

Microbiome Information for: Functional constipation / chronic idiopathic constipation

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

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 Functional constipation / chronic idiopathic constipation

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	High	200643	Pseudobutyrvibrio	genus	High	46205
Enterobacteriaceae	family	High	543	Roseburia	genus	Low	841
Erysipelotrichaceae	family	High	128827	Ruminiclostridium	genus	High	1508657
Ruminococcaceae	family	High	541000	Ruminococcus	genus	High	1263
Acidaminococcus	genus	Low	904	[Ruminococcus] torques	species	Low	33039
Alistipes	genus	High	239759	Alistipes finegoldii	species	Low	214856
Bifidobacterium	genus	High	1678	Bacteroides caccae	species	Low	47678
Coprococcus	genus	Low	33042	Bacteroides ovatus	species	High	28116
Epulopiscium	genus	High	2383	Bifidobacterium longum	species	High	216816
Fusicatenibacter	genus	Low	1407607	Escherichia coli	species	High	562
Klebsiella	genus	High	570	Lactococcus lactis	species	Low	1358
Lachnospira	genus	High	28050	Methanobrevibacter smithii	species	High	2173
Lactobacillus	genus	Low	1578	Parabacteroides gordonii	species	Low	574930
Lactococcus	genus	High	1357	Phocaeicola coprophilus	species	High	387090
Megamonas	genus	High	158846	Prevotella copri	species	Low	165179
Oscillospira	genus	High	119852	Prevotella stercorea	species	Low	363265
Parabacteroides	genus	High	375288	Roseburia intestinalis	species	High	166486
Prevotella	genus	Low	838	Staphylococcus aureus	species	High	1280

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.

aspartame (sweetner)

bacillus coagulans (probiotics) 10 BCFU/day

bifidobacterium bifidum (probiotics) 1 BCFU/day

chicory (prebiotic) 1800 mg/day

extra virgin olive oil

gynostemma pentaphyllum (Jiaogulan)

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2 gram/day

jerusalem artichoke (prebiotic) 40 gram/day

lactobacillus rhamnosus

gg lactobacillus,rhamnosus,propionibacterium freudenreichii,bif (probiotics)

lactobacillus rhamnosus

gg lactobacillus,rhamnosus,propionibacterium

freudenreichii,bifidobacterium breve (probiotics)

lactulose

levan

oats

partially hydrolysed guar gum,fructo-oligosaccharides (prebiotic)

partially hydrolyzed guar gum 6 gram/day

quercetin, resveratrol

refined wheat breads

resistant starch

saccharomyces cerevisiae (probiotics)

soy 25 gram/day

symbioflor 2 e.coli probiotics

vitamin B3,niacin 3000 mg/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.

blackmore (au) / probiotics+ bowel support
 perfect pass / perfect pass probiotic bacillus spore
 natren / bifido factor
 speer labs / emuaid first defense
 global health trax / threelac
 spain (es) / axiboulardi
 naturopathica (au)/ gastrohealth probiotic daily care
 bio-botanical research / proflo4r restorative probiotic
 nature's instincts / ultra spore probiotic
 gnc / ultra probiotic complex
 natren / healthy trinity probiotic
 Genesis Bifidobacterium Complex BB Probiotic
 cytoplankton(uk) /dentavital bifidophilus
 symbiopharm / symbioflo 2
 Swiss BioEnergetics / Full Spectrum Probiotic Defence
 vitamin angels / just thrive
 Sun Wave Pharma/Bio Sun Instant
 nature's way (au) / adult vita gummies daily probiotic 80s
 genestra brands@ hm
 align / align
 organic 3 / primal soil
 customprobiotics.com / B. Bifidum Probiotic Powder
 BIO-BOTANICAL RESEARCH / Megacidin
 reserveage nutrition / beautiflora
 shin biofermin (jp) /s
 philips / colon health
 Ombre / Endless Energy
 Jetson / FIT
 optibac / for every day
 source naturals / duraflo
 Bromatech (IT) / Bifiselle
 wakamoto (jp) / wakamoto pharmaceutical intestinal drug
 custom probiotics / five strain bifidobacteria
 thome / bacillus coagulansvet 60 caps
 spain (es) / proflo4 viajeros
 enviromedica terraflora sbo probiotic
 schiff / digestive advantage
 klair labs / ther-biotic factor 4
 daiichi sankyo healthcare (jp) / panlacmin tablet
 spain (es) / ultralevura
 Nutricology/Securil
 Bromatech (IT) / Serobiome
 corebiotic
 blackmores (au) / probiotics+ immune defence
 Metabolics / Bifidobacterium Bifidum Powder
 ISCON Elegance/ Ochek Capsule 10
 Nutrition Essentials / Probiotic (900 BCFU)
 mwsb / candida yeast support
 microbiome labs/ megasporebiotic
 klair labs / biospora
 custom probiotics / b. lactis & b. bifidum probiotic powder
 spain (es) / proflo4 edad escolar
 naturopathica (au) / gastrohealth probiotics

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

garlic (allium sativum)

lactobacillus casei (probiotics)

lactobacillus paracasei (probiotics)

lactobacillus plantarum (probiotics)

lactobacillus reuteri (probiotics)

lactobacillus rhamnosus gg (probiotics)

lactobacillus salivarius (probiotics)

oregano (origanum vulgare, oil) |

syzygium aromaticum (clove)

thyme (thymol, thyme oil)

triphala

walnuts

wheat bran

xylan (prebiotic)

Sample of Literature Used

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Allergies
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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
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