

Microbiome Information for: Multiple Sclerosis

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

[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Multiple Sclerosis

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
Actinomycetes	class	High	1760	Pedobacter	genus	High	84567
Bacteroidia	class	Low	200643	Prevotella	genus	Low	838
Clostridia	class	High	186801	Pseudomonas	genus	High	286
Coriobacteria	class	High	84998	Psychrobacter	genus	High	497
Barnesiellaceae	family	Low	2005519	Romboutsia	genus	High	1501226
Chlamydiaceae	family	High	809	Roseburia	genus	Low	841
Christensenellaceae	family	High	990719	Shigella	genus	High	620
Clostridiaceae	family	High	31979	Sporobacter	genus	High	44748
Desulfovibrionaceae	family	High	194924	Streptococcus	genus	High	1301
Erysipelotrichaceae	family	Low	128827	Sutterella	genus	Low	40544
Lachnospiraceae	family	Low	186803	Turicibacter	genus	Low	191303
Lactobacillaceae	family	Low	33958	[Clostridium] leptum	species	High	1535
Methanobacteriaceae	family	High	2159	[Clostridium] nexile	species	High	29361
Oscillospiraceae	family	High	216572	[Clostridium] scindens	species	High	29347
Oxalobacteraceae	family	High	75682	[Lactobacillus] rogosae	species	Low	706562
Peptostreptococcaceae	family	High	186804	Agathobacter rectalis	species	Low	39491
Ruminococcaceae	family	Low	541000	Akkermansia muciniphila	species	High	239935
Verrucomicrobiaceae	family	High	203557	Alistipes onderdonkii	species	High	328813
Acinetobacter	genus	High	469	Anaerostipes hadrus	species	Low	649756
Adlercreutzia	genus	Low	447020	Bacteroides fragilis	species	Low	817
Akkermansia	genus	High	239934	Bacteroides stercoris	species	Low	46506
Alistipes	genus	High	239759	Bifidobacterium longum	species	High	216816
Anaerofustis	genus	High	264995	Blautia wexlerae	species	Low	418240
Anaerostipes	genus	Low	207244	Butyricimonas virosa	species	Low	544645
Anaerotruncus	genus	High	244127	Candida albicans	species	High	5476
Bacteroides	genus	Low	816	Chlamydia pneumoniae	species	High	83558
Bifidobacterium	genus	High	1678	Collinsella aerofaciens	species	High	74426
Bilophila	genus	High	35832	Dorea formicigenerans	species	Low	39486
Blautia	genus	High	572511	Eggerthella lenta	species	High	84112
Borrelia	genus	High	138	Eisenbergiella tayi	species	High	1432052
Butyricoccus	genus	Low	580596	Faecalibacterium prausnitzii	species	Low	853
Butyricimonas	genus	Low	574697	Holdemanella biformis	species	Low	1735
Candidatus Soleaferrea	genus	High	1470353	Hungatella hathewayi	species	High	154046
Chlamydia	genus	High	810	Lachnospira eligens	species	Low	39485
Clostridium	genus	Low	1485	Limosilactobacillus fermentum	species	Low	1613
Coprobacillus	genus	Low	100883	Megamonas funiformis	species	Low	437897
Coprococcus	genus	Low	33042	Methanobrevibacter smithii	species	High	2173
Cryptococcus	genus	High	5206	Mycobacterium avium	species	High	1764
Desulfovibrio	genus	High	872	Parabacteroides distasonis	species	Low	823
Dorea	genus	High	189330	Phocaeicola coprocola	species	Low	310298
Eggerthella	genus	High	84111				

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Erwinia	<i>genus</i>	High	551	Phocaeicola coprophilus	<i>species</i>	Low	387090
Escherichia	<i>genus</i>	High	561	Phocaeicola vulgatus	<i>species</i>	High	821
Faecalibacterium	<i>genus</i>	Low	216851	Roseburia inulinivorans	<i>species</i>	Low	360807
Flavobacterium	<i>genus</i>	High	237	Ruthenibacterium lactatiformans	<i>species</i>	High	1550024
Fusobacterium	<i>genus</i>	High	848	Segatella copri	<i>species</i>	Low	165179
Gemmiger	<i>genus</i>	Low	204475	Staphylococcus aureus	<i>species</i>	High	1280
Intestinibacter	<i>genus</i>	Low	1505657	Streptococcus anginosus	<i>species</i>	High	1328
Methanobrevibacter	<i>genus</i>	High	2172	Streptococcus parasanguinis	<i>species</i>	High	1318
Mycoplana	<i>genus</i>	High	13159	Streptococcus salivarius	<i>species</i>	High	1304
Mycoplasma	<i>genus</i>	High	2093	Streptococcus thermophilus	<i>species</i>	High	1308
Olsenella	<i>genus</i>	High	133925	Sutterella wadsworthensis	<i>species</i>	Low	40545
Parabacteroides	<i>genus</i>	Low	375288	Acinetobacter calcoaceticus/baumannii complex	<i>species group</i>	High	909768
				Leishmania	<i>subgenus</i>	High	38568

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.

chitosan oligomers {chitooligosaccharides} 600 mg/day	Lactocaseibacillus rhamnosus {l. rhamnosus} 48 BCFU/day
2-Amino-4-(methylthio)butanoic acid {Methionine} 5 gram/day	Lactose {Milk Sugar}
Akkermansia muciniphila {Pendulum Probiotic} 10 BCFU/day	Lentilactobacillus kefir {Kefibios}
Below normal temperature {Cold exposure}	Lycium barbarum x Lycium chinense, {Goji Fruit, Juice}
Bifidobacterium breve {B. breve} 15 BCFU/day	Myrciaria dubia {Camu camu}
Bifidobacterium longum subsp. longum BB536 {BB536}	Oryza sativa {Rice}
Bovine Milk Products {Dairy}	Pleurotus ostreatus {Oyster mushroom}
Chrysanthemum x morifolium {Chrysanthemum}	Polyethylene oxide sorbitan mono-oleate {Polysorbate 80}
cranberry bean flour	Sleep apnea {partial sleep deprivation}
Decoction of Four Noble Drugs {Sijunzi Decoction (SJZD)}	Sodium hypochlorite {Chlorinated Drinking Water}
Epicatechin {Green tea polyphenol}	synthetic disaccharide derivative of lactose {Lactulose}
Euphausia superba {Krill Oil} 4 gram/day	Tudca
fructo-oligosaccharides 15 gram/day	Vaccinium vitis-idaea {lingonberries}
grape seed extract 6 gram/day	Whole Cow milk {Whole Milk}
Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2 gram/day	Zinc {Zinc Supplements} 300 mg/day

Retail Probiotics

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

jarow formulas / bifidus balance® + fos
 optibac / for every day
 Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
 Wholesome Wellness / Raw Probiotic
 jamieson (can) / probiotic 10 bcfu
 Probiotic 10 Billion Active Cells Daily Maintenance
 ISCON Elegance/ Ochek Capsule 10
 just for tummies / live bacteria
 Wakunaga / Pro+ Synbiotic
 Bioflora(MX) / Woman
 cytoplan(uk) /dentavital bifidophilus
 SuperSmart / Bifidobacterium longum (BB536)
 powerlabs (au) / ultra blend
 naturopathica (au) / gastrohealth women's probiotic with cranberry
 jarow formulas / jarro-dophilus mood
 Pendulum / Metabolic Daily
 spain (es) / ns florabiotic instant
 optibac / for women
 jarow formulas / fem-dophilus®
 naturopathica (au)/ gastrohealth probiotic daily care
 Bromatech (IT) / Ramnoselle
 Biorela® Daily
 NOW FOODS / Clinical GI Probiotic
 PharmExtracta (IT) / Brevicillin Stick
 Genesis Bifidobacterium Complex BB Probiotic
 PIANETA FARMA/KefiBios
 Nutrition Essentials / Probiotic (900 BCFU)
 RepHresh /Pro-B Probiotic Supplement for Women
 Ombre / Harmony
 optibac / bifidobacteria & fibre
 Maple Life Science™ / Bifidobacterium breve
 bravo europe / starter and complex
 optibac / for those on antibiotics
 Bromatech (IT) / Lautoselle
 bio-k+
 SuperSmart / Akkermansia Muciniphila Postbiotic (pasturized)
 Bulk Probiotics / B. Breve Probiotic Powder
 Seeking Health / Probiota Bifidobacterium
 ProGoes® Forte
 jarow formulas / fem dophilus
 Swiss BioEnergetics / Full Spectrum Probiotic Defence
 spain (es) / muvagyn probiotico
 Pregnancy Care Probiotic
 PharmExtracta (IT) / FG5 Forte In Sachets
 JGL / Lactogyn
 naturopathica (au) / gastrohealth probiotic adults 50+
 Metabolics / Lactobacillus Rhamnosus Powder
 Bromatech (IT) / Psicobrain
 spain (es) / aquilea intimus
 PrecisionBiotics / Zenflore
 Ombre / Restore
 custom probiotics / d-lactate free probiotics powder
 spain (es) / ns defenbiotic kids
 Lab One / N ° 1 SportBiotic

Sash Vitality / Bio-Cultures Probiotics for Adults
CustomProbiotics.com / L. Rhamnosus Probiotic Powder
blackmore (au) / probiotics+ eczema relief
SuperSmart / Vaginal Health
Pendulum / akkermansia muciniphila
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
Bromatech (IT) / Bifiselle
blackmore (au) / probiotics+ womens flora balance
Pendulum / Pendulum Glucose Control
bravo europe / freeze-dried bravo
Bulk Probiotics / L. Rhamnosus Probiotic Powder
Microbiome Labs / ZENBIOME Dual
Jetson (US) / Mood Probiotics
klair labs / ther-biotic factor 4
CVSHealth / Daily Probiotic
Bromatech (IT) / Serobiome
Nu U (uk) / Bio-Cultures Complex
CustomProbiotics.com / B. Breve Probiotic Powder
SuperSmart / Oral Health

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.

2,3-dihydroxypropyl dodecanoate {Monolaurin}
 allium sativum {garlic}
 arabinogalactan {arabinogalactan}
 Azadirachta indica {Neem}
 Cinnamomum zeylanicum {Ceylon Cinnamon}
 Curcuma longa {Turmeric}
 D-(-)-Fructose {Fruit sugar}
 Diferuloylmethane {Curcumin}
 fruit
 Ganoderma sichuanense {Reishi Mushroom}
 Hericium erinaceus {Lion's Mane Mushroom }
 Honey {Honey }
 Lactobacillus plantarum {L. plantarum}

Metha family {Mint}
 Moringa Oleifera
 origanum vulgare {oregano}
 Outer Layers of Triticum aestivum {Wheat Bran}
 pectin {pectin}
 Poly[β -D-xylopyranose(1- \rightarrow 4)] {Xylan}
 Propolis {Bee glue}
 Punica granatum {pomegranate}
 Saccharomyces cerevisiae var boulardii {S. boulardii}
 β -glucan {Beta-Glucan}
 syzygium aromaticum {clove}
 Thymus vulgaris {thyme}
 vitamin d
 Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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ADHD

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Allergic Rhinitis (Hay Fever)

Allergies

Allergy to milk products

Alopecia (Hair Loss)

Alzheimer's disease

Amyotrophic lateral sclerosis (ALS) Motor Neuron

Ankylosing spondylitis

Anorexia Nervosa

Antiphospholipid syndrome (APS)

Asthma

Atherosclerosis

Atrial fibrillation
Autism
Autoimmune Disease
Barrett esophagus cancer
benign prostatic hyperplasia
Biofilm
Bipolar Disorder
Brain Trauma
Breast Cancer
Cancer (General)
Carcinoma
cdkl5 deficiency disorder
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
Cognitive Function
Colorectal Cancer
Constipation
Coronary artery disease
COVID-19
Crohn's Disease
Cushing's Syndrome (hypercortisolism)
cystic fibrosis
d-lactic acidosis (one form of brain fog)
deep vein thrombosis
Denture Wearers Oral Shifts
Depression
Dermatomyositis
Eczema
Endometriosis
Eosinophilic Esophagitis
Epilepsy
erectile dysfunction
Fibromyalgia
Food Allergy
Functional constipation / chronic idiopathic constipation
gallstone disease (gsd)
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus
Generalized anxiety disorder
giant cell arteritis
Glioblastoma
Gout
Graves' disease
Gulf War Syndrome
Halitosis
Hashimoto's thyroiditis
Heart Failure
hemorrhagic stroke
Hemorrhoidal disease, Hemorrhoids, Piles
Hidradenitis Suppurativa
High Histamine/low DAO
hypercholesterolemia (High Cholesterol)
hyperglycemia

Hyperlipidemia (High Blood Fats)
hypersomnia
hypertension (High Blood Pressure)
Hypothyroidism
Hypoxia
IgA nephropathy (IgAN)
Inflammatory Bowel Disease
Insomnia
Intelligence
Intracranial aneurysms
Irritable Bowel Syndrome
ischemic stroke
Juvenile idiopathic arthritis
Liver Cirrhosis
Long COVID
Low bone mineral density
Lung Cancer
Lymphoma
Mast Cell Issues / mastitis
ME/CFS with IBS
ME/CFS without IBS
membranous nephropathy
Menopause
Metabolic Syndrome
Mood Disorders
multiple chemical sensitivity [MCS]
Multiple Sclerosis
Multiple system atrophy (MSA)
myasthenia gravis
neuropathic pain
Neuropathy (all types)
neuropsychiatric disorders (PANDAS, PANS)
Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic
NonCeliac Gluten Sensitivity
Obesity
obsessive-compulsive disorder
Osteoarthritis
Osteoporosis
pancreatic cancer
Parkinson's Disease
Peanut Allergy
Polycystic ovary syndrome
Postural orthostatic tachycardia syndrome
Premenstrual dysphoric disorder
primary biliary cholangitis
Primary sclerosing cholangitis
Psoriasis
rheumatoid arthritis (RA),Spondyloarthritis (SpA)
Rosacea
Schizophrenia
scoliosis
sensorineural hearing loss
Sjögren syndrome
Sleep Apnea
Slow gastric motility / Gastroparesis
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
Vitiligo