

## Microbiome Information for: Parkinson's Disease

### 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 Parkinson's Disease

*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 ID</b>	<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy ID</b>
Actinomycetia	class	Low	1760	Fusobacterium	genus	Low	848
Clostridia	class	Low	186801	Intestinimonas	genus	High	1392389
Akkermansiaceae	family	High	1647988	Klebsiella	genus	High	570
Bifidobacteriaceae	family	High	31953	Lachnospira	genus	Low	28050
Christensenellaceae	family	High	990719	Lactobacillus	genus	High	1578
Enterobacteriaceae	family	High	543	Methanobrevibacter	genus	High	2172
Enterococcaceae	family	High	81852	Oscillospira	genus	High	119852
Lachnospiraceae	family	Low	186803	Parabacteroides	genus	High	375288
Lactobacillaceae	family	High	33958	Paraprevotella	genus	Low	577309
Pasteurellaceae	family	Low	712	Peptoclostridium	genus	High	1481960
Prevotellaceae	family	Low	171552	Porphyromonas	genus	High	836
Rikenellaceae	family	High	171550	Prevotella	genus	Low	838
Ruminococcaceae	family	High	541000	Pseudobutyrvibrio	genus	Low	46205
Streptococcaceae	family	Low	1300	Ralstonia	genus	High	48736
Sutterellaceae	family	High	995019	Roseburia	genus	Low	841
Tissierellaceae	family	High	1737406	Ruminococcus	genus	Low	1263
Verrucomicrobiaceae	family	High	203557	Sellimonas	genus	High	1769710
Adlercreutzia	genus	High	447020	Serratia	genus	Low	613
Agathobacter	genus	Low	1766253	Turidibacter	genus	High	191303
Akkermansia	genus	High	239934	Tyzzera	genus	High	1506577
Alistipes	genus	High	239759	Veillonella	genus	Low	29465
Anaerostipes	genus	Low	207244	Marinilabiliales	order	High	1970189
Anaerotruncus	genus	High	244127	[Clostridium] leptum	species	Low	1535
Barnesiella	genus	Low	397864	Actinomyces oris	species	High	544580
Bifidobacterium	genus	High	1678	Akkermansia muciniphila	species	High	239935
Bilophila	genus	High	35832	Bacteroides fragilis	species	Low	817
Blautia	genus	Low	572511	Bifidobacterium bifidum	species	Low	1681
Butyricoccus	genus	Low	580596	Bifidobacterium dentium	species	High	1689
Butyricimonas	genus	High	574697	Blautia coccoides	species	Low	1532
Butyrvibrio	genus	Low	830	Blautia wexlerae	species	Low	418240
Catabacter	genus	High	270497	Clostridium sporogenes	species	High	1509
Catenisphaera	genus	High	1774107	Escherichia coli	species	High	562
Citrobacter	genus	Low	544	Faecalibacterium prausnitzii	species	Low	853
Collinsella	genus	High	102106	Intestinimonas sp.	species	High	1965293
Coprococcus	genus	Low	33042	Klebsiella pneumoniae	species	High	573
Desulfovibrio	genus	High	872	Klebsiella quasipneumoniae	species	High	1463165
Eggerthella	genus	High	84111	Lactobacillus acidophilus	species	Low	1579
Enterobacter	genus	Low	547	Lancefieldella parvula	species	Low	1382
Escherichia	genus	Low	561	Limosilactobacillus reuteri	species	Low	1598
Eubacterium	genus	Low	1730	Porphyromonas asaccharolytica	species	High	28123
Faecalibacterium	genus	Low	216851	Roseburia intestinalis	species	Low	166486
Fusicatenibacter	genus	Low	1407607	Streptococcus mutans	species	High	1309

## 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		Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2
bacillus subtilis (probiotics) 10 BCFU/day		gram/day
bifidobacterium animalis lactis (probiotics) 1.BCFU/day		jerusalem artichoke (prebiotic) 40 gram/day
cannabinoids		lactulose
cranberry bean flour		pomegranate 1 gram/day
fructo-oligosaccharides (prebiotic) 15 gram/day		quercetin 2 gram/day
Glucomannan 700 mg/day		quercetin, resveratrol
glycyrrhizic acid (licorice) 32 gram/day		raffinose(sugar beet)
grapes		resveratrol (grape seed/polyphenols/red wine) 2 gram/day
		soy 25 gram/day
		whey 60 gram/day

## Retail Probiotics

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

optibac / bifidobacteria & fibre  
klair labs / biospora  
Energybalance / ColoBiotica 28 Colon Support  
spain (es) / profaes4 edad escolar  
microbiome labs / hu58  
blackmore (au) / probiotics+ bowel support  
perfect pass / perfect pass probiotic bacillus spore  
Bio Schwartz / Advance Strength Probiotics (40 BCFU)  
global health trax / threelac  
bio-botanical research / proflo4r restorative probiotic  
activia drink  
powerlabs (au) / ultra blend  
aor / probiotic-3  
vitamin angels / just thrive  
genestra brands® hm  
INVIVO THERAPEUTICS / Bio.Me IB +  
quality health(au)/ fridge free probiotic 25b  
jarow formulas / bifidus balance® + fos  
organic 3 / primal soil  
SuperSmart / Bacillus Subtilis  
BIO-BOTANICAL RESEARCH / Megacidin  
reserveage nutrition / beautiflora  
amy meyers / primal earth probiotic  
Jetson / Gut Prep  
ferring / vsl#3  
spain (es) / ns defenbiotic kids  
Jetson / FIT  
Prescript-Assist®/SBO Probiotic  
Optibac Probiotics / Bifidobacterium lactis HN019  
spain (es) / profaes4 viajeros  
enviromedica terraflora sbo probiotic  
Jetson (US) / Mood Probiotics  
optibac / for every day max  
HLH BIOPHARMA(DE) / LACTOBACT ® FORTE  
corebiotic  
blackmores (au) / probiotics+ immune defence  
ISCON Elegance/ Ochek Capsule 10  
Nutrition Essentials / Probiotic (900 BCFU)  
mwsb / candida yeast support  
microbiome labs/ megasporebiotic

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.

bacillus (probiotics)	n-acetyl-d-glucosamine
berberine	non-starch polysaccharides
bifidobacterium catenulatum,(probiotics)	pea (fiber, protein)
bifidobacterium longum (probiotics)	polygonatum kingianum(Orange Flower Solomon's Seal.)
bifidobacterium pseudocatenulatum,(probiotics)	Pork
bile (acid/salts)	Psyllium (Plantago Ovata Husk)
brown rice	Pulses
cholic acid (bile acid)	raw potato starch
disodium fumarate (food additive)	saccharin
ethanol	saccharomyces boulardii (probiotics)
Fisetin	salt (sodium chloride)
genistein	sodium butyrate
glycerol monolaurate (Monolaurin)	sucralose
glycine	thyme (thymol, thyme oil)
Guaiacol (polyphenol)	vegetarians
high resistant starch	vitamin d
lactobacillus reuteri (probiotics)	walnuts
lactobacillus rhamnosus gg (probiotics)	wheat
lactobacillus salivarius (probiotics)	xylan (prebiotic)

## Sample of Literature Used

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Acne

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