

## Microbiome Information for: Polycystic ovary syndrome

### 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

892 Lake Samish Rd, Bellingham WA 98229

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

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Polycystic ovary syndrome

*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.

<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy ID</b>	<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy ID</b>
Gammaproteobacteria	class	High	1236	Escherichia	genus	High	561
Clostridiaceae	family	High	31979	Faecalibacterium	genus	Low	216851
Enterobacteriaceae	family	High	543	Kandleria	genus	High	1279388
Erysipelotrichaceae	family	High	128827	Lactobacillus	genus	High	1578
Lachnospiraceae	family	High	186803	Lactococcus	genus	High	1357
Nocardiaceae	family	High	85025	Odoribacter	genus	Low	283168
Planococcaceae	family	High	186818	Oscillibacter	genus	High	459786
Prevotellaceae	family	High	171552	Parabacteroides	genus	High	375288
Rikenellaceae	family	Low	171550	Paraprevotella	genus	High	577309
Akkermansia	genus	Low	239934	Porphyromonas	genus	High	836
Alistipes	genus	Low	239759	Prevotella	genus	High	838
Allobaculum	genus	High	174708	Roseburia	genus	Low	841
Alloprevotella	genus	High	1283313	Ruminococcus	genus	High	1263
Anaerococcus	genus	Low	165779	Shigella	genus	High	620
Bacteroides	genus	High	816	Bacillales	order	High	1385
Bifidobacterium	genus	Low	1678	Faecalibacterium prausnitzii	species	High	853
Blautia	genus	High	572511	Phocaeicola coprophilus	species	High	387090
Catenibacterium	genus	High	135858	Phocaeicola vulgatus	species	High	821
Clostridium	genus	High	1485	Ruminococcus bromii	species	Low	40518

## 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.

<b>arabinogalactan (prebiotic)</b> 21 gram/day	non-starch polysaccharides
<b>berberine</b> 1.5 gram/day	<b>oligosaccharides (prebiotic)</b>
bile (acid/salts)	pea (fiber, protein)
<b>Bofutsushosan</b>	pectin
<b>Conjugated Linoleic Acid</b>	Pulses
fasting	red wine 250 ml/day
fat	<b>resistant maltodextrin</b> 50 gram/day
<b>Human milk oligosaccharides (prebiotic, Holigos, Stachyose)</b> 2	<b>resistant starch</b>
gram/day	saccharin 450 mg/day
<b>inulin (prebiotic)</b> 32 gram/day	<b>Slippery Elm</b>
<b>iron</b> 400 mg/day	vegetarians
<b>l-citrulline</b>	<b>vitamin a</b> 25000 IU/day
levan	wheat bran
<b>l-proline</b>	<b>xylan (prebiotic)</b>
navy bean	

## **Retail Probiotics**

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

Swiss BioEnergetics / Full Spectrum Probiotic Defence  
nature's way (au) / restore probiotic daily health 90s  
optibac / for your cholesterol  
jarrow formulas / bifidus balance® + fos  
nature's way (au) / restore probiotic bowel & colon health 30s  
Bromatech (IT) / Lautoselle  
naturopathica (au) / gastrohealth fibrepro  
blackmore (au) / probiotics+ eczema relief  
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu  
Bromatech (IT) / Serobiome  
nature's way (au) / restore probiotic 30 billion 30s

**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)	luteolin (flavonoid)
bacillus coagulans (probiotics)	melatonin supplement
bacillus subtilis (probiotics)	N-Acetyl Cysteine (NAC),
bifidobacterium animalis lactis (probiotics)	neem
Bismuth Salts	oregano (origanum vulgare, oil)
Caffeine	peppermint (spice, oil)
cannabinoids	propyl gallate(corn)
chitooligosaccharides (prebiotic)	retinoic acid,(Vitamin A derivative)
cinnamon (oil. spice)	rosa rugosa
clostridium butyricum (probiotics),Miya,Miyarisan	rosmarinus officinalis,rosemary
Curcumin	selenium
diosmin,(polyphenol)	soy
enterococcus faecium (probiotic)	sucralose
foeniculum vulgare,fennel	syzygium aromaticum (clove)
galla chinensis (herb)	tea
garlic (allium sativum)	thyme (thymol, thyme oil)
green tea	Vitamin B1,thiamine hydrochloride
Hesperidin (polyphenol)	Vitamin B-12
lactobacillus casei (probiotics)	vitamin B3,niacin
lactobacillus kefir (NOT KEFIR)	Vitamin B6,pyridoxine hydrochloride
lactobacillus paracasei (probiotics)	vitamin B7, biotin
lactobacillus reuteri (probiotics)	Vitamin C (ascorbic acid)
lactobacillus rhamnosus gg (probiotics)	whey
	whole-grain barley

## Sample of Literature Used

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Acne

ADHD

Age-Related Macular Degeneration and Glaucoma

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

Atrial fibrillation

Autism

Autoimmune Disease

Barrett esophagus cancer

benign prostatic hyperplasia

Bipolar Disorder

Brain Trauma

Breast Cancer

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  
erectile dysfunction  
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  
Heart Failure  
Hidradenitis Suppurativa  
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  
Intracranial aneurysms  
Irritable Bowel Syndrome  
Juvenile idiopathic arthritis  
Liver Cirrhosis  
Long COVID  
Low bone mineral density  
Lung Cancer  
ME/CFS with IBS  
ME/CFS without IBS  
Menopause  
Metabolic Syndrome  
Mood Disorders  
Multiple Sclerosis  
Multiple system atrophy (MSA)  
myasthenia gravis  
Neuropathy (all types)  
neuropsychiatric disorders (PANDAS, PANS)  
Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic  
NonCeliac Gluten Sensitivity  
Obesity  
obsessive-compulsive disorder  
Osteoarthritis  
Osteoporosis  
pancreatic cancer  
Parkinson's Disease  
Polycystic ovary syndrome  
Postural orthostatic tachycardia syndrome  
Premenstrual dysphoric disorder  
primary biliary cholangitis  
Psoriasis  
rheumatoid arthritis (RA),Spondyloarthritis (SpA)  
Rosacea  
Schizophrenia

**scoliosis**  
**sensorineural hearing loss**  
**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**