

Microbiome Information for: Celiac Disease

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

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Celiac Disease

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
Bacteroidia	class	Low	200643	Haemophilus	genus	High	724
Fusobacteriia	class	Low	203490	Helicobacter	genus	High	209
Christensenellaceae	family	Low	990719	Lachnospirillum	genus	High	1506553
Desulfovibrionaceae	family	High	194924	Lachnospira	genus	Low	28050
Fusobacteriaceae	family	Low	203492	Lactobacillus	genus	High	1578
Lachnospiraceae	family	High	186803	Megamonas	genus	Low	158846
Ruminococcaceae	family	Low	541000	Megasphaera	genus	High	906
Streptococcaceae	family	Low	1300	Methanobrevibacter	genus	Low	2172
Actinomyces	genus	Low	1654	Novispirillum	genus	High	660514
Akkermansia	genus	Low	239934	Parabacteroides	genus	Low	375288
Alistipes	genus	Low	239759	Parvimonas	genus	Low	543311
Allisonella	genus	High	209879	Prevotella	genus	Low	838
Anaerostipes	genus	Low	207244	Ruminiclostridium	genus	Low	1508657
Anaerotruncus	genus	Low	244127	Ruminococcus	genus	Low	1263
Bacteroides	genus	Low	816	Senegalimassilia	genus	Low	1473205
Barnesiella	genus	Low	397864	Slackia	genus	Low	84108
Bifidobacterium	genus	Low	1678	Staphylococcus	genus	High	1279
Bilophila	genus	Low	35832	Streptococcus	genus	High	1301
Blautia	genus	Low	572511	Subdoligranulum	genus	Low	292632
Butyricimonas	genus	Low	574697	Sutterella	genus	High	40544
Catenibacterium	genus	High	135858	Actinomycetales	order	High	2037
Dialister	genus	Low	39948	Campylobacteriales	order	Low	213849
Dorea	genus	Low	189330	Bifidobacterium animalis	species	Low	28025
Eisenbergiella	genus	Low	1432051	Bifidobacterium bifidum	species	High	1681
Enterorhabdus	genus	Low	580024	Bifidobacterium longum	species	Low	216816
Erysipelatoclostridium	genus	Low	1505663	Bifidobacterium pseudocatenulatum	species	Low	28026
Faecalibacterium	genus	Low	216851	Escherichia coli	species	High	562
Gemella	genus	Low	1378	Eubacterium coprostanoligenes	species	Low	290054
Gemmiger	genus	Low	204475	Phocaeicola vulgatus	species	High	821
Granulicatella	genus	Low	117563	Rothia mucilaginosa	species	High	43675

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.

Arbutin (polyphenol)	100 mg/day	N-Acetyl Cysteine (NAC),	2400 mg/day
Caffeine		retinoic acid,(Vitamin A derivative)	
camelina seed		Vitamin B1,thiamine hydrochloride	1.8 gram/day
diosmin,(polyphenol)	1500 mg/day	Vitamin B-12	10 mg/day
fat		vitamin B3,niacin	3000 mg/day
Hesperidin (polyphenol)	1.5 gram/day	Vitamin B6,pyridoxine hydrochloride	200 mg/day
luteolin (flavonoid)	400 mg/day	vitamin B7, biotin	300 mg/day
mannooligosaccharide (prebiotic)	8 gram/day	Vitamin B9,folic acid	5 mg/day
melatonin supplement	10 mg/day	Vitamin C (ascorbic acid)	30 g/day

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.

apple	fructo-oligosaccharides (prebiotic)
arabinogalactan (prebiotic)	Human milk oligosaccharides (prebiotic, Hooligos, Stachyose)
bacillus subtilis (probiotics)	inulin (prebiotic)
barley	lactobacillus plantarum (probiotics)
berberine	resistant starch
Cacao	soy
fasting	vitamin d

Sample of Literature Used

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Ankylosing spondylitis
Anorexia Nervosa
Antiphospholipid syndrome (APS)
Asthma
Atherosclerosis
Autism
Autoimmune Disease
Barrett esophagus cancer
Bipolar Disorder
Brain Trauma
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
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
Hidradenitis Suppurativa
Histamine Issues From Ubiome
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
Irritable Bowel Syndrome
Juvenile idiopathic arthritis
Liver Cirrhosis
Long COVID
Lung Cancer
ME/CFS with IBS
ME/CFS without IBS
Menopause
Metabolic Syndrome
Mood Disorders
Multiple Sclerosis
Multiple system atrophy (MSA)
Neuropathy (all types)
neuropsychiatric disorders (PANDAS, PANS)
Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic
NonCeliac Gluten Sensitivity
Obesity
obsessive-compulsive disorder
Osteoarthritis
Osteoporosis
Parkinson's Disease
Postural orthostatic tachycardia syndrome
Premenstrual dysphoric disorder
Psoriasis
rheumatoid arthritis (RA), Spondyloarthritis (SpA)
Rosacea
Schizophrenia
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