

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 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 *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 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
Actinomycetia	class	Low	1760	Murdochiella	genus	High	1161127
Bacteroidia	class	Low	200643	Odoribacter	genus	Low	283168
Clostridia	class	High	186801	Oscillospira	genus	Low	119852
Fusobacteria	class	High	203490	Peptococcus	genus	High	2740
Gammaproteobacteria	class	High	1236	Prevotella	genus	High	838
Enterobacteriaceae	family	High	543	Proteus	genus	Low	583
Erysipelotrichaceae	family	High	128827	Proteus	genus	Low	210425
Lachnospiraceae	family	Low	186803	Ruminococcus	genus	Low	1263
Lactobacillaceae	family	High	33958	Shigella	genus	High	620
Prevotellaceae	family	Low	171552	Slackia	genus	High	84108
Rikenellaceae	family	Low	171550	Streptococcus	genus	High	1301
Ruminococcaceae	family	Low	541000	Succinivibrio	genus	High	83770
Streptococcaceae	family	High	1300	Thermus	genus	High	270
Veillonellaceae	family	High	31977	Actinomycetales	order	Low	2037
Victivallaceae	family	Low	255528	[Clostridium] symbiosum	species	High	1512
Alloprevotella	genus	Low	1283313	[Eubacterium] rectale	species	Low	39491
Bacteroides	genus	Low	816	Akkermansia muciniphila	species	Low	239935
Bifidobacterium	genus	Low	1678	Bifidobacterium adolescentis	species	Low	1680
Catenibacterium	genus	Low	135858	Bifidobacterium bifidum	species	Low	1681
Citrobacter	genus	High	544	Bifidobacterium longum	species	Low	216816
Clostridium	genus	High	1485	Blautia obeum	species	Low	40520
Collinsella	genus	High	102106	Blautia sp.	species	Low	1955243
Coprococcus	genus	Low	33042	Faecalibacterium prausnitzii	species	Low	853
Dorea	genus	High	189330	Faecalitalea cylindroides	species	Low	39483
Escherichia	genus	High	561	Gardnerella vaginalis	species	Low	2702
Eubacterium	genus	Low	1730	Lacticaseibacillus zeae	species	High	57037
Faecalibacterium	genus	Low	216851	Levilactobacillus brevis	species	High	1580
Gallibacterium	genus	High	155493	Ligilactobacillus ruminis	species	High	1623
Gardnerella	genus	Low	2701	Limosilactobacillus mucosae	species	High	97478
Lachnospira	genus	Low	28050	Limosilactobacillus vaginalis	species	High	1633
Mitsuokella	genus	High	52225	Porphyromonas bennonis	species	Low	501496
Mogibacterium	genus	Low	86331	Prevotella buccalis	species	High	28127
				Prevotella copri	species	High	165179

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.

Caffeine	linseed(flaxseed) 30 mg/day
camelina seed	mannooligosaccharide (prebiotic) 8 gram/day
candida albicans (prescription)	melatonin supplement 10 mg/day
carboxymethyl cellulose (prebiotic)	N-Acetyl Cysteine (NAC), 2400 mg/day
carob	omega-3 fatty acids 4 gram/day
dairy	smoking
fat	sodium stearoyl lactylate
ginko 240 mg/day	synbioflor 2 e.coli probiotics
Hesperidin (polyphenol) 1.5 gram/day	vitamin a 25000 IU/day
humic substances	Vitamin B1,thiamine hydrochloride 1.8 gram/day
lactulose	Vitamin B9,folic acid 5 mg/day
lard	Vitamin C (ascorbic acid) 30 g/day

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.

arabinogalactan (prebiotic)

bacillus subtilis (probiotics)

barley

fasting

Human milk oligosaccharides (prebiotic, Holigos, Stachyose)

inulin (prebiotic)

lactobacillus plantarum (probiotics)

lactobacillus rhamnosus gg (probiotics)

resistant starch

soy

vitamin d

wheat

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