

Microbiome Information for: Autism

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 Autism

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
Acidobacteria	class	High	204432	Megamonas	genus	High	158846
Alphaproteobacteria	class	High	28211	Megasphaera	genus	High	906
Betaproteobacteria	class	Low	28216	Odoribacter	genus	High	283168
Acidaminococcaceae	family	Low	909930	Oscillospira	genus	High	119852
Enterobacteriaceae	family	High	543	Parabacteroides	genus	Low	375288
Eubacteriaceae	family	High	186806	Phyllobacterium	genus	High	28100
Lachnospiraceae	family	Low	186803	Prevotella	genus	Low	838
Lactobacillaceae	family	High	33958	Roseburia	genus	Low	841
Prevotellaceae	family	Low	171552	Ruminococcus	genus	High	1263
Ruminococcaceae	family	High	541000	Sarcina	genus	High	1266
Sutterellaceae	family	High	995019	Staphylococcus	genus	High	1279
Veillonellaceae	family	Low	31977	Streptococcus	genus	Low	1301
Actinobacillus	genus	High	713	Sutterella	genus	High	40544
Actinomyces	genus	High	1654	Turidibacter	genus	Low	191303
Akkermansia	genus	Low	239934	Tyzzera	genus	Low	1506577
Alistipes	genus	Low	239759	Veillonella	genus	Low	29465
Anaerotruncus	genus	Low	244127	Bacteroidales	order	Low	171549
Bacillus	genus	High	1386	Selenomonadales	order	Low	909929
Bacillus	genus	High	55087	[Eubacterium] rectale	species	Low	39491
Bacteroides	genus	Low	816	[Eubacterium] siraeum	species	Low	39492
Barnesiella	genus	High	397864	[Ruminococcus] torques	species	High	33039
Bifidobacterium	genus	Low	1678	Akkermansia muciniphila	species	Low	239935
Bilophila	genus	Low	35832	Anaerostipes caccae	species	High	105841
Blautia	genus	Low	572511	Bacteroides fragilis	species	Low	817
Butyricoccus	genus	Low	580596	Bacteroides sp.	species	Low	29523
Butyricimonas	genus	High	574697	Butyricoccus pullicaecorum	species	Low	501571
Caloramator	genus	High	44258	Campylobacter jejuni	species	Low	197
Candida	genus	High	5475	Chloracidobacterium thermophilum	species	Low	458033
Candida	genus	High	1535326	Clostridium botulinum	species	High	1491
Chloracidobacterium	genus	Low	458032	Clostridium difficile	species	High	1496
Clostridium	genus	High	1485	Clostridium perfringens	species	High	1502
Collinsella	genus	High	102106	Coralimargarita akajimensis	species	Low	395922
Coprobacter	genus	High	1348911	Eggerthella lenta	species	High	84112
Coprococcus	genus	Low	33042	Enterocloster bolteae	species	High	208479
Corynebacterium	genus	High	1716	Enterocloster clostridioformis	species	High	1531
Desulfovibrio	genus	High	872	Enterococcus faecalis	species	Low	1351
Dialister	genus	Low	39948	Enterococcus gallinarum	species	Low	1353
Dorea	genus	High	189330	Faecalibacterium prausnitzii	species	Low	853
Eisenbergiella	genus	Low	1432051	Haemophilus parainfluenzae	species	Low	729
Enterobacter	genus	High	547	Hathewayia histolytica	species	High	1498
Enterococcus	genus	Low	1350	Intestinibacter bartlettii	species	High	261299

Bacteria Name	Rank	Shift	Taxonomy	ID	Bacteria Name	Rank	Shift	Taxonomy	ID
Eubacterium	<i>genus</i>	Low		1730	Klebsiella pneumoniae	<i>species</i>	High		573
Ezakiella	<i>genus</i>	Low		1582879	Lactocaseibacillus rhamnosus	<i>species</i>	Low		47715
Faecalibacterium	<i>genus</i>	High		216851	Phocaeicola vulgatus	<i>species</i>	High		821
Flavonifractor	<i>genus</i>	Low		946234	Proteus mirabilis	<i>species</i>	Low		584
Fusobacterium	<i>genus</i>	High		848	Romboutsia ilealis	<i>species</i>	High		1115758
Lachnospirillum	<i>genus</i>	Low		1506553	Ruminiclostridium cellulolyticum	<i>species</i>	High		1521
Lactobacillus	<i>genus</i>	High		1578	Ruminococcus gnavus	<i>species</i>	High		33038
Leptotrichia	<i>genus</i>	High		32067	Spirochaeta thermophila	<i>species</i>	Low		154

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.

(+)-catechin

Arbutin (polyphenol) 100 mg/day

bifidobacterium pseudocatenulatum li09,bifidobacterium

catenulatum li10 (probiotics)

Caffeine

carboxymethyl cellulose (prebiotic)

carob

diosmin,(polyphenol) 1500 mg/day

glycyrrhizic acid (licorice) 32 gram/day

Hesperidin (polyphenol) 1.5 gram/day

L-glutamine 5 gram/day

luteolin (flavonoid) 400 mg/day

melatonin supplement 10 mg/day

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

rare meat

red wine polyphenols 600 mg/day

retinoic acid,(Vitamin A derivative)

sugar

vegetarians

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 C (ascorbic acid) 30 g/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.

apple	inulin (prebiotic)
arabinogalactan (prebiotic)	lactobacillus acidophilus (probiotics)
bacillus subtilis (probiotics)	lactobacillus casei (probiotics)
bifidobacterium longum (probiotics)	lactobacillus paracasei (probiotics)
Cacao	lactobacillus plantarum (probiotics)
cranberry bean flour	lactulose
fructo-oligosaccharides (prebiotic)	red wine
galacto-oligosaccharides (prebiotic)	resistant starch
green tea	soy
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	wheat
	wheat bran

Sample of Literature Used

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