

Microbiome Information for: IgA nephropathy (IgAN)

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 IgA nephropathy (IgAN)

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
Enterobacteriaceae	family	High	543	Prevotella	genus	Low	838
Eubacteriaceae	family	High	186806	[Eubacterium] siraeum	species	Low	39492
Lachnospiraceae	family	High	186803	Alistipes putredinis	species	Low	28117
Ruminococcaceae	family	High	541000	Bacteroides finegoldii	species	Low	338188
Sutterellaceae	family	High	995019	Bacteroides ovatus	species	Low	28116
Alistipes	genus	Low	239759	Bacteroides thetaiotaomicron	species	Low	818
Bifidobacterium	genus	Low	1678	Bacteroides uniformis	species	Low	820
Catenibacterium	genus	Low	135858	Butyricimonas virosa	species	Low	544645
Clostridium	genus	Low	1485	Coprococcus eutactus	species	Low	33043
Dialister	genus	Low	39948	Enterocloster clostridioformis	species	Low	1531
Enterococcus	genus	Low	1350	Eubacterium oxidoreducens	species	Low	1732
Lactobacillus	genus	Low	1578	Lachnospira eligens	species	Low	39485
Oscillospira	genus	Low	119852	Lachnospira pectinoschiza	species	Low	28052
Phascolarctobacterium	genus	Low	33024	Prevotella copri	species	Low	165179
				Ruminococcus gnavus	species	Low	33038

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.

Arbutin (polyphenol) 100 mg/day	momordia charantia(bitter melon, karela, balsam pear, or bitter gourd)
aspartame (sweetner)	N-Acetyl Cysteine (NAC), 2400 mg/day
bifidobacterium lactis,streptococcus thermophilus probiotic	Nicotine, Nicotine Patch
bifidobacterium pseudocatenuatum,(probiotics)	Papaya leaf
Caffeine	Peanut
chitosan,(sugar) 3 gram/day	propolis(bee's glue)
Cranberry	retinoic acid,(Vitamin A derivative)
diosmin,(polyphenol) 1500 mg/day	salt (sodium chloride)
galla chinensis (herb)	sorghum
Grapefruit seed extract	sucralose 340 mg/day
Guaiacol (polyphenol)	tea
Hesperidin (polyphenol) 1.5 gram/day	Vitamin B1,thiamine hydrochloride 1.8 gram/day
lactobacillus casei (probiotics) 48 BCFU/day	Vitamin B-12 10 mg/day
lactobacillus kefir (NOT KEFIR)	vitamin B3,niacin 3000 mg/day
lauric acid(fatty acid in coconut oil,in palm kernel oil,)	Vitamin B6,pyridoxine hydrochloride 200 mg/day
luteolin (flavonoid) 400 mg/day	vitamin B7, biotin 300 mg/day
melatonin supplement 10 mg/day	Vitamin C (ascorbic acid) 30 g/day
	whole-grain barley 60 gram/day

Retail Probiotics

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

CustomProbiotics.com / L. Casei Probiotic Powder
PharmExtracta (IT) / INatal Sachets
PIANETA FARMA/KefiBios

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	inulin (prebiotic)
arabinogalactan (prebiotic)	lactobacillus acidophilus (probiotics)
bacillus subtilis (probiotics)	lactobacillus plantarum (probiotics)
berberine	lactulose
clostridium butyricum (probiotics), Miya, Miyarisan	oligosaccharides (prebiotic)
fat	pectin
fructo-oligosaccharides (prebiotic)	raffinose(sugar beet)
galacto-oligosaccharides (prebiotic)	red wine
Glucomannan	resveratrol (grape seed/polyphenols/red wine)
high red meat	Slippery Elm
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	wheat bran
	xylan (prebiotic)

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