

Microbiome Information for: Hypoxia

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

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 Hypoxia

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
Aerococcus	<i>genus</i> High	1375	Parabacteroides	<i>genus</i> High	375288
Akkermansia	<i>genus</i> High	239934	Phascolarctobacterium	<i>genus</i> High	33024
Bacteroides	<i>genus</i> High	816	Prevotella	<i>genus</i> Low	838
Butyricimonas	<i>genus</i> High	574697	Salinibacterium	<i>genus</i> Low	235888
Lactobacillus	<i>genus</i> High	1578	Vogesella	<i>genus</i> Low	57739

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.

apple			
arabinogalactan (prebiotic)	21 gram/day	Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	2
bacillus subtilis (probiotics)	10 BCFU/day	gram/day	
barley	60 gram/day	inulin (prebiotic)	32 gram/day
berberine	1.5 gram/day	lactobacillus fermentum (probiotics)	12 BCFU/day
fasting		lactobacillus plantarum (probiotics)	60 BCFU/day
fructo-oligosaccharides (prebiotic)	15 gram/day	lactulose	
Glucomannan	700 mg/day	pectin	
		pomegranate	1 gram/day
		resveratrol (grape seed/polyphenols/red wine)	2 gram/day
		triphala	9000 mg/day

Retail Probiotics

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

theramedix / probiotic
 jarrow formulas / bifidus balance® + fos
 nature's way (au) / restore probiotic bowel & colon health 30s
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
 Jetson / FIT
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 nature's way (au) / restore probiotic 100 billion
 seed / male version
 lifted naturals / mood boosting probiotic
 bioglan bio (au) / happy probiotic 50
 HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
 powerlabs (au) / ultra blend
 Bromatech (IT) / Rotanelle plus
 Swiss BioEnergetics / Full Spectrum Probiotic Defence
 Pädia GmbH (DE)/Mambiotic Kapseln
 global health trax / threelac
 nature's way (au) / restore probiotic 30 billion 30s
 bio-botanical research / proflora4r restorative probiotic
 blackmore (au) / probiotics+ daily health
 nature's instincts / ultra spore probiotic
 spain (es) / lactanza hereditum
 SuperSmart / Probio Forte
 enviromedica terrافلورا sbo probiotic
 Jetson (US) / Mood Probiotics
 Ombre / Heart Health
 optibac / for every day
 Prescript-Assist®/SBO Probiotic
 Thyve Inside/ L.Reu,Rham,Casi; B.Lactis
 jarrow formula / ideal bowel support® Ip299v®
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
 corebiotic
 blackmores (au) / probiotics+ immune defence
 CustomProbiotics.com / L. Plantarum Probiotic Powder
 Ombre / Healthy Gut
 ISCON Elegance/ Ochek Capsule 10
 Nutrition Essentials / Probiotic (900 BCFU)
 Bromatech (IT) / Adomelle
 mwsb / candida yeast support
 microbiome labs/ megasporebiotic
 optibac / bifidobacteria & fibre
 claire labs / biospora
 SuperSmart / Derma Relief
 fairvital / microflora basic
 Energybalance / ColoBiotica 28 Colon Support
 microbiome labs / hu58
 Bromatech (IT) / Milonet
 perfect pass / perfect pass probiotic bacillus spore
 visbiome
 spain (es) / I3.1
 Thyve LPCasei Th1, LPCasei Th2,L.Ferm IBF1, Lacidoph
 ferring / vsl#3
 Resbiotic / resB® Lung Support
 jarrow formulas / jarro-dophilus eps

naturopathica (au) / gastrohealth fibrepro
blackmore (au) / probiotics+ eczema relief
ProbioMax® Daily DF
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
organic 3 / primal soil
SuperSmart / Bacillus Subtilis
Ombre / Mood Enhancer
BIO-BOTANICAL RESEARCH / Megacidin
reserveage nutrition / beautiflora
amy meyers / primal earth probiotic
Jetson / Gut Prep
up4 / adult
blackmores (au) / probiotics + adults daily (90 capsules)
jarro formula / jarro-dophilus original
aor / probiotic-3
vitamin angels / just thrive
nature's way (au) / restore probiotic daily health 90s
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
SuperSmart / Candalb
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
microbiome labs / restorflora
zint nutrition / probiotic collagen +
Krauterhaus / Lactopro
Metabolics / Lactobacillus Plantarum Powder
spain (es) / vivomixx
reg'activ / immune & vitality
INVIVO THERAPEUTICS / Bio.Me IB +
Ombre / Ultimate Immunity
up4 / ultra
optibac / for your cholesterol

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.

Arbutin (polyphenol)	N-Acetyl Cysteine (NAC),
diosmin,(polyphenol)	navy bean
ethanol	neem
fluorine	retinoic acid,(Vitamin A derivative)
fruit/legume fibre	rosa rugosa
galla chinensis (herb)	salt (sodium chloride)
glycine	Shen Ling Bai Zhu San
Grapefruit seed extract	sorghum
Hesperidin (polyphenol)	sucralose
humic substances	thyme (thymol, thyme oil)
iron	Vitamin B1,thiamine hydrochloride
Krill Oil	Vitamin B-12
lactobacillus gasseri (probiotics)	Vitamin B6,pyridoxine hydrochloride
lactobacillus salivarius (probiotics)	vitamin B7, biotin
luteolin (flavonoid)	Vitamin B9,folic acid
marijuana	Vitamin E

Sample of Literature Used

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

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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