

Microbiome Information for: sensorineural hearing loss

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 sensorineural hearing loss

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
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Lachnospiraceae	family	Low	186803
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Rikenellaceae	family	High	171550
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Bacteria Name	Rank	Shift	Taxonomy ID
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Intestinimonas	genus	Low	1392389
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Anaerobutyricum hallii	species	High	39488
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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.

acetic acid

alcoholic beverages

Apple skin

Arbutin (polyphenol) 100 mg/day

bacillus amyloliquefaciens (probiotic) 1 BCFU/day

bacillus coagulans (probiotics) 10 BCFU/day

Baking Soda, Sodium Bicarbonate

bentonite

bifidobacterium pseudocatenulatum li09,bifidobacterium

catenulatum li10 (probiotics)

Caffeine

camelina seed

cannabinoids

chitooligosaccharides (prebiotic) 600 mg/day

colostrum

cruciferous vegetables (broccoli cabbage)

Curcumin 3 gram/day

diosmin,(polyphenol) 1500 mg/day

enterococcus faecium (probiotic) 1 BCFU/day

Hesperidin (polyphenol) 1.5 gram/day

high fruit intake

high red meat

isobutyric acid

isovaleric acid(fatty acid)

lactobacillus rhamnosus

gg.lactobacillus,rhamnosus,propionibacterium
freudenreichii,bifidobacterium breve (probiotics)

lactulose

Lentilactobacillus buchneri

L-glutamine 5 gram/day

linseed(flaxseed) 30 mg/day

luteolin (flavonoid) 400 mg/day

Papain

partially hydrolyzed guar gum 6 gram/day

quercetin 2 gram/day

quercetin,resveratrol

Reduce choline (Beef, Chicken Eggs)

resveratrol (grape seed/polyphenols/red wine) 2 gram/day

retinoic acid,(Vitamin A derivative)

smoking

sodium stearyl lactylate

sugar

Tributylin

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

Retail Probiotics

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

HLH BIOPHARMA(DE) / LACTOBACT ® METABOLIC
Sun Wave Pharma/Bio Sun Instant
nature's way (au) / adult vita gummies daily probiotic 80s
Pharmextracta (IT) / iNatal DUO sachets
align / align
Bromatech (IT) / Enterelle
source naturals / duraflo
thorne / bacillus coagulansvet 60 caps
Pharmextracta (IT) / iNatal PED stick
schiff / digestive advantage
daiichi sankyo healthcare (jp) / panlacmin tablet
HLH BIOPHARMA(DE) / LACTOBACT ® FORTE
biospec / probiotic-5
Ombre / Healthy Gut
Nutrition Essentials / Probiotic (900 BCFU)
Bromatech / ENTERELLE PLUS
PharmExtracta (IT) / INatal Sachets
speer labs / emuaid first defense
bioflorin (deu) / bioflorin
HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS
Eden's / 3-in-1 Synbiotic Superblend

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.

arabinogalactan (prebiotic)

bacillus subtilis (probiotics)

barley

berberine

bifidobacterium longum (probiotics)

cranberry bean flour

inulin (prebiotic)

Moringa Oleifera

vitamin d

walnuts

wheat

wheat bran

Sample of Literature Used

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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