

Microbiome Information for: Obesity

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 Obesity

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	High	1760	Paenibacillus	genus	Low	44249
Bacteroidia	class	Low	200643	Pantoea	genus	High	53335
Clostridia	class	Low	186801	Paraprevotella	genus	High	577309
Deferribacteres	class	High	68337	Parasutterella	genus	High	577310
Deltaproteobacteria	class	Low	28221	Parvimonas	genus	High	543311
Fusobacteriia	class	High	203490	Propionibacterium	genus	High	1743
Acidaminococcaceae	family	Low	909930	Romboutsia	genus	High	1501226
Akkermansiaceae	family	High	1647988	Roseburia	genus	High	841
Burkholderiaceae	family	High	119060	Ruminiclostridium	genus	Low	1508657
Coriobacteriaceae	family	High	84107	Shigella	genus	High	620
Desulfovibrionaceae	family	High	194924	Slackia	genus	High	84108
Enterobacteriaceae	family	High	543	Streptococcus	genus	High	1301
Erysipelotrichaceae	family	High	128827	Sutterella	genus	High	40544
Lachnospiraceae	family	Low	186803	Desulfovibrionales	order	Low	213115
Muribaculaceae	family	Low	2005473	Eubacteriales	order	Low	186802
Odoribacteraceae	family	Low	1853231	[Ruminococcus] torques	species	High	33039
Oscillospiraceae	family	Low	216572	Actinobaculum massiliense	species	Low	202789
Paludibacteraceae	family	Low	2005523	Actinomyces graevenitzii	species	Low	55565
Peptococcaceae	family	Low	186807	Akkermansia muciniphila	species	Low	239935
Porphyromonadaceae	family	Low	171551	Akkermansia sp.	species	Low	1872421
Rikenellaceae	family	High	171550	Alistipes inops	species	High	1501391
Ruminococcaceae	family	Low	541000	Alistipes obesi	species	Low	1118061
Adlercreutzia	genus	High	447020	Bacillus sp.	species	Low	1409
Aggregatibacter	genus	High	416916	Bacteroides caccae	species	High	47678
Akkermansia	genus	Low	239934	Bacteroides sp.	species	Low	29523
Alistipes	genus	Low	239759	Bifidobacterium animalis	species	Low	28025
Alkaliphilus	genus	Low	114627	Blautia wexlerae	species	High	418240
Anaerostipes	genus	Low	207244	CBS 316	species	Low	5537
Bacillus	genus	Low	55087	Clostridium sp.	species	High	1506
Bacillus	genus	Low	1386	Clostridium sp. CAG:58	species	High	1262824
Bacteroides	genus	High	816	Collinsella aerofaciens	species	High	74426
Bifidobacterium	genus	Low	1678	Dorea formicigenerans	species	High	39486
Bilophila	genus	High	35832	Eubacterium sp.	species	Low	142586
Blautia	genus	Low	572511	Faecalibacterium prausnitzii	species	Low	853
Burkholderia	genus	High	32008	Faecalibacterium sp.	species	Low	1971605
Catenibacterium	genus	High	135858	Firmicutes bacterium CAG:94	species	High	1262989
Centipeda	genus	Low	82202	Flavonifractor plautii	species	High	292800
Centipeda	genus	Low	82283	Fusobacterium sp.	species	Low	68766
Clostridium	genus	High	1485	Haemophilus parainfluenzae	species	Low	729
Dialister	genus	Low	39948	Lactacaseibacillus paracasei	species	Low	1597
Enterobacter	genus	High	547	Lactiplantibacillus plantarum	species	Low	1590

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Erysipelatoclostridium	genus	Low	1505663	Latilactobacillus sakei	species	Low	1599
Escherichia	genus	High	561	Lawsonibacter asaccharolyticus	species	High	2108523
Eubacterium	genus	Low	1730	Limosilactobacillus reuteri	species	High	1598
Faecalibacterium	genus	Low	216851	Methanobrevibacter smithii	species	Low	2173
Faecalibaculum	genus	High	1729679	Odoribacter splanchnicus	species	High	28118
Flavobacterium	genus	Low	237	Oscillibacter sp.	species	Low	1945593
Flavonifractor	genus	High	946234	Peptostreptococcus sp.	species	Low	1262
Fusobacterium	genus	Low	848	Phocaeicola dorei	species	High	357276
Gemmiger	genus	Low	204475	Prevotella bivia	species	Low	28125
Gordonibacter	genus	High	644652	Prevotella corporis	species	High	28128
Klebsiella	genus	High	570	Roseburia hominis	species	High	301301
Lactobacillus	genus	High	1578	Rothia dentocariosa	species	Low	2047
Megamonas	genus	High	158846	Ruminococcus gnavus	species	High	33038
Methanosphaera	genus	High	2316	Ruminococcus sp.	species	Low	41978
Odoribacter	genus	Low	283168	Streptococcus salivarius	species	Low	1304
Oribacterium	genus	Low	265975	Sutterella sp.	species	High	1981025
Oscillibacter	genus	High	459786	Turicibacter sanguinis	species	Low	154288
Oscillospira	genus	Low	119852	Veillonella rogosae	species	High	423477
				Bifidobacterium animalis subsp. lactis	subspecies	Low	302911

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.

dairy	non-starch polysaccharides
ethanol	omega-3 fatty acids 4 gram/day
Exercise	pea (fiber, protein)
fat	Psyllium (Plantago Ovata Husk) 6.8 gram/day
galacto-oligosaccharides (prebiotic) 10 gram/day	Slippery Elm
glycyrrhizic acid (licorice) 32 gram/day	smoking
iron 400 mg/day	sugar
ku ding cha tea	symbioflor 2 e.coli probiotics
lard	Vitamin B1,thiamine hydrochloride 1.8 gram/day
l-glutamine 5 gram/day	vitamin B7, biotin 300 mg/day
linseed(flaxseed) 30 mg/day	Vitamin C (ascorbic acid) 30 g/day
mannooligosaccharide (prebiotic) 8 gram/day	xylan (prebiotic)

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.

Akkermansia muciniphila (probiotic)

bacillus coagulans (probiotics)

bacillus subtilis (probiotics)

barley

berberine

bifidobacterium animalis lactis (probiotics)

black raspberries

cranberry bean flour

fasting

fructo-oligosaccharides (prebiotic)

grapes

inulin (prebiotic)

lactobacillus fermentum (probiotics)

lactobacillus plantarum (probiotics)

lactobacillus rhamnosus gg (probiotics)

pomegranate

quercetin, resveratrol

resveratrol (grape seed/polyphenols/red wine)

soy

vitamin d

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