

## Microbiome Information for: Brain Trauma

### 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

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Brain Trauma

*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> |
|----------------------|-------------|--------------|--------------------|------------------------------|-------------|--------------|--------------------|
| Bifidobacteriaceae   | family      | High         | 31953              | Lactobacillus                | genus       | Low          | 1578               |
| Enterobacteriaceae   | family      | High         | 543                | Megasphaera                  | genus       | High         | 906                |
| Peptococcaceae       | family      | High         | 186807             | Oscillibacter                | genus       | High         | 459786             |
| Prevotellaceae       | family      | Low          | 171552             | Prevotella                   | genus       | Low          | 838                |
| Bacteroides          | genus       | Low          | 816                | Roseburia                    | genus       | Low          | 841                |
| Bifidobacterium      | genus       | High         | 1678               | Staphylococcus               | genus       | Low          | 1279               |
| Collinsella          | genus       | High         | 102106             | Turicibacter                 | genus       | Low          | 191303             |
| Desulfovibrio        | genus       | High         | 872                | Anaeroplasmatales            | order       | Low          | 186332             |
| Enterobacter         | genus       | High         | 547                | Bacteroidales                | order       | Low          | 171549             |
| Eubacterium          | genus       | Low          | 1730               | Eubacteriales                | order       | High         | 186802             |
| Faecalibacterium     | genus       | Low          | 216851             | Lactobacillales              | order       | Low          | 186826             |
|                      |             |              |                    | Faecalibacterium prausnitzii | species     | Low          | 853                |

## 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.

|  |  |   |
|--|--|---|
| alcoholic beverages  |  | <b>mastic gum (prebiotic)</b> 1000 mg/day       |
| aspartame (sweetner)   |  | <b>melatonin supplement</b> 10 mg/day           |
| bean   |  | <b>omega-3 fatty acids</b> 4 gram/day           |
| <b>cadium</b>  |  | <b>partially hydrolyzed guar gum</b> 6 gram/day |
| <b>cannabinoids</b>  |  | rare meat                                       |
| <b>fructo-oligosaccharides (prebiotic)</b> 15 gram/day               |  | refined wheat breads                            |
| fruit/legume fibre   |  | <b>rosa rugosa</b>                              |
| <b>glycyrrhizic acid (licorice)</b> 32 gram/day                      |  | <b>rosmarinus officinalis, rosemary</b>         |
| Goji (berry, juice)  |  | <b>thyme (thymol, thyme oil)</b>                |
| green tea  |  | <b>triphala</b> 9000 mg/day                     |
| <b>Human milk oligosaccharides (prebiotic, Holigos, Stachyose)</b> 2 |  | <b>vitamin B3, niacin</b> 3000 mg/day           |
| gram/day   |  | <b>Vitamin B9, folic acid</b> 5 mg/day          |
| ku ding cha tea  |  | wasabi  |
| <b>lactobacillus brevis (probiotics)</b> 10 BCFU/day                 |  | <b>whey</b> 60 gram/day                         |
| lactulose  |  | <b>whole-grain barley</b> 60 gram/day           |
| linseed (flaxseed) 30 mg/day   |  | <b>zinc</b> 300 mg/day                          |

## **Retail Probiotics**

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

Wholesome Wellness / Raw Probiotic  
reg'activ / immune & vitality  
klair labs / target gb-x  
optibac / for every day  
CustomProbiotics.com / L. Brevis Probiotic Powder  
ISCON Elegance/ Ochek Capsule 10  
Nutrition Essentials / Probiotic (900 BCFU)  
nature's bounty / probioti 10  
optibac / bifidobacteria & fibre  
VSL Pharmaceuticals / Oxadrop

**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)

berberine

inulin (prebiotic)

*Lactobacillus plantarum* (probiotics)

*Lactobacillus rhamnosus* GG (probiotics)

Pulses

red wine

vegetarians

xylan (prebiotic)

## Sample of Literature Used

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

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Histamine Issues From Ubiome  
Histamine Issues, Mast Cell Issue, DAO Insufficiency  
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hyperglycemia  
Hyperlipidemia (High Blood Fats)  
hypersomnia  
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Hypoxia  
IgA nephropathy (IgAN)  
Inflammatory Bowel Disease  
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ME/CFS with IBS  
ME/CFS without IBS

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Metabolic Syndrome  
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Neuropathy (all types)  
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Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic  
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Obesity  
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Postural orthostatic tachycardia syndrome  
Premenstrual dysphoric disorder  
Psoriasis  
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