

## Microbiome Information for: cystic fibrosis

### 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)

## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of cystic fibrosis

*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
Oscillospiraceae	family	Low	216572	Faecalibacterium	genus	Low	216851
Bacteroides	genus	Low	816	Mycobacterium	genus	High	1763
Bifidobacterium	genus	Low	1678	Pseudomonas	genus	High	286
Burkholderia	genus	High	32008	Roseburia	genus	Low	841
Enterobacter	genus	High	547	Escherichia coli	species	High	562
Enterococcus	genus	High	1350	Pseudomonas aeruginosa	species	High	287
Escherichia	genus	High	561	Stenotrophomonas maltophilia	species	High	40324
				Pseudomonas aeruginosa group	species group	High	136841

## 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.

Dandelion

fluorine

grape polyphenols

iron 400 mg/day

Lemon peel

Parsley

Piperine

rhubarb

Sriracha sauce

sucralose 340 mg/day

symbioflor 2 e.coli probiotics

vitamin a 25000 IU/day

Vitamin B9,folic acid 5 mg/day

## **Retail Probiotics**

Over 260 retail probiotics were evaluated with the following deemed 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 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

cinnamon (oil, spice)

Curcumin

foeniculum vulgare, fennel

ginger

Human milk oligosaccharides (prebiotic, Holigos, Stachyose)

inulin (prebiotic)

lactobacillus casei (probiotics)

lactobacillus plantarum (probiotics)

oregano (origanum vulgare, oil) |

resistant starch

rosmarinus officinalis, rosemary

soy

syzygium aromaticum (clove)

thyme (thymol, thyme oil)

triphala

## Sample of Literature Used

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

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Anorexia Nervosa

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Asthma  
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Autoimmune Disease  
Barrett esophagus cancer  
Bipolar Disorder  
Brain Trauma  
Carcinoma  
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Cerebral Palsy  
Chronic Fatigue Syndrome  
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Chronic Obstructive Pulmonary Disease (COPD)  
Chronic Urticaria (Hives)  
Coagulation / Micro clot triggering bacteria  
Colorectal Cancer  
Constipation  
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cystic fibrosis  
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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