

Microbiome Information for: Age-Related Macular Degeneration and Glaucoma

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 Age-Related Macular Degeneration and Glaucoma

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 | Roseburia | genus | High | 841 |
| Oscillospiraceae | family | Low | 216572 | [Eubacterium] nodatum | species | High | 35518 |
| Dorea | genus | High | 189330 | Eubacterium oxidoreducens | species | Low | 1732 |
| Parabacteroides | genus | Low | 375288 | Eubacterium ventriosum | species | High | 39496 |

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.

Apple skin

camelina seed

cinnamon (oil. spice) 6 gram/day

clostridium butyricum (probiotics),Miya,Miyarisan 1.gram/day

colostrum

galacto-oligosaccharides (prebiotic) 10 gram/day

ginger

Konjaku flour

lactobacillus kefiri (NOT KEFIR)

lactobacillus paracasei (probiotics) 40 BCFU/day

pea (fiber, protein)

PreforPro

Psyllium (Plantago Ovata Husk) 6.8 gram/day

Shen Ling Bai Zhu San

Slippery Elm

smoking

Tributylin

triphala 9000 mg/day

Vitamin C (ascorbic acid) 30 g/day

Vitamin E 60 IU/day

walnuts 75 gram/day

xylan (prebiotic)

Retail Probiotics

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

aor / probiotic-3

solgar / advanced multi-billion dophilus

Sun Wave Pharma/Bio Sun Instant

Bromatech (IT) / Aflugenex

PharmExtracta (IT) / Butirisan

CustomProbiotics.com / L. Paracasei Probiotic Powder

Jetson / Gut Prep

Thryve LPCasei Th1, LPCasei Th2,L.Ferm IBF1, L.acidoph

solgar / advanced 40+ acidophilus

naturopathica (au) / gastrohealth antacid

Pendulum / Pendulum Glucose Control

bravo europe / freeze-dried bravo

danactive drink

nature's bounty / probioti 10

miyarian (jp) / miyarian

Eden's / 3-in-1 Synbiotic Superblend

PIANETA FARMA/KefiBios

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.

banana

bifidobacterium bifidum (probiotics)

Bile Acid Sequestrant

chestnut tannins

fasting

fat

fructo-oligosaccharides (prebiotic)

inulin (prebiotic)

lactobacillus plantarum (probiotics)

Moringa Oleifera

quebracho

resistant maltodextrin

resistant starch

tea

Ursolic acid

vitamin b2,Riboflavin

Vitamin B9,folic acid

zinc

Sample of Literature Used

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

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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