Microbiome Information for: Fibromyalgia

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 Fibromyalgia

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
Lachnospiraceae	*family*	Low	*186803*
Ruminococcaceae	*family*	Low	*541000*
Acetivibrio	*genus*	High	*35829*
Alistipes	*genus*	High	*239759*
Bacteroides	*genus*	Low	*816*
Bifidobacterium	*genus*	Low	*1678*
Blautia	*genus*	High	*572511*
Butyricicoccus	*genus*	High	*580596*
Clostridium	*genus*	Low	*1485*
Dorea	*genus*	High	*189330*
Eubacterium	*genus*	Low	*1730*
Haemophilus	*genus*	Low	*724*
Lachnoclostridium	*genus*	High	*1506553*
Lactobacillus	*genus*	Low	*1578*
Parabacteroides	*genus*	High	*375288*
Roseburia	*genus*	High	*841*
Eubacteriales	*order*	High	*186802*

Bacteria Name	Rank	Shift	Taxonomy ID
[Clostridium] scindens	*species*	High	*29347*
Agathobaculum desmolans	*species*	High	*39484*
Alistipes onderdonkii	*species*	High	*328813*
Bacteroides uniformis	*species*	Low	*820*
Blautia faecis	*species*	Low	*871665*
Blautia hydrogenotrophica	*species*	High	*53443*
Blautia massiliensis	*species*	High	*1737424*
Coprococcus comes	*species*	Low	*410072*
Eisenbergiella tayi	*species*	High	*1432052*
Erysipelatoclostridium ramosum	*species*	High	*1547*
Faecalibacterium prausnitzii	*species*	Low	*853*
Flavonifractor plautii	*species*	High	*292800*
Haemophilus parainfluenzae	*species*	Low	*729*
Hungatella hathewayi	*species*	High	*154046*
Intestinimonas butyriciproducens	*species*	High	*1297617*
Parabacteroides merdae	*species*	High	*46503*
Prevotella copri	*species*	Low	*165179*
Ruthenibacterium lactatiformans	*species*	High	*1550024*

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.

- **chitosan,(sugar)** 3 gram/day
- **Curcumin** 3 gram/day
- **Hesperidin (polyphenol)** 1.5 gram/day
- **N-Acetyl Cysteine (NAC),** 2400 mg/day
- **Slippery Elm**
- **sucralose** 340 mg/day
- **thyme (thymol, thyme oil)**
- **triphala** 9000 mg/day
- **vitamin a** 25000 IU/day
- **vitamin B3,niacin** 3000 mg/day
- **Vitamin B9,folic acid** 5 mg/day
- **Vitamin C (ascorbic acid)** 30 g/day

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.

apple
arabinogalactan (prebiotic)
clostridium butyricum (probiotics),Miya,Miyarisan
fasting
fructo-oligosaccharides (prebiotic)
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)
inulin (prebiotic)
lactobacillus plantarum (probiotics)
Moringa Oleifera
pectin
quercetin
red wine
resistant starch
resveratrol (grape seed/polyphenols/red wine)
soy
wheat bran
xylan (prebiotic)

Sample of Literature Used

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Amyotrophic lateral sclerosis (ALS) Motor Neuron
Ankylosing spondylitis
Anorexia Nervosa
Antiphospholipid syndrome (APS)
Asthma
Atherosclerosis
Autism
Autoimmune Disease
Barrett esophagus cancer
Bipolar Disorder
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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