

## Microbiome Information for: NonCeliac Gluten Sensitivity

### 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**

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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 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](mailto:Research@MicrobiomePrescription.com)

## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of NonCeliac Gluten Sensitivity

*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.

<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy</b>	<b>ID</b>
Ruminococcaceae	family	High		541000
Actinobacillus	genus	High		713

<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy</b>	<b>ID</b>
Bifidobacterium	genus	Low		1678
Fingoldia	genus	High		150022
Sphingobacterium	genus	Low		28453

## 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.

aspartame (sweetner)

bacillus coagulans (probiotics) 10 BCFU/day

Baking Soda, Sodium Bicarbonate

barley 60 gram/day

bentonite

berberine 1.5 gram/day

bifidobacterium catenulatum,(probiotics)

bifidobacterium pseudocatenulatum,(probiotics)

black raspberries 50 gram/day

capsaicin (hot pepper)

catechol

disodium fumarate (food additive)

enterococcus durans (probiotics)

genistein

glycine 15 gram/day

Guaiacol (polyphenol)

gynostemma pentaphyllum (Jiaogulan)

heme

high resistant starch

lactobacillus fermentum (probiotics) 12 BCFU/day

lactobacillus rhamnosus gg (probiotics) 48 BCFU/day

lactobacillus rhamnosus

gg,lactobacillus,rhamnosus,propionibacterium freudenreichii,bif (probiotics)

lactobacillus rhamnosus

gg,lactobacillus,rhamnosus,propionibacterium freudenreichii,bifidobacterium breve (probiotics)

laminaria hyperborea( tangle/cuvie - seaweed)

l-citrulline

levan

Lithium

polydextrose

Pulses

quercetin, resveratrol

raw potato starch

red wine polyphenols 600 mg/day

saccharin 450 mg/day

saccharomyces boulardii (probiotics) 6 BCFU/day

saccharomyces cerevisiae (probiotics)

salt (sodium chloride)

sodium butyrate

β-glucan 500 mg/day

tea

vegetarians

vitamin B3,niacin 3000 mg/day

white button mushrooms

## Retail Probiotics

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

spain (es) / ultralevura  
spain (es) / axiboulardi  
Dr.Max / ProtectMax ATB  
naturopathica (au) / gastrohealth probiotic daily care  
SuperSmart / Lactobacillus rhamnosus GG  
spain (es) / lactanza hereditum  
Nutricology/Securil  
organic 3 / yeastbiotic  
biospec / probiotic-5  
1 md / complete probiotics platinum  
spain (es) / kaleidon  
SuperSmart / Saccharomyces Boulardii  
naturopathica (au) / gastrohealth probiotics  
Bromatech (IT) / Milonet  
digestive care  
Ombre / Metabolic Booster  
spain (es) / ns florabiotic instant  
Pädia GmbH (DE)/Mambiotic Kapseln  
Bromatech (IT) / Rotanelle plus  
nature's way (au) / adult vita gummies daily probiotic 80s  
spain (es) / suerobivos  
LiveWell Nutrition / Pro-45  
reg'activ / immune & vitality  
align / align  
Bromatech (IT) / Enterelle  
culturelle / culturelle  
spain (es) / bivos  
florastor / florastor  
imagilin / NutriLots Replenish  
Ombre / Endless Energy  
source naturals / duraflo  
optibac / saccharomyces boulardii  
thome / bacillus coagulansvet 60 caps  
PureGG  
schiff / digestive advantage  
Ombre / Heart Health  
daiichi sankyo healthcare (jp) / panlacmin tablet  
seed / female version

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.

apple	inulin (prebiotic)
arabinogalactan (prebiotic)	lactobacillus paracasei (probiotics)
bacillus subtilis (probiotics)	lactulose
Cacao	partially hydrolyzed guar gum
clostridium butyricum (probiotics), Miya, Miyarisan	quercetin
fructo-oligosaccharides (prebiotic)	raffinose(sugar beet)
galacto-oligosaccharides (prebiotic)	soy
Glucomannan	wheat
green tea	wheat bran
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	zinc

## Sample of Literature Used

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

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 Brain Trauma  
 Carcinoma  
 Celiac Disease  
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 Chronic Kidney Disease  
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 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  
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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**