaceae	family	Low	33958	Streptococcus	genus	Low	1301
Veillonellaceae	family	Low	31977	Sutterella	genus	High	40544
Bifidobacterium	genus	Low	1678	Veillonella	genus	High	29465
Clostridium	genus	Low	1485	Bacteroidales	order	High	171549
Enterococcus	genus	High	1350	Bacteroides fragilis	species	Low	817
Escherichia	genus	High	561	Faecalibacterium prausnitzii	species	High	853
Eubacterium	genus	Low	1730	Ruminococcus gnavus	species	High	33038
				Streptococcus salivarius	species	Low	1304

## 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.

(r) -naproxen sodium salt,(prescription)

acetylsalicylic acid,aspirin

animal-based diet

aspartame (sweetner)

beef

berberine 1.5 gram/day

cadium

carboxymethyl cellulose (prebiotic)

chemotherapy (prescription)

cinoxacin (antibiotic)

colinfant e.coli probiotics

Dextrin 40 gram/day

dibekacin (antibiotic)s

**DOXYCYCLINE (ANTIBIOTIC)S[CFS]**

enoxacin (antibiotic)

ethinylestradiol,(prescription)

Feric citrate

fibre-rich macrobiotic ma-pi 2 diet

fleroxacin (antibiotic)

flumequine (antibiotic)

fluorine

gatifloxacin (antibiotic)

gluten-free diet

high beef diet

high-fat diets

ibuprofen

ku ding cha tea

levan

low fodmap diet

low-fat diets

macrolide ((antibiotic)s)

magnesium-deficient diet

mannooligosaccharide (prebiotic) 8 gram/day

melatonin supplement 10 mg/day

**NEOMYCIN (ANTIBIOTIC)S[CFS]**

non-starch polysaccharides

oxolinic acid (antibiotic)

paromomycin (antibiotic)s

pefloxacin (antibiotic)

penicillin-moxalactam (antibiotic)s

pipemidic acid (antibiotic)

pivmecillinam hydrochloride (antibiotic)

red alga Laurencia tristicha

ribostamycin sulfate salt (antibiotic)

rifampicin (antibiotic)s

risperidone,(prescription)

rufloxacin (antibiotic)

Rutin 60 mg/day

saccharin 450 mg/day

salt (sodium chloride)

sisomicin sulfate (antibiotic)

smoking

spectinomycin dihydrochloride (antibiotic)

stevia 800 mg/day

sybioflor 2 e.coli probiotics

thioguanosine,(prescription)

vegetarians

vitamin d 50000 UI/day

xylan (prebiotic)

zidovudine; azt,(prescription)

## **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.

amikacin (antibiotic)s	lactobacillus acidophilus (probiotics)
amoxicillin (antibiotic)s[CFS]	lactobacillus casei (probiotics)
apple	Lactobacillus Johnsonii (probiotic)
arabinogalactan (prebiotic)	lactobacillus paracasei (probiotics)
bacillus subtilis (probiotics)	lactobacillus plantarum (probiotics)
barley	lactobacillus reuteri (probiotics)
cinnamon (oil. spice)	lactulose
ciprofloxacin (antibiotic)s[CFS]	oregano (organum vulgare, oil)
clostridium butyricum (probiotics),Miya,Miyarisan	pediococcus acidilactic (probiotic)
foeniculum vulgare,fennel	piperacillin-tazobactam (antibiotic)s
fructo-oligosaccharides (prebiotic)	quercetin
gentamicin (antibiotic)s	raffinose(sugar beet)
Glucomannan	resveratrol (grape seed/polyphenols/red wine)
green tea	rosmarinus officinalis,rosemary
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	selenium
imipenem (antibiotic)s	soy
inulin (prebiotic)	trimethoprim (antibiotic)s
	whey

## Sample of Literature Used

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

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Amyotrophic lateral sclerosis (ALS) Motor Neuron  
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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  
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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