Microbiome Information for: Asthma

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 *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/)
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

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Asthma

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
Verrucomicrobiae	*class*	Low	*203494*
Acidaminococcaceae	*family*	Low	*909930*
Bacteroidaceae	*family*	High	*815*
Bifidobacteriaceae	*family*	Low	*31953*
Clostridiaceae	*family*	High	*31979*
Lachnospiraceae	*family*	High	*186803*
Lactobacillaceae	*family*	Low	*33958*
Prevotellaceae	*family*	High	*171552*
Ruminococcaceae	*family*	Low	*541000*
Veillonellaceae	*family*	High	*31977*
Akkermansia	*genus*	Low	*239934*
Bacteroides	*genus*	Low	*816*
Bifidobacterium	*genus*	High	*1678*
Campylobacter	*genus*	High	*194*
Capnocytophaga	*genus*	High	*1016*
Clostridium	*genus*	High	*1485*
Faecalibacterium	*genus*	Low	*216851*
Haemophilus	*genus*	High	*724*
Porphyromonas	*genus*	High	*836*
Roseburia	*genus*	Low	*841*
Akkermansia muciniphila	*species*	Low	*239935*
Bacteroides stercoris	*species*	Low	*46506*
Candida albicans	*species*	High	*5476*
Clostridium disporicum	*species*	Low	*84024*
Eggerthella lenta	*species*	High	*84112*
Faecalibacterium prausnitzii	*species*	Low	*853*
Haemophilus influenzae	*species*	Low	*727*
Phocaeicola plebeius	*species*	High	*310297*
Roseburia inulinivorans	*species*	Low	*360807*
Sutterella wadsworthensis	*species*	Low	*40545*
Haemophilus influenzae 10810	*strain*	Low	*862964*

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.

bacillus subtilis (probiotics) 10 BCFU/day
banana
barley,oat
bifidobacterium infantis,(probiotics) 10 BCFU/day
bifidobacterium longum (probiotics) 10 BCFU/day
bile (acid/salts)
Cacao 20 gram/day
cefoxitin (antibiotic)s
CIPROFLOXACIN (ANTIBIOTIC)S[CFS]
clostridium butyricum (probiotics),Miya,Miyarisan 1 gram/day
fructo-oligosaccharides (prebiotic) 15 gram/day
fruit/legume fibre
Gluco-Oligosaccharides
gluten
imipenem (antibiotic)s
iron 400 mg/day
lactobacillus plantarum,xylooligosaccharides,(prebiotic) (probiotics) 22 BCFU/day
lactobacillus reuteri (probiotics) 22 BCFU/day
lactobacillus salivarius (probiotics) 9 BCFU/day
lactulose
linseed(flaxseed) 30 mg/day
l-proline
moxalactam disodium salt (antibiotic)
Nicotine, Nicotine Patch
non-starch polysaccharides
oats
Olive Oil
omega-3 fatty acids 4 gram/day
oregano (origanum vulgare, oil) |
partially hydrolyzed guar gum 6 gram/day
salt (sodium chloride)
Shen Ling Bai Zhu San
sucralose 340 mg/day
Ursolic acid
VANCOMYCIN (ANTIBIOTIC)[CFS]
vegetable
vitamin a 25000 IU/day
Vitamin E 60 IU/day
wheat
wheat bran

Retail Probiotics

Over 260 retail probiotics were evaluted with the following deem beneficial with no known adverse risks.

- newrhythm / probiotics 20 stains
- bioray / cytoflora
- bioglan bio (au) / happy probiotic 100
- renew life men's probiotic - ultimate
- custom probiotics / d-lactate free probiotics powder
- garden of life / primal defense
- Seeking Health / Probiota HistaminX
- bravo europe / starter and complex
- organic 3 / gutpro
- fürstenmed / lacto-bifido
- Smidge /Sensitive Probiotic
- Advanced Bio-Cultures / Advance Multi Strain Probiotics
- elixa / probiotic
- douglas laboratories / multi probiotic 40 billion
- SuperSmart / Oral Health
- MegaFood / MegaFlora
- organic 3 / primal gut
- seed / male version
- solaray / mycrobiome probiotic colon formula
- lifted naturals / mood boosting probiotic
- cytoplan(uk) /dentavital bifidophilus
- spain (es) / vivomixx
- Physis / Advance Probiotics
- Dr. Mercola / Complete Probiotics
- NOW FOODS / Clinical GI Probiotic
- Genesis Bifidobacterium Complex BB Probiotic
- OMNi-BiOTiC®/ 10 AAD
- Ombre / Metabolic Booster
- fairvital / microflora basic
- CVSHealth / Daily Probiotic
- young living/life 9
- Physician Choice /60 Billion Probiotics
- renew life / ultimate flora
- udo's choice /super 8 gold
- aor / probiotic-3
- ASEA VIA / BIOME
- Lake Avenue Nutrition / Probiotics 10 Strain Blend
- custom probiotics / five strain bifidobacteria
- Pendulum / Pendulum Glucose Control
- optibac / for every day
- jamieson (can) / probiotic 10 bcfu
- quantum wellness / restora flora
- HLH BIOPHARMA(DE) / LACTOBACT ® AAD
- SuperSmart / Lactoxira
- nature's way (au) /restore probiotic bowel & colon health 30s
- visbiome
- Bromatech (IT) / Psicobrain
- naturopathica (au) / gastrohealth probiotic adults 50+
- jarrow formulas / fem dophilus
- Microbiome Labs / MEGA Genesis
- Bromatech (IT) / Lautoselle
- klaire labs / target gb-x
- philips / colon health
- Sash Vitality /Bio-Cultures Probiotics for Adults

SuperSmart / Vaginal Health
7 AM Ultra Probiotics
Prescript-Assist®/SBO Probiotic
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
spain (es) / reuteri gotas
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
Bromatech (IT) / Bifiselle
BioGaia / BioGaia Products
wakamoto (jp) / wakamoto pharmaceutical intestinal drug
CustomProbiotics.com / L. Salivarius Probiotic Powder
SuperSmart / Lactobacillus reuteri
bravo europe / freeze-dried bravo
naturopathica (au) / gastrohealth probiotic dairy free 50 billion
blackmore (au) / probiotics+ womens flora balance
Metabolics / Bifidobacterium Longum Powder
VSL Pharmaceuticals / Oxadrop
Winclove Probiotics / Ecologic®825
HLH BIOPHARMA(DE) / LACTOBACT ® METABOLIC
Swiss BioEnergetics / Full Spectrum Probiotic Defence
CustomProbiotics.com / B. Infantis Probiotic Powder
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
custom probiotics / four strain lactobacilli
naturopathica (au) /gastrohealth probiotic ultimate daily care 100billion
microbiome labs / restorflora
Krauterhaus / Lactopro
Jetson (US) / Immunity Probiotics
up4 / ultra
jarrow formulas / bifidus balance® + fos
spain (es) / alflorex
ProbioMax® Daily DF
JGL / Lactogyn
SuperSmart / Bacillus Subtilis
PharmExtracta (IT) / Butirrisan
INVIVO THERAPEUTICS / Bio.Me IB +
Ombre / Mood Enhancer
spain (es) / aquilea intimus
Metabolics / Bifidobacterium Infantis Powder
natren / life start 2 (goat milk-based)
amy meyers / primal earth probiotic
PrecisionBiotics / Zenflore
PharmExtracta / Bowell
Jetson / Gut Prep
up4 / adult
Ombre / Restore
Bromatech (IT) / Acronelle
spain (es) / gastrus
Microbiome Labs / ZENBIOME Dual
canada (ca) / calmbiotic
Jetson (US) / Mood Probiotics
Ombre / Heart Health
klaire labs / ther-biotic factor 4
InnovixLabs / Mood Probiotic
jarrow formulas / jarro-dophilus® ultra
PoolPharma (IT) / ProbioTKMIO
custom probiotics / six strain probiotic powder
spain (es) / casenbiotic
HLH BIOPHARMA(DE) / LACTOBACT ® FORTE
ImmuneBiotech Medical Sweden AB / GutMagnific®

nature's bounty / probioti 10
optibac / bifidobacteria & fibre
Sanogermina / AB-Kolicare
miyarisan (jp) / miyarisan
Bromatech (IT) / Serobiome
Nu U (uk) /Bio-Cultures Complex
PharmExtracta (IT) / Gliadines buccal stickpacks
ISCON Elegance/ Ochek Capsule 10
Energybalance / ColoBiotica 28 Colon Support
naturopathica (au) / gastrohealth women's probiotic with cranberry
jarrow formulas / jarro-dophilus mood
microbiome labs /hu58
anabolic laboratories / probiotic complete
Invivo / Bio.Me Femme UT
CustomProbiotics.com / L. Reuteri Probiotic Powder
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
optibac / for women
OMNi-BiOTiC®/ TRAVEL
jarrow formulas / fem-dophilus®
SuperSmart / H. Pylori Fight
wakamoto (jp) / strong wakamoto w
BioGaia / BioGaia Osfortis
RepHresh /Pro-B Probiotic Supplement for Women
HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS
naturopathica (au)/ gastrohealth probiotic daily care
spain (es) / gum periobalance
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PrecisionBiotics / Immune
vinco / probiotic eight 65
Metabolics / Lactobacillus Salivarius Powder
CustomProbiotics.com / B. Longum Probiotic Powder
powerlabs (au) / ultra blend

Note: Some of these are only available regionally – search the web for sources.

Substance to Consider Reducing or Eliminating

These are the most signigicant 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.

bacillus coagulans (probiotics)
berberine
carboxymethyl cellulose (prebiotic)
cranberry bean flour
dopamine (prescription)
fasting
gluten-free diet
lactobacillus fermentum (probiotics)
low-fat diets
metformin (prescription)
quercetin,resveratrol
resveratrol (grape seed/polyphenols/red wine)
rifaximin (antibiotic)s
triphala
vitamin B3,niacin
Vitamin C (ascorbic acid)
xylan (prebiotic)

Sample of Literature Used

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Acne
ADHD
Allergic Rhinitis (Hay Fever)
Allergies
Alopecia (Hair Loss)
Alzheimer's disease
Amyotrophic lateral sclerosis (ALS) Motor Neuron
Ankylosing spondylitis
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
Coronary artery disease
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