

## Microbiome Information for: Irritable Bowel Syndrome

### 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 Irritable Bowel Syndrome

*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
Clostridia	class	High	186801	Parabacteroides	genus	Low	375288
Bacteroidaceae	family	High	815	Parasutterella	genus	Low	577310
Desulfovibrionaceae	family	High	194924	Prevotella	genus	High	838
Enterobacteriaceae	family	High	543	Proteus	genus	High	583
Erysipelotrichaceae	family	High	128827	Proteus	genus	High	210425
Lachnospiraceae	family	Low	186803	Roseburia	genus	Low	841
Oscillospiraceae	family	High	216572	Ruminococcus	genus	High	1263
Rikenellaceae	family	High	171550	Shigella	genus	High	620
Ruminococcaceae	family	High	541000	Sporobacter	genus	Low	44748
Sutterellaceae	family	High	995019	Subdoligranulum	genus	Low	292632
Alistipes	genus	Low	239759	Sutterella	genus	Low	40544
Anaerostipes	genus	High	207244	Turicibacter	genus	Low	191303
Bacillus	genus	Low	1386	Weissella	genus	Low	46255
Bifidobacterium	genus	Low	1678	Eubacteriales	order	High	186802
Burkholderia	genus	Low	32008	Pseudomonadales	order	Low	72274
Butyrivibrio	genus	Low	574697	Bacteroides caccae	species	High	47678
Clostridium	genus	High	1485	Bacteroides ovatus	species	Low	28116
Desulfovibrio	genus	High	872	Bacteroides thetaiotaomicron	species	High	818
Escherichia	genus	High	561	Bacteroides uniformis	species	Low	820
Faecalibacterium	genus	Low	216851	Dialister invisus	species	High	218538
Faecalitalea	genus	High	1573534	Escherichia coli	species	High	562
Hyphomicrobium	genus	Low	81	Faecalibacterium prausnitzii	species	Low	853
Klebsiella	genus	Low	570	Methanobrevibacter smithii	species	High	2173
Lachnospira	genus	Low	28050	Mycoplasma hominis	species	High	2098
Lactobacillus	genus	Low	1578	Phocaeicola vulgatus	species	Low	821
Oscillibacter	genus	High	459786	Pseudomonas aeruginosa	species	High	287
Oxalobacter	genus	Low	846	Weizmannia coagulans	species	Low	1398

## 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)

aspartame (sweetner)

Baking Soda, Sodium Bicarbonate

blackcurrant

carboxymethyl cellulose (prebiotic)

cellulose (prebiotic)

Ferric citrate

fluorine

iron 400 mg/day

linseed(flaxseed) 30 mg/day

navy bean

non-starch polysaccharides

oligosaccharides (prebiotic)

Pulses

red alga Laurencia tristicha

red wine 250 ml/day

saccharin 450 mg/day

smoking

$\beta$ -glucan 500 mg/day

synbioflor 2 e.coli probiotics

Tributylin

vegetarians

xylan (prebiotic)

## **Retail Probiotics**

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

symbiopharm / symbioflo 2

Ombre / Harmony

**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.

bacillus subtilis (probiotics)

clostridium butyricum (probiotics),Miya,Miyarisan

fructo-oligosaccharides (prebiotic)

Human milk oligosaccharides (prebiotic, Holigos, Stachyose)

inulin (prebiotic)

lactobacillus casei (probiotics)

lactobacillus paracasei (probiotics)

lactobacillus plantarum (probiotics)

lactobacillus reuteri (probiotics)

oregano (origanum vulgare, oil) |

resveratrol (grape seed/polyphenols/red wine)

rosmarinus officinalis,rosemary

soy

wheat

whey

## Sample of Literature Used

The following are the most significant of the studies used to generate these suggestions.

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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**  
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**Psoriasis**  
**rheumatoid arthritis (RA),Spondyloarthritis (SpA)**  
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**Schizophrenia**  
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