

## 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

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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.

| Bacteria Name      | Rank   | Shift | Taxonomy ID | Bacteria Name                | Rank    | Shift | Taxonomy ID |
|--------------------|--------|-------|-------------|------------------------------|---------|-------|-------------|
| Bifidobacteriaceae | family | High  | 31953       | Roseburia                    | genus   | Low   | 841         |
| Enterobacteriaceae | family | High  | 543         | Ruminococcus                 | genus   | Low   | 1263        |
| Lachnospiraceae    | family | High  | 186803      | Staphylococcus               | genus   | Low   | 1279        |
| Peptococcaceae     | family | High  | 186807      | Streptococcus                | genus   | High  | 1301        |
| Prevotellaceae     | family | Low   | 171552      | Turicibacter                 | genus   | Low   | 191303      |
| Bacteroides        | genus  | Low   | 816         | Anaeroplasmatales            | order   | Low   | 186332      |
| Collinsella        | genus  | High  | 102106      | Bacteroidales                | order   | Low   | 171549      |
| Desulfovibrio      | genus  | High  | 872         | Eubacteriales                | order   | High  | 186802      |
| Enterobacter       | genus  | High  | 547         | Lactobacillales              | order   | Low   | 186826      |
| Eubacterium        | genus  | Low   | 1730        | Enterobacter hormaechei      | species | High  | 158836      |
| Faecalibacterium   | genus  | Low   | 216851      | Faecalibacterium prausnitzii | species | Low   | 853         |
| Lactobacillus      | genus  | Low   | 1578        | Klebsiella pneumoniae        | species | High  | 573         |
| Megasphaera        | genus  | High  | 906         | Proteus mirabilis            | species | High  | 584         |
| Oscillibacter      | genus  | High  | 459786      | Ruminococcus gauvreauii      | species | High  | 438033      |
| Prevotella         | genus  | Low   | 838         | Staphylococcus aureus        | species | High  | 1280        |

## 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.

**2-Amino-4-(methylthio)butanoic acid {Methionine}** 5 gram/day

**2-aminoacetic acid {glycine}** 15 gram/day

**Adeps suillus {Lard}**

**aspergillus oryzae {koji}**

**Below normal temperature {Cold exposure}**

**Beta vulgaris {Beet}**

**Catechol {Catecholamines}**

**cholic,taurocholic ,chenodeoxycholic,glycocholic acids {Bile supplements}**

**Cichorium intybus {Chicory}** 1800 mg/day

**Decoction of Four Noble Drugs {Sijunzi Decoction (SJZD)}**

**Escherichia coli:DSM 16441-16448 {symbioflor-2}**

**Euphausia superba {Krill Oil}** 4 gram/day

**Ferrum {Iron Supplements}** 400 mg/day

**L-3-hydroxytrimethylaminobutanoate {carnitine}**

**Lactose {Milk Sugar}**

**Levilactobacillus brevis {L.brevis}** 10 BCFU/day

**N-(phosphonomethyl)glycine {glyphosate}**

**nicotinic acid {Vitamin B-3}** 3000 mg/day

**N-L-a-aspartyl-L-phenylalanine methyl ester {aspartame}**

**Polyethylene oxide sorbitan mono-oleate {Polysorbate 80}**

**Sleep apnea {partial sleep deprivation}**

**Sodium Chloride {Salt}**

**Streptococcus salivarius subsp. thermophilus {S. thermophilus}**

**Sus domesticus {Pork}**

**synthetic disaccharide derivative of lactose {Lactulose}**

**Titanium Dioxide {E171}**

**Under cooked animal protein {Rare meat}**

**vegetable**

## **Retail Probiotics**

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

symbiopharm / symbioflo 2  
reg'activ / immune & vitality  
Bulk Probiotics / L. Brevis Probiotic Powder (GABA Support)  
CustomProbiotics.com / L. Brevis Probiotic Powder  
wakamoto (jp) / strong wakamoto w

**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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}  
allium sativum {garlic}  
arabinogalactan {arabinogalactan}  
bacillus  
bacillus subtilis {B.Subtilis }  
bacillus,lactobacillus,streptococcus,saccharomyces probiotic  
bifidobacterium longum {B.Longum }  
Cinnamomum zeylanicum {Ceylon Cinnamon}  
Diferuloylmethane {Curcumin}  
fruit  
fruit/legume fibre  
Hordeum vulgare {Barley}

lactobacillus acidophilus {L. acidophilus}  
Lactobacillus plantarum {L. plantarum}  
laminaria digitata {Oarweed}  
Malus domestica {apple}  
origanum vulgare {oregano}  
pectin {pectin}  
polyphenols  
Propolis {Bee glue}  
Punica granatum {pomegranate}  
β-glucan {Beta-Glucan}  
Thymus vulgaris {thyme}  
yogurt

## 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  
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  
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**