

Microbiome Information for: Unhealthy Ageing

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 Unhealthy Ageing

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
Atopobiaceae	family	High	1643824	Lactobacillus	genus	High	1578
Christensenellaceae	family	Low	990719	Neisseria	genus	High	482
Coriobacteriaceae	family	Low	84107	Odoribacter	genus	Low	283168
Enterobacteriaceae	family	High	543	Oscillospira	genus	Low	119852
Actinomyces	genus	High	1654	Oxalobacter	genus	Low	846
Akkermansia	genus	Low	239934	Prevotella	genus	Low	838
Bacteroides	genus	High	816	Roseburia	genus	Low	841
Barnesiella	genus	Low	397864	Streptococcus	genus	High	1301
Bifidobacterium	genus	Low	1678	Veillonella	genus	High	29465
Bilophila	genus	High	35832	[Eubacterium] rectale	species	Low	39491
Butyricimonas	genus	Low	574697	[Ruminococcus] torques	species	High	33039
Butyrivibrio	genus	Low	830	Bacteroides fragilis	species	High	817
Campylobacter	genus	High	194	Clostridium difficile	species	High	1496
Coprobacillus	genus	High	100883	Enterocloster bolteae	species	High	208479
Desulfovibrio	genus	High	872	Fusobacterium nucleatum	species	High	851
Eggerthella	genus	High	84111	Hungatella hathewayi	species	High	154046
Enterococcus	genus	High	1350	Lactobacillus amylovorus	species	Low	1604
Faecalibacterium	genus	Low	216851	Phocaeicola vulgatus	species	High	821
Fusobacterium	genus	High	848	Ruminococcus gnavus	species	High	33038

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

berberine 1.5 gram/day

bile (acid/salts)

broccoli

butirosin

candida albicans (prescription)

dairy

fat

galactose (milk sugar)

gluten-free diet

green-lipped mussel

gynostemma pentaphyllum (Jiaogulan)

high animal protein diet

high red meat

high saturated milk fat diet

high sugar diet

high-fat diets

high-protein diet

iron 400 mg/day

isepamicin (antibiotic)s

ku ding cha tea

lactulose

lard

lincosamide (antibiotic)s

lividomycin (antibiotic)s

lomefloxacin hydrochloride (antibiotic)

low-fat diets

macrolide ((antibiotic)s)

Miso

proton-pump inhibitors (prescription) 60 mg/day

Psyllium (Plantago Ovata Husk) 6.8 gram/day

raffinose(sugar beet)

red alga *Laurencia tristicha*

resistant starch

Slippery Elm

smoking

sugar

Retail Probiotics

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

Bromatech (IT) / Lautoselle

Bromatech (IT) / Serobiome

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.

acarbose,(prescription)	lactobacillus casei (probiotics)
acetylsalicylic acid,aspirin	lactobacillus plantarum (probiotics)
amoxicillin (antibiotic)s[CFS]	lactobacillus rhamnosus gg (probiotics)
ampicillin (antibiotic)s[CFS]	metformin (prescription)
bacillus subtilis (probiotics)	metronidazole (antibiotic)s[CFS]
benzylpenicillin sodium (antibiotic)	minocycline (antibiotic)s[CFS]
bifidobacterium animalis lactis (probiotics)	neem
Cacao	oregano (origanum vulgare, oil)
Caffeine	oxacillin sodium (antibiotic)
cefotaxime sodium salt (antibiotic)	piperacillin-tazobactam (antibiotic)s
ceftazidime (antibiotic)s	pomegranate
cinnamon (oil. spice)	rifaximin (antibiotic)s
ciprofloxacin (antibiotic)s[CFS]	rosmarinus officinalis,rosemary
cranberry bean flour	saccharomyces boulardii (probiotics)
fluoroquinolone (antibiotic)s	Shen Ling Bai Zhu San
garlic (allium sativum)	soy
gentamicin (antibiotic)s	syzygium aromaticum (clove)
Hesperidin (polyphenol)	thyme (thymol, thyme oil)
hyoscyamine (l),(prescription)	tobramycin (antibiotic)s
imipenem (antibiotic)s	vancomycin (antibiotic)[CFS]
inulin (prebiotic)	vitamin d
	wheat

Sample of Literature Used

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ADHD
Allergic Rhinitis (Hay Fever)
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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