

Microbiome Information for: hyperglycemia

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 hyperglycemia

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
Akkermansiaceae	family	High	1647988	Escherichia	genus	High	561
Caulobacteraceae	family	High	76892	Faecalibacterium	genus	High	216851
Coriobacteriaceae	family	High	84107	Helicobacter	genus	High	209
Lachnospiraceae	family	High	186803	Lactobacillus	genus	Low	1578
Nocardiaceae	family	High	85025	Parabacteroides	genus	Low	375288
Pseudonocardiaceae	family	High	2070	Shigella	genus	High	620
Tannerellaceae	family	High	2005525	Staphylococcus	genus	High	1279
Aerococcus	genus	High	1375	Turidibacter	genus	High	191303
Akkermansia	genus	Low	239934	Weissella	genus	Low	46255
Allobaculum	genus	Low	174708	Caulobacterales	order	Low	204458
Alloprevotella	genus	Low	1283313	Pseudomonadales	order	Low	72274
Bacteroides	genus	Low	816	Pseudonocardiales	order	Low	85010
Bifidobacterium	genus	Low	1678	Acinetobacter haemolyticus	species	High	29430
Blautia	genus	Low	572511	Akkermansia muciniphila	species	Low	239935
Corynebacterium	genus	High	1716	Dolosigranulum pigrum	species	High	29394
Enterorhabdus	genus	Low	580024	Faecalibacterium prausnitzii	species	Low	853
				Streptococcus cristatus	species	High	45634

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.

Arbutin (polyphenol) 100 mg/day

aspartame (sweetner)

Carthamus tinctorius L,Safflower

diosmin,(polyphenol) 1500 mg/day

ethanol

fluorine

Guaiacol (polyphenol)

Hesperidin (polyphenol) 1.5 gram/day

Konjaku flour

Krill Oil 4 gram/day

luteolin (flavonoid) 400 mg/day

N-Acetyl Cysteine (NAC), 2400 mg/day

Nicotine, Nicotine Patch

retinoic acid,(Vitamin A derivative)

salt (sodium chloride)

sorghum

sucralose 340 mg/day

Vitamin B1,thiamine hydrochloride 1.8 gram/day

Vitamin B-12 10 mg/day

vitamin B3,niacin 3000 mg/day

Vitamin B6,pyridoxine hydrochloride 200 mg/day

vitamin B7, biotin 300 mg/day

Vitamin B9,folic acid 5 mg/day

Vitamin E 60 IU/day

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.

Akkermansia muciniphila (probiotic)

apple

arabinogalactan (prebiotic)

Astragalus polysaccharide

bacillus subtilis (probiotics)

barley

berberine

bifidobacterium animalis lactis (probiotics)

bifidobacterium lactis bb12 (probiotics)

Bofutsushosan

cranberry bean flour

fasting

fructo-oligosaccharides (prebiotic)

Glucomannan

grape seed extract

grapes

Human milk oligosaccharides (prebiotic, Holigos, Stachyose)

inulin (prebiotic)

lactobacillus acidophilus (probiotics)

lactobacillus fermentum (probiotics)

lactobacillus plantarum (probiotics)

lactobacillus rhamnosus (probiotics)

pomegranate

red wine

resveratrol (grape seed/polyphenols/red wine)

soy

wheat bran

Sample of Literature Used

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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
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Osteoarthritis
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Premenstrual dysphoric disorder
Psoriasis
rheumatoid arthritis (RA),Spondyloarthritis (SpA)
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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