

## Microbiome Information for: Allergy to milk products

### 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 Allergy to milk products

*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>
Bacteroidia	class	High	200643	Clostridium	genus	High	1485
Acidaminococcaceae	family	Low	909930	Collinsella	genus	High	102106
Bifidobacteriaceae	family	Low	31953	Coprococcus	genus	High	33042
Burkholderiaceae	family	High	119060	Enterobacter	genus	High	547
Dietziaceae	family	Low	85029	Escherichia	genus	Low	561
Enterobacteriaceae	family	Low	543	Faecalibacterium	genus	High	216851
Enterococcaceae	family	Low	81852	Granulicatella	genus	Low	117563
Flavobacteriaceae	family	High	49546	Haemophilus	genus	High	724
Lachnospiraceae	family	Low	186803	Klebsiella	genus	High	570
Methylophilaceae	family	Low	32011	Parabacteroides	genus	Low	375288
Nannocystaceae	family	High	224463	Prevotella	genus	High	838
Oscillospiraceae	family	High	216572	Ruminococcus	genus	High	1263
Prevotellaceae	family	Low	171552	Staphylococcus	genus	High	1279
Ruminococcaceae	family	High	541000	Subdoligranulum	genus	High	292632
Shewanellaceae	family	High	267890	Turicibacter	genus	Low	191303
Streptococcaceae	family	Low	1300	Lactobacillales	order	Low	186826
Thermomonosporaceae	family	High	2012	Akkermansia muciniphila	species	High	239935
Actinobacillus	genus	High	713	Blautia coccooides	species	High	1532
Atopobium	genus	High	1380	Coprococcus catus	species	Low	116085
Bifidobacterium	genus	Low	1678	Escherichia coli	species	High	562
Christensenella	genus	High	990721	Lacrimispora celerecrescens	species	High	29354
				Oscillibacter valericigenes	species	High	351091

## 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.

ascophyllum nodosum {Rockweed}

Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}

Disodium fumarate {Fumaric acid disodium salt}

Ferum {Iron Supplements} 400 mg/day

Heyndrickxia coagulans {B. coagulans} 10 BCFU/day

Panax ... {Ginseng} 2000 mg/day

Saccharomyces cerevisiae var boulardii {S. boulardii} 6 BCFU/day

Sus domesticus {Pork}

vegetarians

Zinc {Zinc Supplements} 300 mg/day

## Retail Probiotics

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

nature's instincts / ultra spore probiotic  
 Eden's / 3-in-1 Synbiotic Superblend  
 Schwabe Pharma Italia / AxiBoulardi  
 Bromatech / ENTERELLE PLUS  
 Law of Nature / Best Days Formula  
 Biomed / Bacillus Coagulans  
 Maple Life Science™ / Streptococcus faecalis butyricum mesentericus sporogenes  
 Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains  
 Bulk Probiotics / Saccharomyces boulardii Probiotic Powder (Digestive Support)  
 Bulk Probiotics / Bacillus Coagulans Probiotic  
 natviehealthcare.com/Renewbiome Bacillus  
 Steris Pharma(IN)/OXABACTOR  
 Steris Pharma(IN)/PYLODIGEST PRO  
 global health trax / threelac  
 vitamin angels / just thrive  
 microbiome labs/ megasporebiotic  
 perfect pass / perfect pass probiotic bacillus spore  
 enviromedica terraflorea sbo probiotic  
 florastor / florastor  
 schiff / digestive advantage  
 mwsb / candida yeast support  
 source naturals / duraflorea  
 claire labs / biospora  
 spain (es) / axiboulardi  
 spain (es) / ultralevura  
 optibac / saccharomyces boulardii  
 microbiome labs / restorflora  
 organic 3 / primal soil  
 organic 3 / yeastbiotic  
 daiichi sankyo healthcare (jp) / panlacmin tablet  
 thorne / bacillus coagulansvet 60 caps  
 bio-botanical research / proflora4r restorative probiotic  
 reserveage nutrition / beautiflora  
 corebiotic  
 nature's way (au) / adult vita gummies daily probiotic 80s  
 Jetson / FIT  
 Sun Wave Pharma/Bio Sun Instant  
 Bromatech (IT) / Enterelle  
 Ombre / Metabolic Booster  
 Ombre / Endless Energy  
 BIO-BOTANICAL RESEARCH / Megacidin  
 imagilin / NutriLots Replenish  
 SuperSmart / Saccharomyces Boulardii

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.

(2->1)-beta-D-fructofuranan {Inulin}

Bifidobacterium animalis {B. animalis}

Bovine Milk Products {Dairy}

fructo-oligosaccharides

fruit

fruit/legume fibre

Human milk oligosaccharides (prebiotic, Holigos, Stachyose)

lactobacillus paracasei, lactobacillus acidophilus, bifidobacterium animalis

Lactobacillus plantarum {L. plantarum}

oligosaccharides {oligosaccharides}

synthetic disaccharide derivative of lactose {Lactulose}

yogurt

## Sample of Literature Used

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

### [Specific Gut Microbiome Signatures in Children with Cow's Milk Allergy.](#)

**Nutrients** , Volume: 16 Issue: 16 2024 Aug 18

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### [Lactic acid bacteria and yeast co-fermented milk alleviate cow milk allergy.](#)

**Journal of food science** , Volume: 89 Issue: 7 2024 Jul

Authors Ma R, Miao N, Li J, Xu Y, Li X, Zhao J, Mu G, Zhu X

### [Current insights into cow`s milk allergy in children: Microbiome, metabolome, and immune response-A systematic review.](#)

**Pediatric allergy and immunology : official publication of the European Society of Pediatric Allergy and Immunology** , Volume: 35 Issue: 2 2024 Feb

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### [Akkermansia muciniphila exacerbates food allergy in fibre-deprived mice.](#)

**Nature microbiology** , Volume: 8 Issue: 10 2023 Oct

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### [Dietary inulin mediates the molecular mechanism of intestinal metabolites to alleviate high salt diet-induced chronic kidney disease in mice.](#)

**The Journal of nutritional biochemistry** , 2026 Jan 15

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### [Therapeutic Mechanisms of Lactiplantibacillus plantarum NXU0014 Against Chronic Alcohol-Induced Liver Injury Mediated by Gut-Liver Axis Modulation.](#)

**Molecular nutrition & food research** , Volume: 70 Issue: 1 2026 Jan

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### [Lactiplantibacillus plantarum Membrane Vesicles \(MVs\) exhibit immunomodulatory and bactericidal effects against Escherichia coli and Salmonella Typhimurium.](#)

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## **Additional APriori Analysis Available**

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

Abdominal Aortic Aneurysm  
Acne  
Addison's Disease (hypocortisolism)  
ADHD  
Age-Related Macular Degeneration and Glaucoma  
Allergic Rhinitis (Hay Fever)  
Allergies  
Allergy to milk products  
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  
Biofilm  
Bipolar Disorder  
Brain Trauma  
Breast Cancer  
Cancer (General)  
Carcinoma  
cdk15 deficiency disorder  
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  
Cognitive Function  
Colorectal Cancer  
Constipation  
Coronary artery disease  
COVID-19  
Crohn's Disease  
Cushing's Syndrome (hypercortisolism)  
cystic fibrosis  
d-lactic acidosis (one form of brain fog)  
deep vein thrombosis  
Denture Wearers Oral Shifts  
Depression  
Dermatomyositis

Eczema  
Endometriosis  
Eosinophilic Esophagitis  
Epilepsy  
erectile dysfunction  
Fibromyalgia  
Food Allergy  
Functional constipation / chronic idiopathic constipation  
gallstone disease (gsd)  
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus  
Generalized anxiety disorder  
giant cell arteritis  
Glioblastoma  
Gout  
Graves' disease  
Gulf War Syndrome  
Halitosis  
Hashimoto's thyroiditis  
Heart Failure  
hemorrhagic stroke  
Hemorrhoidal disease, Hemorrhoids, Piles  
Hidradenitis Suppurativa  
High Histamine/low DAO  
hypercholesterolemia (High Cholesterol)  
hyperglycemia  
Hyperlipidemia (High Blood Fats)  
hypersomnia  
hypertension (High Blood Pressure)  
Hypothyroidism  
Hypoxia  
IgA nephropathy (IgAN)  
Inflammatory Bowel Disease  
Insomnia  
Intelligence  
Intracranial aneurysms  
Irritable Bowel Syndrome  
ischemic stroke  
Juvenile idiopathic arthritis  
Liver Cirrhosis  
liver fibrosis  
Long COVID  
Low bone mineral density  
Lung Cancer  
Lymphoma  
Mast Cell Issues / mastitis  
ME/CFS with IBS  
ME/CFS without IBS  
membranous nephropathy  
Menopause  
Metabolic Syndrome  
Mood Disorders  
multiple chemical sensitivity [MCS]  
Multiple Sclerosis  
Multiple system atrophy (MSA)  
myasthenia gravis  
neuropathic pain  
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  
Peanut Allergy  
Polycystic ovary syndrome  
Postural orthostatic tachycardia syndrome  
Premenstrual dysphoric disorder  
primary biliary cholangitis  
Primary sclerosing cholangitis  
Psoriasis  
rheumatoid arthritis (RA),Spondyloarthritis (SpA)  
Rosacea  
Schizophrenia  
scoliosis  
sensorineural hearing loss  
Sjögren syndrome  
Sleep Apnea  
Slow gastric motility / Gastroparesis  
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  
Vitiligo