

## Microbiome Information for: Hashimoto's thyroiditis

### 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 Hashimoto's thyroiditis

*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
Lachnospiraceae	family	High	186803	Lachnoclostridium	genus	Low	1506553
Lactobacillaceae	family	Low	33958	Lactonifactor	genus	High	420345
Akkermansia	genus	High	239934	Phascolarctobacterium	genus	High	33024
Alistipes	genus	High	239759	Prevotella	genus	Low	838
Bifidobacterium	genus	Low	1678	Romboutsia	genus	High	1501226
Bilophila	genus	Low	35832	Roseburia	genus	High	841
Blautia	genus	High	572511	Subdoligranulum	genus	High	292632
Dorea	genus	High	189330	Lachnospiraceae incertae sedis	no_rank	High	2840493
Faecalibacterium	genus	Low	216851	[Ruminococcus] torques	species	High	33039
Fusicatenibacter	genus	High	1407607	Anaerobutyricum hallii	species	High	39488
Klebsiella	genus	Low	570	Klebsiella pneumoniae	species	High	573

## 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.

barley 60 gram/day

berberine 1.5 gram/day

inulin (prebiotic) 32 gram/day

ku ding cha tea

**lactobacillus rhamnosus gg (probiotics)** 48 BCFU/day

safflower oil

salt (sodium chloride)

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) / suerobivos

culturelle / culturelle

spain (es) / bivos

blackmore (au) / probiotics+ eczema relief

PureGG

Ombre / Heart Health

spain (es) / kaleidon

digestive care

spain (es) / ns florabiotic instant

Dr.Max / ProtectMax ATB

SuperSmart / Lactobacillus rhamnosus GG

**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.

apple	lactulose
arabinogalactan (prebiotic)	linseed(flaxseed)
bacillus subtilis (probiotics)	navy bean
Cacao	oligosaccharides (prebiotic)
carboxymethyl cellulose (prebiotic)	partially hydrolyzed guar gum
fat	pectin
fructo-oligosaccharides (prebiotic)	quercetin
galacto-oligosaccharides (prebiotic)	raffinose(sugar beet)
Glucomannan	resistant starch
glycyrrhizic acid (licorice)	resveratrol (grape seed/polyphenols/red wine)
gum arabic (prebiotic)	sesame cake/meal
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	soy
jerusalem artichoke (prebiotic)	Vitamin B9,folic acid
lactobacillus acidophilus (probiotics)	whey
lactobacillus casei (probiotics)	zinc

## Sample of Literature Used

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Anorexia Nervosa  
Antiphospholipid syndrome (APS)  
Asthma  
Atherosclerosis  
Autism  
Autoimmune Disease  
Barrett esophagus cancer  
Bipolar Disorder  
Brain Trauma  
Carcinoma  
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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**  
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