

Microbiome Information for: Multiple system atrophy (MSA)

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 Multiple system atrophy (MSA)

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
Aggregatibacter	genus	Low	416916	Alistipes onderdonkii	species	High	328813
Akkermansia	genus	High	239934	Bifidobacterium pseudocatenulatum	species	Low	28026
Bifidobacterium	genus	Low	1678	Granulicatella adiacens	species	Low	46124
Blautia	genus	Low	572511	Megamonas funiformis	species	Low	437897
Gordonibacter	genus	High	644652	Phocaeicola coprocola	species	Low	310298
Lactobacillus	genus	High	1578	Phocaeicola plebeius	species	Low	310297
Megamonas	genus	Low	158846	Roseburia hominis	species	High	301301
Ruminococcus	genus	Low	1263	Staphylococcus xylosus	species	High	1288
Akkermansia muciniphila	species	High	239935	Streptococcus parasanguinis	species	High	1318
				Tyzzereella nexilis	species	Low	29361

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.

Akkermansia muciniphila (probiotic) 10 BCFU/day

bifidobacterium animalis lactis (probiotics) 1 BCFU/day

bifidobacterium lactis, streptococcus thermophilus probiotic

cannabinoids

chitosan,(sugar) 3 gram/day

cranberry bean flour

garlic (allium sativum) 4 gram/day

grapes

lactobacillus fermentum (probiotics) 12 BCFU/day

pomegranate 1 gram/day

red wine polyphenols 600 mg/day

resveratrol (grape seed/polyphenols/red wine) 2 gram/day

rhubarb

Tudca

walnuts 75 gram/day

Retail Probiotics

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

spain (es) / lactanza hereditum
activia drink
Bromatech (IT) / Rotanelle plus
Wholesome Wellness / Raw Probiotic
SuperSmart / Akkermansia Muciniphila Postbiotic (pasturized)
genestra brands® hm
reg'activ / immune & vitality
quality health(au)/ fridge free probiotic 25b
Thryve LPCasei Th1, LPCasei Th2,LFerm IBF1, Lacidoph
klaire labs / target gb-x
spain (es) / ns defenbiotic kids
Pendulum / akkermansia muciniphila
Jetson / FIT
Pendulum / Pendulum Glucose Control
Optibac Probiotics / Bifidobacterium lactis HNO19
spain (es) / profaes4 viajeros
klaire labs / ther-biotic factor 4
optibac / for every day max
PoolPharma (IT) / ProbioTKMIO
HLH BIOPHARMA(DE) / LACTOBACT ® FORTE
nature's bounty / probioti 10
optibac / bifidobacteria & fibre
spain (es) / profaes4 edad escolar
Bromatech (IT) / Milonet
Pädia GmbH (DE)/Mambiotic Kapseln

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.

Human milk oligosaccharides (prebiotic, Holigos, Stachyose)

inulin (prebiotic)

lactobacillus plantarum (probiotics)

resistant starch

saccharin

soy

Sample of Literature Used

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Ankylosing spondylitis
Anorexia Nervosa
Antiphospholipid syndrome (APS)
Asthma
Atherosclerosis
Autism
Autoimmune Disease
Barrett esophagus cancer
Bipolar Disorder
Brain Trauma
Carcinoma
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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
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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
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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