

Microbiome Information for: ME/CFS without IBS

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 ME/CFS without IBS

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
Clostridiaceae	family	High		31979	Pseudomonadales	order	High		72274
Pseudomonadaceae	family	High		135621	[Clostridium] scindens	species	High		29347
Bacteroides	genus	Low		816	[Clostridium] symbiosum	species	High		1512
Bifidobacterium	genus	Low		1678	Clostridiales bacterium 1_7_47FAA	species	High		457421
Clostridium	genus	High		1485	Clostridiales bacterium L2-14	species	High		620860
Coprobacillus	genus	High		100883	Coprococcus catus	species	Low		116085
Dorea	genus	Low		189330	Dorea formicigenerans	species	Low		39486
Eggerthella	genus	High		84111	Dorea longicatena	species	High		88431
Pseudoflavonifractor	genus	High		1017280	Eggerthella lenta	species	High		84112
Pseudomonas	genus	High		286	Parabacteroides distasonis	species	Low		823
Streptococcus	genus	High		1301	Pseudoflavonifractor capillosus	species	High		106588
					Ruminococcus gnavus	species	High		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.

bacillus coagulans (probiotics) 10 BCFU/day

barley 60 gram/day

bifidobacterium pseudocatenulatum li09,bifidobacterium

catenulatum li10 (probiotics)

bile (acid/salts)

clostridium butyricum (probiotics),Miya,Miyarisan 1.gram/day

dairy

Lithium

polydextrose

rhubarb

saccharomyces cerevisiae (probiotics)

β-glucan 500 mg/day

sucralose 340 mg/day

Tributylin

vegetarians

vitamin a 25000 IU/day

Vitamin B9,folic acid 5 mg/day

walnuts 75 gram/day

Retail Probiotics

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

Sun Wave Pharma/Bio Sun Instant
nature's way (au) / adult vita gummies daily probiotic 80s
align / align
PharmExtracta (IT) / Butirisan
organic 3 / primal soil
BIO-BOTANICAL RESEARCH / Megacidin
reserveage nutrition / beautiflora
Jetson / FIT
source naturals / duraflo
thorne / bacillus coagulansvet 60 caps
Pendulum / Pendulum Glucose Control
enviromedica terraflora sbo probiotic
schiff / digestive advantage
daiichi sankyo healthcare (jp) / panlacmin tablet
spain (es) / ultralevura
corebiotic
mwsb / candida yeast support
microbiome labs/ megasporebiotic
klair labs / biospora
miyarian (jp) / miyarian
naturopathica (au) / gastrohealth probiotics
perfect pass / perfect pass probiotic bacillus spore
global health trax / threelac
spain (es) / axiboulardi
Dr.Max / ProtectMax ATB
naturopathica (au) / gastrohealth probiotic daily care
bio-botanical research / proflora4r restorative probiotic
nature's instincts / ultra spore probiotic
aor / probiotic-3
vitamin angels / just thrive

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	lactobacillus paracasei (probiotics)
Cacao	lactobacillus plantarum (probiotics)
Curcumin	resistant starch
fructo-oligosaccharides (prebiotic)	rosmarinus officinalis, rosemary
galacto-oligosaccharides (prebiotic)	soy
Human milk oligosaccharides (prebiotic, Hologos, Stachyose)	thyme (thymol, thyme oil)
inulin (prebiotic)	triphala
lactobacillus casei (probiotics)	wheat bran

Sample of Literature Used

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

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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