

Microbiome Information for: Low bone mineral density

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

[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Low bone mineral density

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
Lachnospiraceae	family	Low		186803	Phascolarctobacterium	genus	Low		33024
Oscillospiraceae	family	Low		216572	Roseburia	genus	Low		841
Alistipes	genus	Low		239759	Sellimonas	genus	High		1769710
Barnesiella	genus	High		397864	Subdoligranulum	genus	Low		292632
Coprococcus	genus	Low		33042	Eubacterium coprostanoligenes	species	High		290054
Fusicatenibacter	genus	High		1407607	Eubacterium ruminantium	species	Low		42322
Lachnospira	genus	Low		28050	Eubacterium ventriosum	species	Low		39496
Lactococcus	genus	High		1357	Faecalicatena fissicatena	species	High		290055
					Ruminococcus gauvreauii	species	Low		438033

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	linseed(flaxseed)	30 mg/day
Caffeine		luteolin (flavonoid)	400 mg/day
camelina seed		melatonin supplement	10 mg/day
cannabinoids		Methionine	5 gram/day
chitooligosaccharides (prebiotic)	600 mg/day	N-Acetyl Cysteine (NAC),	2400 mg/day
colostrum		quercetin	2 gram/day
diosmin,(polyphenol)	1500 mg/day	retinoic acid,(Vitamin A derivative)	
galacto-oligosaccharides (prebiotic)	10 gram/day	Vitamin B1,thiamine hydrochloride	1.8 gram/day
gallate (food additive)		Vitamin B-12	10 mg/day
ginger		Vitamin B6,pyridoxine hydrochloride	200 mg/day
Hesperidin (polyphenol)	1.5 gram/day	vitamin B7, biotin	300 mg/day
lard		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.

arabinogalactan (prebiotic)

bacillus subtilis (probiotics)

barley

berberine

inulin (prebiotic)

lactobacillus plantarum (probiotics)

lactobacillus rhamnosus gg (probiotics)

Moringa Oleifera

resistant starch

soy

walnuts

wheat

Sample of Literature Used

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

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Curated database of commensal, symbiotic and pathogenic microbiota

Generative Bioinformatics , Volume: Issue: 2014 Jun

Authors D'Adamo Peter

Additional APriori Analysis Available

Available at: <https://microbiomeprescription.com/Library/PubMed>

Abdominal Aortic Aneurysm

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