

Microbiome Information for: Osteoporosis

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 Osteoporosis

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
Deferribacteres	class	Low	68337	Dialister	genus	High	39948
Erysipelotrichaceae	family	Low	128827	Eggerthella	genus	High	84111
Prevotellaceae	family	High	171552	Escherichia	genus	High	561
Rikenellaceae	family	Low	171550	Faecalibacterium	genus	High	216851
Ruminococcaceae	family	Low	541000	Helicobacter	genus	High	209
Actinomyces	genus	High	1654	Lactobacillus	genus	High	1578
Alistipes	genus	Low	239759	Megamonas	genus	Low	158846
Alloprevotella	genus	Low	1283313	Ruminococcus	genus	High	1263
Anaerostipes	genus	Low	207244	Shigella	genus	High	620
Blautia	genus	Low	572511	Subdoligranulum	genus	Low	292632
Clostridium	genus	High	1485	Veillonella	genus	High	29465
				Akkermansia muciniphila	species	Low	239935

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.

apple

arabinogalactan (prebiotic) 21 gram/day

bacillus subtilis (probiotics) 10 BCFU/day

Exercise

fat

fructo-oligosaccharides (prebiotic) 15 gram/day

Ginseng 2000 mg/day

gum arabic (prebiotic) 30 gram/day

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2

gram/day

jerusalem artichoke (prebiotic) 40 gram/day

Lactobacillus Johnsonii (probiotic) 10 BCFU/day

lactulose

linseed(flaxseed) 30 mg/day

Moringa Oleifera

navy bean

noni 6 gram/day

pectin

quercetin 2 gram/day

raffinose(sugar beet)

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

vitamin b2,Riboflavin 400 mg/day

wheat bran

xylan (prebiotic)

Retail Probiotics

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

probiotic pur (de) / realdose nutrition
vitamin angels / just thrive
microbiome labs / restorflora
jarrow formulas / bifidus balance® + fos
organic 3 / primal soil
SuperSmart / Bacillus Subtilis
Realdose
BIO-BOTANICAL RESEARCH / Megacidin
reserveage nutrition / beautiflora
amy meyers / primal earth probiotic
Jetson / Gut Prep
Jetson / FIT
optibac / for every day
Prescript-Assist®/SBO Probiotic
Reduz melasma / Lactobacillus Johnsonii
enviromedica terraflora sbo probiotic
Jetson (US) / Mood Probiotics
corebiotic
ISCON Elegance/ Ochek Capsule 10
Nutrition Essentials / Probiotic (900 BCFU)
klair labs / biospora
microbiome labs / hu58
perfect pass / perfect pass probiotic bacillus spore
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
global health trax / threelac
bio-botanical research / proflora4r restorative probiotic
nature's instincts / ultra spore probiotic
powerlabs (au) / ultra blend

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.

alcoholic beverages	Hesperidin (polyphenol)
Arbutin (polyphenol)	lactobacillus casei (probiotics)
bacillus licheniformis,(probiotics)	lactobacillus rhamnosus gg (probiotics)
berberine	luteolin (flavonoid)
bifidobacterium animalis lactis (probiotics)	melatonin supplement
Curcumin	retinoic acid,(Vitamin A derivative)
diosmin,(polyphenol)	saccharin
enterococcus faecium (probiotic)	salt (sodium chloride)
Fisetin	Sumac(Rhus coriaria)
glycine	syzygium aromaticum (clove)
grapes	thyme (thymol, thyme oil)
green tea	Umeboshi (Japanese Apricot or Prunus mume)
Guaiacol (polyphenol)	vitamin B3,niacin
	Vitamin B6,pyridoxine hydrochloride

Sample of Literature Used

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Acne
ADHD
Allergic Rhinitis (Hay Fever)
Allergies
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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