

## Microbiome Information for: Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic

### 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 have found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is believed to reduce the severity of symptoms. In some cases, this correction may cause symptoms to disappear.

These are *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 is received.

In the USA

Ombre (<https://www.ombrelab.com/>)  
Thorne (<https://www.thorne.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](mailto:Research@MicrobiomePrescription.com)

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic

**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
Bacteroidia	class	Low	200643	Oscillibacter	genus	Low	459786
Fusobacteria	class	High	203490	Oscillospira	genus	Low	119852
Gammaproteobacteria	class	High	1236	Parasutterella	genus	Low	577310
Bacillaceae	family	Low	186817	Peptococcus	genus	High	2740
Coriobacteriaceae	family	Low	84107	Peptoniphilus	genus	High	162289
Enterobacteriaceae	family	High	543	Prevotella	genus	Low	838
Erysipelotrichaceae	family	High	128827	Proteus	genus	Low	583
Lachnospiraceae	family	High	186803	Proteus	genus	Low	210425
Lactobacillaceae	family	High	33958	Rhodococcus	genus	High	1827
Muribaculaceae	family	Low	2005473	Rhodotorula	genus	High	5533
Prevotellaceae	family	Low	171552	Robinsoniella	genus	High	588605
Rikenellaceae	family	Low	171550	Romboutsia	genus	High	1501226
Ruminococcaceae	family	Low	541000	Ruminococcus	genus	Low	1263
Streptococcaceae	family	High	1300	Sardina	genus	High	1266
Veillonellaceae	family	High	31977	Shigella	genus	High	620
Victivallaceae	family	Low	255528	Sphingobium	genus	Low	165695
Akkermansia	genus	Low	239934	Stenotrophomonas	genus	Low	40323
Allobaculum	genus	Low	174708	Streptococcus	genus	High	1301
Alloprevotella	genus	Low	1283313	Subdoligranulum	genus	Low	292632
Anaerobacter	genus	High	69207	Succinivibrio	genus	High	83770
Anaerococcus	genus	High	165779	Sutterella	genus	High	40544
Aspergillus	genus	Low	5052	Terrisporobacter	genus	Low	1505652
Bacteroides	genus	Low	816	Thermus	genus	High	270
Barnesiella	genus	Low	397864	Turicibacter	genus	High	191303
Bifidobacterium	genus	Low	1678	Tyzzerella	genus	Low	1506577
Bosea	genus	High	169215	Actinomycetales	order	Low	2037
Bradyrhizobium	genus	High	374	Enterobacteriales	order	High	91347
Candida	genus	High	1535326	Flavobacteriales	order	High	200644
Catenibacterium	genus	Low	135858	Mycobacteriales	order	High	85007
Caulobacter	genus	High	75	Pseudomonadales	order	High	72274
Chryseobacterium	genus	High	59732	Sphingomonadales	order	High	204457
Citrobacter	genus	High	544	[Clostridium] leptum	species	Low	1535
Clostridium	genus	High	1485	[Clostridium] symbiosum	species	High	1512
Colidextribacter	genus	High	1980681	Agathobacter rectalis	species	Low	39491
Collinsella	genus	High	102106	Akkermansia muciniphila	species	Low	239935
Coprococcus	genus	Low	33042	Bacteroides ovatus	species	High	28116
Desulfovibrio	genus	High	872	Bifidobacterium adolescentis	species	Low	1680
Dorea	genus	High	189330	Bifidobacterium bifidum	species	Low	1681
Eisenbergiella	genus	Low	1432051	Bifidobacterium longum	species	Low	216816
Enterobacter	genus	High	547	Blautia obeum	species	Low	40520
Enterorhabdus	genus	Low	580024	Blautia sp.	species	Low	1955243

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Erysipelatoclostridium	genus	High	1505663	Cutibacterium acnes	species	High	1747
Escherichia	genus	High	561	Enterobacter cloacae	species	High	550
Eubacterium	genus	Low	1730	Enterococcus faecium	species	High	1352
Faecalibacterium	genus	Low	216851	Escherichia coli	species	High	562
Flavobacterium	genus	Low	237	Faecalibacterium prausnitzii	species	Low	853
Fusicatenibacter	genus	Low	1407607	Faecalitalea cylindroides	species	Low	39483
Fusobacterium	genus	High	848	Gardnerella vaginalis	species	Low	2702
Gallibacterium	genus	High	155493	Helicobacter pylori	species	High	210
Gardnerella	genus	Low	2701	Hoylesella buccalis	species	High	28127
Helicobacter	genus	High	209	Klebsiella pneumoniae	species	High	573
Ileibacterium	genus	High	1937007	Lacticaseibacillus zae	species	High	57037
Intestinimonas	genus	Low	1392389	Levilactobacillus brevis	species	High	1580
Klebsiella	genus	High	570	Ligilactobacillus ruminis	species	High	1623
Lachnospira	genus	Low	28050	Limosilactobacillus mucosae	species	High	97478
Lactobacillus	genus	High	1578	Limosilactobacillus vaginalis	species	High	1633
Lawsonella	genus	Low	1847725	Mycoplasmodies pneumoniae	species	High	2104
Mitsuokella	genus	High	52225	Porphyromonas bennonis	species	Low	501496
Mogibacterium	genus	Low	86331	Porphyromonas gingivalis	species	High	837
Murdochella	genus	High	1161127	Segatella copri	species	High	165179
Odoribacter	genus	Low	283168	Thomasclavelia ramosa	species	High	1547

## 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.

2-Amino-4-(methylthio)butanoic acid {Methionine} 5 gram/day

Ceratonia siliqua {carob}

d-galactose {milk sugar}

**Escherichia coli cryodesiccata {colinfant probiotics}**

**Escherichia coli:DSM 16441-16448 {symbioflor-2}**

Ethyl alcohol {Grain alcohol}

fat

Fermented Brassica oleracea {Sauerkraut}

**Ferrum {Iron Supplements}** 400 mg/day

high red meat

raffinose {sugar beet}

Sleep apnea {partial sleep deprivation}

Sucratose {Splenda} 340 mg/day

Tobacco consumption {Smoking}

Under cooked animal protein {Rare meat}

## Retail Probiotics

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

symbiopharm / symbioflo 2

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->1)-beta-D-fructofuranan {Inulin}	Lacticaseibacillus paracasei {L.paracasei}
bacillus	Lacticaseibacillus rhamnosus {l. rhamnosus}
bacillus subtilis {B.Subtilis }	lactobacillus acidophilus {L. acidophilus}
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	lactobacillus paracasei,lactobacillus acidophilus,bifidobacterium animalis
bifidobacterium	Lactobacillus plantarum {L. plantarum}
Bifidobacterium animalis subsp. lactis {B. Lactis}	lactobacillus rhamnosus gg
bifidobacterium longum {B.Longum }	lactobacillus rhamnosus gg,bifidobacterium animalis lactis
Cinnamomum zeylanicum {Ceylon Cinnamon}	,lactobacillus paracasei {cvs maximum strength probiotic}
Diferuloylmethane {Curcumin}	Limosilactobacillus fermentum {L fermentum}
enterococcus faecium {E. faecium}	Limosilactobacillus reuteri {L Reuteri}
Epicatechin {Green tea polyphenol}	oligosaccharides {oligosaccharides}
fruit	origanum vulgare {oregano}
fruit/legume fibre	Propolis {Bee glue}
fucoidan {Brown Algae Extract}	resistant starch
green tea	Saccharomyces cerevisiae var boulardii {S. boulardii}
Heyndrickxia coagulans {B. coagulans}	soy
Hordeum vulgare {Barley}	$\beta$ -glucan {Beta-Glucan}
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	Thymus vulgaris {thyme}
Lacticaseibacillus casei {L. casei}	vitamin d
	yogurt
	Zingiber officinale Roscoe {ginger}

## Sample of Literature Used

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

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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-Haptic 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  
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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**  
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