Microbiome Information for: Crohn's 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 *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/)
Thorne (https://www.thorne.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 Crohn's 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
Clostridia	class	Low	186801
Aerococcaceae	family	High	186827
Bifidobacteriaceae	family	Low	31953
Christensenellaceae	family	Low	990719
Enterobacteriaceae	family	High	543
Lachnospiraceae	family	Low	186803
Ruminococcaceae	family	Low	541000
Abiotrophia	genus	Low	46123
Acetobacter	genus	Low	434
Acidaminococcus	genus	Low	904
Actinobacillus	genus	High	713
Actinomyces	genus	High	1654
Adlercreutzia	genus	High	447020
Alistipes	genus	High	239759
Anaerofustis	genus	Low	264995
Anaerostipes	genus	Low	207244
Barnesiella	genus	High	397864
Bilophila	genus	High	35832
Blautia	genus	Low	572511
Burkholderia	genus	High	32008
Butyricicoccus	genus	Low	580596
Butyrivibrio	genus	Low	830
Candida	genus	High	1535326
Catenibacterium	genus	Low	135858
Cetobacterium	genus	High	180162
Clostridium	genus	High	1485
Coprococcus	genus	Low	33042
Dehalobacterium	genus	Low	51514
Desulfovibrio	genus	Low	872
Dialister	genus	High	39948
Dorea	genus	Low	189330
Eggerthella	genus	High	84111
Enterobacter	genus	High	547
Enterococcus	genus	High	1350
Escherichia	genus	High	561
Facklamia	genus	Low	66831
Faecalibacterium	genus	Low	216851
Fusicatenibacter	genus	Low	1407607
Fusobacterium	genus	High	848
Gemmiger	genus	Low	204475
Gordonibacter	genus	High	644652
Haemophilus	genus	High	724
Jonquetella	genus	High	428711

Bacteria Name	Rank	Shift	Taxonomy ID
Klebsiella	genus	Low	570
Lachnospira	genus	Low	28050
Lactococcus	genus	Low	1357
Leuconostoc	genus	High	1243
Malassezia	genus	Low	55193
Megasphaera	genus	Low	906
Methanobrevibacter	genus	Low	2172
Methanosphaera	genus	High	2316
Olsenella	genus	Low	133925
Paenibacillus	genus	Low	44249
Parvimonas	genus	High	543311
Peptostreptococcus	genus	High	1257
Phascolarctobacterium	genus	Low	33024
Porphyromonas	genus	Low	836
Prevotella	genus	Low	838
Proteus	genus	High	583
Proteus	genus	High	210425
Roseburia	genus	Low	841
Ruminococcus	genus	Low	1263
Shigella	genus	High	620
Slackia	genus	Low	84108
Succinatimonas	genus	High	674963
Sutterella	genus	Low	40544
Thermoanaerobacter	genus	High	1754
Treponema	genus	Low	157
Veillonella	genus	High	29465
Vibrio	genus	High	662
Eubacteriales	order	Low	186802
Lactobacillales	order	High	186826
Verrucomicrobiales	order	High	48461
[Clostridium] leptum	species	Low	1535
[Eubacterium] rectale	species	Low	39491
Bacteroides uniformis	species	High	820
Blautia coccoides	species	Low	1532
Blautia faecis	species	High	871665
Escherichia coli	species	High	562
Faecalibacterium prausnitzii	species	Low	853
Francisella tularensis	species	Low	263
Fusobacterium nucleatum	species	High	851
Prevotella oralis	species	High	28134
Roseburia inulinivorans	species	High	360807
Roseburia sp.	species	Low	2049040
Ruminococcus gnavus	species	High	33038

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.

- beef
- camelina seed
- candida albicans (prescription)
- cannabinoids
- carboxymethyl cellulose (prebiotic)
- carob
- colinfant e.coli probiotics
- d-ribose 10 gram/day
- fluorine
- GABA 6 gram/day
- grape polyphenols
- green-lipped mussel
- ku ding cha tea
- lactulose
- linseed(flaxseed) 30 mg/day
- mannooligosaccharide (prebiotic) 8 gram/day
- raffinose(sugar beet)
- red alga Laurencia tristicha
- resveratrol (grape seed/polyphenols/red wine) 2 gram/day
- sesame cake/meal
- smoking
- sucralose 340 mg/day
- symbioflor 2 e.coli probiotics
- Vitamin B1,thiamine hydrochloride 1.8 gram/day
- Vitamin B9,folic acid 5 mg/day

Retail Probiotics

Over 260 retail probiotics were evaluted with the following deem beneficial with no known adverse risks.

symbiopharm / symbioflo 2

Note: Some of these are only available regionally – search the web for sources.

Substance to Consider Reducing or Eliminating

These are the most signigicant 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)
bacillus subtilis (probiotics)
barley
berberine
bifidobacterium longum (probiotics)
Cacao
cinnamon (oil. spice)
clostridium butyricum (probiotics),Miya,Miyarisan
Curcumin
foeniculum vulgare,fennel
garlic (allium sativum)
inulin (prebiotic)
lactobacillus casei (probiotics)
lactobacillus paracasei (probiotics)
lactobacillus plantarum (probiotics)
lactobacillus reuteri (probiotics)
lactobacillus rhamnosus gg (probiotics)
oregano (origanum vulgare, oil) |
resistant starch
rosmarinus officinalis,rosemary
soy
syzygium aromaticum (clove)
thyme (thymol, thyme oil)
triphala
wheat

Sample of Literature Used

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ADHD
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
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