

Microbiome Information for: Eosinophilic Esophagitis

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

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Eosinophilic Esophagitis

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
Bacteroidia	<i>class</i>	High	200643
Clostridia	<i>class</i>	Low	186801
Actinomyces	<i>genus</i>	Low	1654
Aggregatibacter	<i>genus</i>	High	416916
Corynebacterium	<i>genus</i>	High	1716
Filifactor	<i>genus</i>	Low	44259
Fusobacterium	<i>genus</i>	High	848
Haemophilus	<i>genus</i>	High	724

Bacteria Name	Rank	Shift	Taxonomy ID
Neisseria	<i>genus</i>	High	482
Parvimonas	<i>genus</i>	Low	543311
Pasteurella	<i>genus</i>	High	745
Porphyromonas	<i>genus</i>	Low	836
Rothia	<i>genus</i>	Low	32207
Rothia	<i>genus</i>	Low	508215
Veillonella	<i>genus</i>	Low	29465
Eubacteriales	<i>order</i>	Low	186802

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.

alcoholic beverages		linseed(flaxseed) 30 mg/day
azaguanine-8,(prescription)		loperamide hydrochloride,(prescription)
bacillus subtilis natto (probiotics)		low fodmap diet
barley 60 gram/day		luteolin (flavonoid) 400 mg/day
berberine 1.5 gram/day		merbromin
bifidobacterium longum bb536 (probiotics)		metformin (prescription)
Bismuth Salts		nafcillin sodium salt monohydrate (antibiotic)
brassica juncea		non-starch polysaccharides
cloxacillin (antibiotic)s		novobiocin sodium salt,(prescription)
cranberry bean flour		penicillin-moxalactam (antibiotic)s
daesih-tang		Rapamycin
didoxacillin sodium salt hydrate (antibiotic)		resveratrol (grape seed/polyphenols/red wine) 2 gram/day
entacapone,(prescription)		risperidone,(prescription)
Far infrared Sauna		streptomycin (antibiotic)s
fludoxacillin sodium (antibiotic)		streptozotocin,(prescription)
fructo-oligosaccharides (prebiotic) 15 gram/day		sucralose 340 mg/day
GABA 6 gram/day		sugar
ganoderma lucidum mycelium		sulfonamide (antibiotic)s
ginger		trichlorfon,(prescription)
gluten-free diet		triclosan
high sugar diet		Vitamin B1,thiamine hydrochloride 1.8 gram/day
high-fat diets		Vitamin B9,folic acid 5 mg/day
Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2 gram/day		vitamin d 50000 UI/day
lactobacillus rhamnosus (probiotics) 48 BCFU/day		whey 60 gram/day
l-glutamine 5 gram/day		whole-grain barley 60 gram/day
		zinc 300 mg/day

Retail Probiotics

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

jarrow formula / jarro-dophilus original
jarrow formulas / jarro-dophilus eps
ISCON Elegance/ Ochek Capsule 10
just for tummies / live bacteria
Nutrition Essentials / Probiotic (900 BCFU)
up4 /women's
Ombre / Harmony
optibac / bifidobacteria & fibre
SuperSmart / Derma Relief
spain (es) / ns florabiotic instant
OMNI-BIOTIC®/ TRAVEL
Bromatech (IT) / Ramnoselle
vinco / probiotic eight 65
Biorela® Daily
SuperSmart / Bifidobacterium longum (BB536)
spain (es) / muvagyn probiotico
PharmExtracta (IT) / FG5 Forte In Sachets
bio-k+
HLH BIOPHARMA(DE) / LACTOBACT ® METABOLIC
spain (es) / ns defenbiotic kids
Sash Vitality /Bio-Cultures Probiotics for Adults
CustomProbiotics.com / L. Rhamnosus Probiotic Powder
SuperSmart / Vaginal Health
Ombre / Endless Energy
custom probiotics / six strain probiotic powder
Nu U (uk) /Bio-Cultures Complex
biospec / probiotic-5
SuperSmart / Candalb
custom probiotics / four strain lactobacilli
zint nutrition / probiotic collagen +
Metabolics / Lactobacillus Rhamnosus Powder
optibac / for those on antibiotics
Bromatech (IT) / Lautoselle
Resbiotic /resB® Lung Support

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.

aloe vera	lavender
amoxicillin (antibiotic)s[CFS]	lemongrass oil
ampicillin (antibiotic)s[CFS]	mastic gum (prebiotic)
azithromycin,(antibiotic)s[CFS]	meropenem (antibiotic)s
bacillus subtilis (probiotics)	minocycline (antibiotic)s[CFS]
benzylpenicillin sodium (antibiotic)	Nicotine, Nicotine Patch
bifidobacterium longum (probiotics)	Olive Oil
Burdock Root	oregano (origanum vulgare, oil)
cholic acid (bile acid)	partial sleep deprivation
cinnamon (oil. spice)	peppermint (spice, oil)
ciprofloxacin (antibiotic)s[CFS]	piperacillin-tazobactam (antibiotic)s
clarithromycin (antibiotic)s[CFS]	quercetin
clostridium butyricum (probiotics),Miya,Miyarisan	saccharin
dairy	saccharomyces cerevisiae (probiotics)
d-ribose	thyme (thymol, thyme oil)
fasting	tobramycin (antibiotic)s
imipenem (antibiotic)s	vancomycin (antibiotic)[CFS]
inulin (prebiotic)	vitamin b2,Riboflavin
iron	walnuts
lactobacillus paracasei (probiotics)	wheat bran
lactobacillus reuteri (probiotics)	whole grain diet

Sample of Literature Used

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Antiphospholipid syndrome (APS)
Asthma
Atherosclerosis
Autism
Autoimmune Disease
Barrett esophagus cancer
Bipolar Disorder
Brain Trauma
Carcinoma
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Chronic Fatigue Syndrome
Chronic Kidney Disease
Chronic Lyme
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Coagulation / Micro clot triggering bacteria
Colorectal Cancer
Constipation
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cystic fibrosis
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Depression
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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
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hyperglycemia
Hyperlipidemia (High Blood Fats)
hypersomnia
hypertension (High Blood Pressure)
Hypoxia
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Inflammatory Bowel Disease
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Intelligence
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Juvenile idiopathic arthritis
Liver Cirrhosis
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Parkinson's Disease
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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