

## Microbiome Information for: Liver Cirrhosis

### 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 Liver Cirrhosis

*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	Gordonibacter	genus	High	644652
Adlercreutzia	genus	High	447020	Klebsiella	genus	High	570
Bacteroides	genus	Low	816	Lactobacillus	genus	Low	1578
Blautia	genus	High	572511	Leuconostoc	genus	Low	1243
Butyricoccus	genus	Low	580596	Megamonas	genus	High	158846
Butyricimonas	genus	Low	574697	Methanobrevibacter	genus	High	2172
Butyrivibrio	genus	High	830	Odoribacter	genus	High	283168
Catenibacterium	genus	Low	135858	Oxalobacter	genus	High	846
Citrobacter	genus	High	544	Parabacteroides	genus	High	375288
Coprobacillus	genus	High	100883	Paraprevotella	genus	High	577309
Coprobacter	genus	Low	1348911	Parvimonas	genus	High	543311
Desulfovibrio	genus	High	872	Porphyromonas	genus	High	836
Enterobacter	genus	High	547	Pyramidobacter	genus	High	638847
Enterococcus	genus	High	1350	Slackia	genus	Low	84108
Escherichia	genus	High	561	Solobacterium	genus	High	123375
Fusobacterium	genus	High	848	Turidibacter	genus	Low	191303
Gemella	genus	Low	1378	Staphylococcus aureus	species	High	1280

## 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.

alcoholic beverages	<b>lactobacillus gasseri (probiotics)</b> 10 BCFU/day
aspartame (sweetner)	lactulose
beef	Lemon peel
<b>bifidobacterium pseudocatenulatum,(probiotics)</b>	<b>l-glutamic acid</b>
catecholamines (polyphenol)	<b>l-proline</b>
<b>colinfant e.coli probiotics</b>	<b>l-serine</b>
<b>cvs maximum strength probiotic</b>	<b>mannooligosaccharide (prebiotic)</b> 8 gram/day
Dandelion	navy bean
<b>Dextrin</b> 40 gram/day	non-starch polysaccharides
<b>Ferric citrate</b>	red alga <i>Laurencia tristicha</i>
<b>fluorine</b>	<b>saccharomyces boulardii (probiotics)</b> 6 BCFU/day
fruit/legume fibre	salt (sodium chloride)
<b>GABA</b> 6 gram/day	<b>sodium butyrate</b>
<b>General Biotics Equilibrium</b>	<b>sucralose</b> 340 mg/day
Goji (berry,juice)	<b>symbioflor 2 e.coli probiotics</b>
green-lipped mussel	<b>Tudca</b>
<b>iron</b> 400 mg/day	<b>vitamin a</b> 25000 IU/day
	<b>Vitamin B9,folic acid</b> 5 mg/day

## **Retail Probiotics**

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

symbiopharm / symbioflo 2  
spain (es) / muvagyn probiotico  
microbiome labs / restorflora  
Bromatech (IT) / Enterelle  
florastor / florastor  
philips / colon health  
imagilin / NutriLots Replenish  
Ombre / Endless Energy  
optibac / saccharomyces boulardii  
wakamoto (jp) / wakamoto pharmaceutical intestinal drug  
spain (es) / ultralevura  
organic 3 / yeastbiotic  
CustomProbiotics.com / L. Gasseri Probiotic Powder  
SuperSmart / Saccharomyces Boulardii  
SuperSmart / Lactobacillus Gasseri  
spain (es) / axiboulardi  
Eden's / 3-in-1 Synbiotic Superblend  
nature's instincts / ultra spore probiotic

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.

barley  
cinnamon (oil, spice)  
clostridium butyricum (probiotics), Miya, Miyarisan  
Curcumin  
foeniculum vulgare, fennel  
lactobacillus plantarum (probiotics)

lactobacillus reuteri (probiotics)  
oregano (organum vulgare, oil) |  
quercetin  
syzygium aromaticum (clove)  
thyme (thymol, thyme oil)  
triphala

## Sample of Literature Used

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

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## Additional APriori Analysis Available

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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**