

## Microbiome Information for: Endometriosis

### For non-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

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Email: [Research@MicrobiomePrescription.com](mailto:Research@MicrobiomePrescription.com)

## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Endometriosis

*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
Coriobacteriaceae	family	High	84107	Lachnospira	genus	Low	28050
Enterobacteriaceae	family	High	543	Lactobacillus	genus	Low	1578
Lactobacillaceae	family	Low	33958	Odoribacter	genus	Low	283168
Atopobium	genus	Low	1380	Oscillospira	genus	High	119852
Bacteroides	genus	High	816	Parabacteroides	genus	High	375288
Bifidobacterium	genus	High	1678	Paraprevotella	genus	Low	577309
Blautia	genus	High	572511	Porphyromonas	genus	High	836
Campylobacter	genus	High	194	Prevotella	genus	High	838
Candida	genus	High	5475	Pseudomonas	genus	High	286
Coprococcus	genus	High	33042	Ruminococcus	genus	Low	1263
Corynebacterium	genus	High	1716	Shigella	genus	High	620
Dialister	genus	Low	39948	Sneathia	genus	Low	168808
Dorea	genus	High	189330	Streptococcus	genus	High	1301
Escherichia	genus	High	561	Turidibacter	genus	Low	191303
Ezakiella	genus	High	1582879	Veillonella	genus	Low	29465
Faecalibacterium	genus	High	216851	Eubacteriales	order	Low	186802
Fingoldia	genus	Low	150022	Escherichia coli	species	High	562
Flavobacterium	genus	High	237	Faecalibacterium prausnitzii	species	High	853
Gardnerella	genus	Low	2701	Gardnerella vaginalis	species	High	2702
Gemella	genus	Low	1378	Prevotella bivia	species	High	28125

## 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.

alcoholic beverages

arabinogalactan (prebiotic) 21.gram/day

aspartame (sweetner)

beef

Bile Acid Sequestrant

Bofutsushosan

cadium

catecholamines (polyphenol)

chondrus crispus,red sea weed

colinfant e.coli probiotics

cranberry bean flour

Ferric citrate

fluorine

General Biotics Equilibrium

glucose (sugar)

green-lipped mussel

ku ding cha tea

lactulose

levan

l-proline

non-starch polysaccharides

pectin

Pulses

red alga Laurencia tristicha

red wine 250 ml/day

resistant maltodextrin 50 gram/day

saccharin 450 mg/day

saccharomyces boulardii (probiotics) 6 BCFU/day

salt (sodium chloride)

Slippery Elm

symbioflor 2 e.coli probiotics

Tributylin

xylan (prebiotic)

## **Retail Probiotics**

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

symbiopharm / symbioflo 2  
Swiss BioEnergetics / Full Spectrum Probiotic Defence  
Bromatech (IT) / Enterelle  
florastor / florastor  
imagilin / NutriLots Replenish  
Ombre / Endless Energy  
optibac / saccharomyces boulardii  
spain (es) / ultralevura  
organic 3 / yeastbiotic  
SuperSmart / Saccharomyces Boulardii  
spain (es) / axiboulardi

**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.

bacillus subtilis (probiotics)

barley

cinnamon (oil, spice)

clostridium butyricum (probiotics), Miya, Miyarisan

Curcumin

foeniculum vulgare, fennel

garlic (allium sativum)

lactobacillus casei (probiotics)

Lactobacillus Johnsonii (probiotic)

lactobacillus paracasei (probiotics)

lactobacillus plantarum (probiotics)

lactobacillus reuteri (probiotics)

neem

oregano (origanum vulgare, oil) |

rosmarinus officinalis, rosemary

soy

syzygium aromaticum (clove)

thyme (thymol, thyme oil)

triphala

Vitamin B-12

whey

## Sample of Literature Used

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

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Acne  
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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