

Microbiome Information for: Histamine Issues,Mast Cell Issue, DAO Insufficiency

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

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 Histamine Issues,Mast Cell Issue, DAO Insufficiency

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
Bifidobacteriaceae	family	Low	31953	Bifidobacterium pseudocatenulatum	species	High	28026
Alistipes	genus	High	239759	Citrobacter freundii DSM 24301	species	High	546
Bacteroides	genus	High	816	Enterobacter cloacae	species	High	931533
Blautia	genus	Low	572511	Enterococcus faecalis	species	High	550
Butyricimonas	genus	Low	574697	Escherichia coli	species	High	1351
Enterococcus	genus	High	1350	Hafnia alvei	species	High	562
Hafnia	genus	High	568	Klebsiella aerogenes	species	High	569
Hespellia	genus	Low	241189	Klebsiella pneumoniae	species	High	548
Lachnospira	genus	High	28050	Lactobacillus crispatus	species	High	573
Mediterraneibacter	genus	Low	2316020	Lactobacillus gasseri	species	High	47770
Morganella	genus	High	581	Ligilactobacillus salivarius	species	High	1596
Parasutterella	genus	Low	577310	Limosilactobacillus fermentum	species	High	1624
Phocaeicola	genus	High	909656	Limosilactobacillus vaginalis	species	High	1613
Proteus	genus	High	583	Morganella morganii	species	High	1633
Pseudomonas	genus	High	286	Photobacterium damsela	species	High	582
Raoultella	genus	High	160674	Proteus mirabilis	species	High	38293
Roseburia	genus	High	841	Proteus vulgaris	species	High	584
ATCC 35469	species	High	564	Serratia liquefaciens	species	High	585
Bifidobacterium adolescentis	species	High	1680	Serratia marcescens	species	High	614
Bifidobacterium longum	species	High	216816	Streptococcus vestibularis	species	High	615
							1343

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.

almonds/ almond skins	90 gram/day	jerusalem artichoke (prebiotic)	40 gram/day
arabinogalactan (prebiotic)	21 gram/day	Lactobacillus Johnsonii (probiotic)	10 BCFU/day
bacillus subtilis (probiotics)	10 BCFU/day	lactulose	
Burdock Root		navy bean	
Conjugated Linoleic Acid		noni	6 gram/day
fructo-oligosaccharides (prebiotic)	15 gram/day	raffinose(sugar beet)	
galacto-oligosaccharides (prebiotic)	10 gram/day	resveratrol (grape seed/polyphenols/red wine)	2 gram/day
gum arabic (prebiotic)	30 gram/day	sesame cake/meal	
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	2	soy	25 gram/day
gram/day		wheat bran	
inulin (prebiotic)	32 gram/day		

Retail Probiotics

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

Global Healing Center / FloraTrex
 Physician Choice / 60 Billion Probiotics
 theramedix / probiotic
 jarow formulas / bifidus balance® + fos
 organic 3 / primal soil
 SuperSmart / Bacillus Subtilis
 Swiss BioEnergetics / Full Spectrum Probiotic Defence
 probiotic pur (de) / realdose nutrition
 blackmores (au) / probiotics + adults daily (90 capsules)
 Wholesome Wellness / Raw Probiotic
 aor / probiotic-3
 vitamin angels / just thrive
 nature's way (au) / restore probiotic daily health 90s
 microbiome labs / restorflora
 INVIVO THERAPEUTICS / Bio.Me IB +
 enviromedica terraflora sbo probiotic
 Jetson (US) / Mood Probiotics
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
 corebiotic
 blackmores (au) / probiotics+ immune defence
 ISCON Elegance/ Ochek Capsule 10
 Nutrition Essentials / Probiotic (900 BCFU)
 mwsb / candida yeast support
 microbiome labs/ megasporebiotic
 optibac / bifidobacteria & fibre
 claire labs / biospora
 Energybalance / ColoBiotica 28 Colon Support
 microbiome labs / hu58
 perfect pass / perfect pass probiotic bacillus spore
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 global health trax / threelac
 nature's way (au) / restore probiotic 30 billion 30s
 bio-botanical research / proflo4r restorative probiotic
 blackmore (au) / probiotics+ daily health
 nature's instincts / ultra spore probiotic
 powerlabs (au) / ultra blend
 Realdose
 BIO-BOTANICAL RESEARCH / Megacidin
 reserveage nutrition / beautiflora
 amy meyers / primal earth probiotic
 Jetson / Gut Prep
 nature's way (au) / restore probiotic bowel & colon health 30s
 garden of life / primal defense
 naturopathica (au) / gastrohealth fibrepro
 blackmore (au) / probiotics+ eczema relief
 Jetson / FIT
 optibac / for every day
 Prescript-Assist®/SBO Probiotic
 Thyrye Inside/ L.Reu,Rham,Casi; B.Lactis
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 Reduz melasma / Lactobacillus Johnsonii

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.

cinnamon (oil, spice)
coriander oil
Curcumin
foeniculum vulgare, fennel
ginger
glycyrrhizic acid (licorice)
Hesperidin (polyphenol)

N-Acetyl Cysteine (NAC),
neem
oregano (origanum vulgare, oil) |
Sumac (Rhus coriaria)
syzygium aromaticum (clove)
thyme (thymol, thyme oil)
trachyspermum ammi, Ajwain
triphala

Sample of Literature Used

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 Carcinoma
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 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