

Microbiome Information for: Allergies

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 Allergies

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	High	1760	Lactobacillus	genus	Low	1578
Bacteroidia	class	High	200643	Methanobrevibacter	genus	High	2172
Clostridia	class	High	186801	Methylobacterium	genus	High	407
Acidaminococcaceae	family	Low	909930	Prevotella	genus	Low	838
Bacteroidaceae	family	High	815	Propionibacterium	genus	High	1743
Bifidobacteriaceae	family	Low	31953	Turicibacter	genus	High	191303
Clostridiaceae	family	High	31979	Akkermansia muciniphila	species	Low	239935
Comamonadaceae	family	High	80864	Bacteroides fragilis	species	High	817
Enterobacteriaceae	family	Low	543	Bifidobacterium adolescentis	species	Low	1680
Erysipelotrichaceae	family	High	128827	Bifidobacterium bifidum	species	High	1681
Lactobacillaceae	family	Low	33958	Bifidobacterium catenulatum	species	High	1686
Methylobacteriaceae	family	High	119045	Bifidobacterium longum	species	High	216816
Oscillospiraceae	family	Low	216572	Blautia obeum	species	High	40520
Ruminococcaceae	family	High	541000	Clostridium difficile	species	High	1496
Sphingomonadaceae	family	High	41297	Collinsella aerofaciens	species	High	74426
Adlercreutzia	genus	High	447020	Coprococcus catus	species	High	116085
Alistipes	genus	Low	239759	Dorea formicigenerans	species	High	39486
Clostridium	genus	Low	1485	Escherichia coli	species	High	562
Eggerthella	genus	High	84111	Faecalibacterium prausnitzii	species	Low	853
Enhydrobacter	genus	High	212791	Oscillibacter valericigenes	species	High	351091
Enterococcus	genus	Low	1350	Phascolarctobacterium faecium	species	Low	33025
Faecalibacterium	genus	High	216851	Prevotella copri	species	Low	165179
Lachnospirillum	genus	High	1506553	Ruminococcus bromii	species	Low	40518
				Staphylococcus aureus	species	Low	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.

berberine 1.5 gram/day

bifidobacterium bifidum (probiotics) 1 BCFU/day

inulin (prebiotic) 32 gram/day

levan

resistant maltodextrin 50 gram/day

resistant starch

saccharin 450 mg/day

saccharomyces cerevisiae (probiotics)

salt (sodium chloride)

Slippery Elm

syzygium aromaticum (clove)

triphala 9000 mg/day

vitamin d 50000 IU/day

Retail Probiotics

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

Swiss BioEnergetics / Full Spectrum Probiotic Defence
 theramedix / probiotic
 Physician Choice / 60 Billion Probiotics
 blackmores (au) / probiotics+ immune defence
 blackmore (au) / probiotics+ bowel support
 Wholesome Wellness / Raw Probiotic
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 organic 3 / gutpro
 spain (es) / profaes4 viajeros
 fürstenmed / lacto-bifido
 nature's way (au) / restore probiotic daily health 90s
 optibac / for daily immunity
 HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
 naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
 udo's choice / super 8 gold
 Smidge / Sensitive Probiotic
 Krauterhaus / Lactopro
 LiveWell Nutrition / Pro-45
 Jetson (US) / Immunity Probiotics
 genestra brands® hm
 Advanced Bio-Cultures / Advance Multi Strain Probiotics
 elixa / probiotic
 bioray / cytoflora
 renew life / ultimate flora
 up4 / ultra
 optibac / for your cholesterol
 bioglan bio (au) / happy probiotic 100
 customprobiotics.com / B. Bifidum Probiotic Powder
 SuperSmart / Lactoxira
 douglas laboratories / multi probiotic 40 billion
 up4 / adult
 Bromatech (IT) / Acronelle
 nature's way (au) / restore probiotic bowel & colon health 30s
 jamieson (can) / probiotic 10 bcfu
 shin biofermin (jp) /s
 Bromatech (IT) / Lautoselle
 renew life men's probiotic - ultimate
 SuperSmart / Full Spectrum Probiotic Formula
 claire labs / target gb-x
 naturopathica (au) / gastrohealth fibrepro
 philips / colon health
 blackmore (au) / probiotics+ eczema relief
 quantum wellness / restora flora
 Ombre / Endless Energy
 Seeking Health / Probiota HistaminX
 bravo europe / starter and complex
 Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
 vita miracle / ultra-30 probiotics
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
 Bromatech (IT) / Bifiselle
 wakamoto (jp) / wakamoto pharmaceutical intestinal drug
 custom probiotics / five strain bifidobacteria
 natren / bifido factor
 OMNI-BIOTIC®/ TRAVEL

speer labs / emuaid first defense
nature's way (au) / restore probiotic 30 billion 30s
spain (es) / axiboulardi
organic 3 / primal gut
HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS
Dr.Max / ProtectMax ATB
naturopathica (au) / gastrohealth probiotic daily care
Physis / Advance Probiotics
blackmore (au) / probiotics+ daily health
Dr. Mercola / Complete Probiotics
Garden of Life / Dr. Formulated Once Daily Women's
gnc / ultra probiotic complex
NOW FOODS / Clinical GI Probiotic
natren / healthy trinity probiotic
ecology_allergycare
hyperbiotics / pro-15
Genesis Bifidobacterium Complex BB Probiotic
nature's way (au) / restore probiotic 100 billion
solaray / microbiome probiotic colon formula
cytoplan(uk) / dentavital bifidophilus
Metabolics / Bifidobacterium Bifidum Powder
1 md / complete probiotics platinum
OMNI-BIOTIC®/ 10 AAD
young living/life 9
custom probiotics / b. lactis & b. bifidum probiotic powder
spain (es) / profaes4 edad escolar
MegaFood / MegaFlora
naturopathica (au) / gastrohealth probiotics
klaire labs / ther-biotic factor 4
spain (es) / ultralevura
custom probiotics / six strain probiotic powder
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Bromatech (IT) / Serobiome
Nu U (uk) / Bio-Cultures Complex
newrhythm / probiotics 20 stains
blackmores (au) / probiotics + adults daily (90 capsules)
Windlove Probiotics / Ecologic®825
ASEA VIA / BIOME

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)

Burdock Root

Caffeine

fructo-oligosaccharides (prebiotic)

Glucomannan

lactulose

linseed(flaxseed)

navy bean

raffinose(sugar beet)

resveratrol (grape seed/polyphenols/red wine)

vitamin a

Vitamin B1,thiamine hydrochloride

Vitamin B9,folic acid

whey

Sample of Literature Used

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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