

## 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 have found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is believed 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 is 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

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Functional constipation / chronic idiopathic constipation

**Nota Benia:** 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	Prevotella	genus Low	838
Coriobacteriia	class Low	84998	Pseudobutyribrio	genus High	46205
Gammaproteobacteria	class High	1236	Romboutsia	genus Low	1501226
Bacteroidaceae	family High	815	Roseburia	genus Low	841
Burkholderiaceae	family Low	119060	Ruminiclostridium	genus High	1508657
Christensenellaceae	family Low	990719	Ruminococcus	genus High	1263
Clostridiaceae	family High	31979	Shigella	genus High	620
Eggerthellaceae	family High	1643826	Streptococcus	genus High	1301
Enterobacteriaceae	family High	543	Subdoligranulum	genus Low	292632
Erysipelotrichaceae	family High	128827	Turicibacter	genus High	191303
Lachnospiraceae	family High	186803	Tyzzerella	genus Low	1506577
Oscillospiraceae	family High	216572	Burkholderiales	order High	80840
Prevotellaceae	family Low	171552	Coriobacteriales	order Low	84999
Rikenellaceae	family High	171550	Enterobacterales	order High	91347
Ruminococcaceae	family High	541000	[Ruminococcus] torques	species Low	33039
Selenomonadaceae	family Low	1843491	Alistipes finegoldii	species Low	214856
Tannerellaceae	family High	2005525	Bacteroides caccae	species Low	47678
Acidaminococcus	genus Low	904	Bacteroides ovatus	species High	28116
Alistipes	genus High	239759	Bacteroides stercoris	species High	46506
Bacteroides	genus High	816	Bifidobacterium longum	species High	216816
Barnesiella	genus High	397864	Escherichia coli	species High	562
Bifidobacterium	genus High	1678	Eubacterium coprostanoligenes	species High	290054
Blautia	genus Low	572511	Helicobacter pylori	species High	210
Butyricimonas	genus High	574697	Lactococcus lactis	species Low	1358
Candidatus Epulonipiscium	genus High	2383	Leyella stercorea	species Low	363265
Coprococcus	genus Low	33042	Megamonas funiformis	species Low	437897
Escherichia	genus High	561	Methanobrevibacter smithii	species High	2173
Eubacterium	genus High	1730	Parabacteroides gordonii	species Low	574930
Fusicatenibacter	genus Low	1407607	Phocaeicola coprocola	species High	310298
Klebsiella	genus High	570	Phocaeicola coprophilus	species High	387090
Lachnospira	genus High	28050	Phocaeicola dorei	species High	357276
Lactobacillus	genus Low	1578	Phocaeicola vulgaris	species High	821
Lactococcus	genus High	1357	Prevotellaceae bacterium	species Low	2049047
Odoribacter	genus High	283168	Roseburia intestinalis	species High	166486
Oscillospira	genus High	119852	Segatella copri	species Low	165179
			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.

(2->1)-beta-D-fructofuranan {Inulin} 32 gram/day

Abstention from eating {Fasting}

D-glucose {Glucose}

fruit

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2 β-glucan {Beta-Glucan} 500 mg/day

gram/day

Malus domestica {apple}

oligosaccharides {oligosaccharides}

partially hydrolysed guar gum

Polydextrose {polydextrose}

resistant starch

vitamin d 50000 UI/day

## Retail Probiotics

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

jarrow formulas / bifidus balance® + fos

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.

2-(3,4-Dihydroxyphenyl)-5,7-dihydroxy-4H-chromen-4-one  
{Luteolin}  
2-Methyl-5-(1-methylethyl)phenol {Carvacrol}  
3,3',4',5,7-pentahydroxyflavone {Quercetin}  
5,6-dihydroxy-7-O-glucuronide flavone {Baicalin }  
allium sativum {garlic}  
Azadirachta indica {Neem}  
bifidobacterium longum {B.Longum }  
Cinnamomum zeylanicum {Ceylon Cinnamon}  
Citrus limon {Lemon}  
Clostridium butyricum MIYAIRI 588 {Miyarisan}  
Cymbopogon citratus {Lemongrass}  
D(-)-Fructose {Fruit sugar}  
Diferuloylmethane {Curcumin}  
enterococcus faecium {E. faecium}  
Escherichia coli Nissle 1917 {Mutaflor}  
eugenol {Eugenic acid}  
foeniculum vulgare,fennel  
Lacticaseibacillus casei {L. casei}  
Lacticaseibacillus paracasei {L.paracasei}  
Lacticaseibacillus rhamnosus {l. rhamnosus}  
lactobacillus acidophilus {L. acidophilus}  
Lactobacillus gasseri {L.gasseri}  
Lactobacillus plantarum {L. plantarum}

Lavandula angustifolia {lavender}  
Limosilactobacillus reuteri {L. Reuteri}  
Metha family {Mint}  
Morinda citrifolia {Noni}  
Moringa Oleifera  
Nigella sativa {black cumin}  
Ocimum basilicum {Basil}  
Ocimum gratissimum {Clove basil}  
origanum vulgare {oregano}  
pediococcus acidilactic {RBB9 PEDIOCOCCUS ACIDILACTI}  
Pimpinella anisum {Anise}  
polyphenols  
Probiotic Mixture 2 {Vetafarm Probiotic}  
Propolis {Bee glue}  
Punica granatum {pomegranate}  
Rheum × hybridum {Rhubarb}  
rosmarinus officinalis {rosemary}  
Salvia officinalis {Sage}  
Silver nanoparticles {Colloidal silver}  
β-(1?4)-linked D-glucosamine and N-acetyl-D-glucosamine {Chitosan}  
syzygium aromaticum {clove}  
Thymus vulgaris {thyme}  
yogurt  
Zingiber officinale Roscoe {ginger}

## Sample of Literature Used

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Anorexia Nervosa

Antiphospholipid syndrome (APS)

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Epilepsy

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Generalized anxiety disorder

giant cell arteritis

Glioblastoma

Gout

Graves' disease

Gulf War Syndrome

Halitosis

Hashimoto's thyroiditis

Heart Failure

hemorrhagic stroke

Hemorrhoidal disease, Hemorrhoids, Piles

Hidradenitis Suppurativa

High Histamine/low DAO

hypercholesterolemia (High Cholesterol)

hyperglycemia

Hyperlipidemia (High Blood Fats)

hypersomnia

hypertension (High Blood Pressure)

Hypothyroidism

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ME/CFS with IBS

ME/CFS without IBS

membranous nephropathy

Menopause

Metabolic Syndrome

Mood Disorders

multiple chemical sensitivity [MCS]

Multiple Sclerosis

Multiple system atrophy (MSA)

myasthenia gravis

neuropathic pain

**Neuropathy (all types)**  
**neuropsychiatric disorders (PANDAS, PANS)**  
**Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic**  
**NonCeliac Gluten Sensitivity**  
**Obesity**  
**obsessive-compulsive disorder**  
**Osteoarthritis**  
**Osteoporosis**  
**pancreatic cancer**  
**Parkinson's Disease**  
**Peanut Allergy**  
**Polycystic ovary syndrome**  
**Postural orthostatic tachycardia syndrome**  
**Premenstrual dysphoric disorder**  
**primary biliary cholangitis**  
**Primary sclerosing cholangitis**  
**Psoriasis**  
**rheumatoid arthritis (RA),Spondyloarthritis (SpA)**  
**Rosacea**  
**Schizophrenia**  
**scoliosis**  
**sensorineural hearing loss**  
**Sjögren syndrome**  
**Sleep Apnea**  
**Slow gastric motility / Gastroparesis**  
**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**  
**Vitiligo**