

## Microbiome Information for: Epilepsy

### 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 Epilepsy

*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
Fusobacteria	class	High	203490	Haemophilus	genus	High	724
Rikenellaceae	family	High	171550	Lactobacillus	genus	Low	1578
Ruminococcaceae	family	High	541000	Lautropia	genus	High	47670
Actinomyces	genus	High	1654	Leptotrichia	genus	High	32067
Akkermansia	genus	High	239934	Megamonas	genus	High	158846
Alistipes	genus	High	239759	Megasphaera	genus	High	906
Anaerostipes	genus	High	207244	Neisseria	genus	High	482
Bacteroides	genus	High	816	Parabacteroides	genus	Low	375288
Barnesiella	genus	High	397864	Prevotella	genus	Low	838
Bifidobacterium	genus	High	1678	Ruminiclostridium	genus	High	1508657
Blautia	genus	High	572511	Shigella	genus	High	620
Campylobacter	genus	High	194	Streptococcus	genus	High	1301
Collinsella	genus	High	102106	Subdoligranulum	genus	High	292632
Cronobacter	genus	High	413496	Sutterella	genus	High	40544
Delftia	genus	High	80865	Eubacteriales	order	High	186802
Enterococcus	genus	High	1350	Akkermansia muciniphila	species	Low	239935
Erysipelatoclostridium	genus	High	1505663	Bacteroides fragilis	species	High	817
Escherichia	genus	High	561	Fusobacterium mortiferum	species	High	850
Fusobacterium	genus	High	848	Parabacteroides merdae	species	Low	46503

## 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.

apple

arabinogalactan (prebiotic) 21 gram/day

aspartame (sweetner)

bacillus licheniformis,(probiotics) 1000 mg/day

berberine 1.5 gram/day

bile (acid/salts)

fasting

fluorine

green-lipped mussel

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2

gram/day

inulin (prebiotic) 32 gram/day

ku ding cha tea

lactulose

levan

L-proline

oligosaccharides (prebiotic)

Pulses

raffinose(sugar beet)

saccharomyces boulardii (probiotics) 6 BCFU/day

saccharomyces cerevisiae (probiotics)

Slippery Elm

symbioflor 2 e.coli probiotics

vitamin a 25000 IU/day

## **Retail Probiotics**

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

spain (es) / ultralevura  
spain (es) / axiboulardi  
Dr.Max / ProtectMax ATB  
naturopathica (au) / gastrohealth probiotic daily care  
nature's instincts / ultra spore probiotic  
organic 3 / yeastbiotic  
blackmores (au) / probiotics+ immune defence  
microbiome labs / megasporebiotic  
Energybalance / ColoBiotica 28 Colon Support  
SuperSmart / Saccharomyces Boulardii  
naturopathica (au) / gastrohealth probiotics  
nature's way (au) / restore probiotic 30 billion 30s  
symbiopharm / symbioflo 2  
Swiss BioEnergetics / Full Spectrum Probiotic Defence  
nature's way (au) / restore probiotic daily health 90s  
microbiome labs / restorflora  
jarrow formulas / bifidus balance® + fos  
Bromatech (IT) / Enterelle  
florastor / florastor  
naturopathica (au) / gastrohealth fibrepro  
blackmore (au) / probiotics+ eczema relief  
imagilin / NutriLots Replenish  
Ombre / Endless Energy  
optibac / saccharomyces boulardii

**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.

Arbutin (polyphenol)	naringenin(grapefruit) (Flavonoid)
Bismuth Salts	neem
Caffeine	oregano (origanum vulgare, oil)
chitooligosaccharides (prebiotic)	peppermint (spice, oil)
chitosan,(sugar)	propyl gallate(corn)
cinnamon (oil. spice)	quercetin
clostridium butyricum (probiotics),Miya,Miyarisan	retinoic acid,(Vitamin A derivative)
Curcumin	rosmarinus officinalis,rosemary
diosmin,(polyphenol)	selenium
foeniculum vulgare,fennel	Shen Ling Bai Zhu San
garlic (allium sativum)	Sumac(Rhus coriaria)
glycyrrhizic acid (licorice)	syzygium aromaticum (clove)
Hesperidin (polyphenol)	thyme (thymol, thyme oil)
lactobacillus casei (probiotics)	triphala
lactobacillus paracasei (probiotics)	tulsi
lactobacillus plantarum (probiotics)	Vitamin B1,thiamine hydrochloride
lactobacillus reuteri (probiotics)	Vitamin B-12
luteolin (flavonoid)	Vitamin B6,pyridoxine hydrochloride
melatonin supplement	vitamin B7, biotin
N-Acetyl Cysteine (NAC),	whey

## Sample of Literature Used

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Acne  
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Allergies  
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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**