

Microbiome Information for: Allergic Rhinitis (Hay Fever)

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 Allergic Rhinitis (Hay Fever)

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
Actinomycetia	class	Low	1760	Anaerotruncus colihominis	species	High	169435
Porphyromonadaceae	family	Low	171551	Bifidobacterium adolescentis	species	Low	1680
Ruminococcaceae	family	High	541000	Bifidobacterium catenulatum	species	Low	1686
Bacteroides	genus	High	816	Bifidobacterium longum	species	Low	216816
Bifidobacterium	genus	Low	1678	Clostridium butyricum	species	Low	1492
Clostridium	genus	High	1485	Coprococcus eutactus	species	Low	33043
Enterobacter	genus	High	547	Dialister succinatiphilus	species	Low	487173
Enterococcus	genus	High	1350	Enterocloster asparagiformis	species	Low	333367
Escherichia	genus	High	561	Eubacterium xylanophilum	species	Low	39497
Lactobacillus	genus	Low	1578	Intestinimonas butyriciproducens	species	Low	1297617
Parabacteroides	genus	High	375288	Muricomes intestini	species	Low	1796634
Prevotella	genus	High	838	Murimonas intestini	species	Low	1337051
Pyramidobacter	genus	High	638847	Oscillibacter valericigenes	species	Low	351091
Bacteroidales	order	High	171549	Oxalobacter formigenes	species	Low	847
[Clostridium] hylemonae	species	High	89153	Phocaeicola massiliensis	species	Low	204516
Acetivibrio straminisolvens	species	Low	253314	Rothia mucilaginosa	species	Low	43675
Acidaminococcus intestini	species	High	187327	Ruminiclostridium papyrosolvens	species	Low	29362
Agathobaculum butyriciproducens	species	Low	1628085	Ruminococcus gnavus	species	High	33038
				Sutterella wadsworthensis	species	Low	40545

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.

ascophyllum nodosum (sea weed)

berberine 1.5 gram/day

bile (acid/salts)

Bile Acid Sequestrant

Bofutsushosan

Dextrin 40 gram/day

fluorine

laminaria hyperborea(tangle/cuvie - seaweed)

red alga Laurencia tristicha

saccharin 450 mg/day

sodium butyrate

sucralose 340 mg/day

vegetarians

Vitamin B9,folic acid 5 mg/day

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)	lactobacillus plantarum,xylooligosaccharides,(prebiotic)
bacillus subtilis (probiotics)	(probiotics)
Cacao	lactobacillus reuteri (probiotics)
clostridium butyricum (probiotics),Miya,Miyarisan	lactulose
fructo-oligosaccharides (prebiotic)	oregano (origanum vulgare, oil)
galacto-oligosaccharides (prebiotic)	quercetin
Glucomannan	raffinose(sugar beet)
green tea	resistant starch
gum arabic (prebiotic)	resveratrol (grape seed/polyphenols/red wine)
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	rosmarinus officinalis,rosemary
inulin (prebiotic)	soy
jerusalem artichoke (prebiotic)	triphala
lactobacillus casei (probiotics)	wheat
lactobacillus paracasei (probiotics)	wheat bran
lactobacillus plantarum (probiotics)	whey
	zinc

Sample of Literature Used

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Acne
ADHD
Allergic Rhinitis (Hay Fever)
Allergies
Alopecia (Hair Loss)
Alzheimer's disease
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