

## Microbiome Information for: Alzheimer'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

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Alzheimer'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.

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Actinomycetia	class	High	1760	Gemmiger	genus	Low	204475
Clostridia	class	Low	186801	Holdemanella	genus	High	1573535
Bifidobacteriaceae	family	High	31953	Lachnospira	genus	Low	28050
Clostridiaceae	family	Low	31979	Lactiplantibacillus	genus	Low	2767842
Coriobacteriaceae	family	High	84107	Levilactobacillus	genus	Low	2767886
Corynebacteriaceae	family	High	1653	Marvinbryantia	genus	Low	248744
Enterobacteriaceae	family	High	543	Megamonas	genus	High	158846
Enterococcaceae	family	High	81852	Mogibacterium	genus	Low	86331
Lachnospiraceae	family	Low	186803	Monoglobus	genus	Low	2039302
Lactobacillaceae	family	Low	33958	Ohtaekwangia	genus	High	1210119
Oscillospiraceae	family	Low	216572	Oscillospira	genus	High	119852
Peptostreptococcaceae	family	Low	186804	Phascolarctobacterium	genus	High	33024
Porphyromonadaceae	family	Low	171551	Prevotella	genus	High	838
Ruminococcaceae	family	Low	541000	Romboutsia	genus	Low	1501226
Verrucomicrobiaceae	family	High	203557	Roseburia	genus	Low	841
Adlercreutzia	genus	Low	447020	Ruminiclostridium	genus	Low	1508657
Agathobacter	genus	Low	1766253	Ruminococcus	genus	High	1263
Akkermansia	genus	High	239934	Shigella	genus	High	620
Alistipes	genus	High	239759	Subdoligranulum	genus	High	292632
Bifidobacterium	genus	Low	1678	Turidibacter	genus	Low	191303
Bilophila	genus	High	35832	Tyzzera	genus	Low	1506577
Blautia	genus	Low	572511	Veillonella	genus	Low	29465
Brevibacterium	genus	Low	1696	Erysipelotrichales	order	High	526525
Butyricoccus	genus	Low	580596	[Clostridium] leptum	species	High	1535
Castellaniella	genus	Low	359336	[Clostridium] spiroforme	species	Low	29348
Clostridium	genus	Low	1485	[Eubacterium] rectale	species	Low	39491
Coprococcus	genus	Low	33042	[Eubacterium] siraeum	species	Low	39492
Corynebacterium	genus	Low	1716	[Ruminococcus] torques	species	Low	33039
Dialister	genus	Low	39948	Bacillus cereus	species	High	1396
Dorea	genus	High	189330	Bilophila wadsworthia	species	Low	35833
Escherichia	genus	High	561	Dorea longicatena	species	High	88431
Eubacterium	genus	Low	1730	Eubacterium coprostanoligenes	species	High	290054
Flavobacterium	genus	High	237	Fusobacterium nucleatum	species	High	851
Fusicatenibacter	genus	Low	1407607	Intestinimonas butyriciproducens	species	Low	1297617
Fusobacterium	genus	High	848	Phocaeicola plebeius	species	High	310297
Gemella	genus	High	1378	Roseburia hominis	species	Low	301301

## 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.

**Akkermansia muciniphila (probiotic)** 10 BCFU/day

alcoholic beverages

**bifidobacterium longum bb536 (probiotics)**

**cannabinoids**

**carboxymethyl cellulose (prebiotic)**

**chitooligosaccharides (prebiotic)** 600 mg/day

**chitosan,(sugar)** 3 gram/day

Cranberry

cranberry bean flour

**fructo-oligosaccharides (prebiotic)** 15 gram/day

**galacto-oligosaccharides (prebiotic)** 10 gram/day

grapes

**lactobacillus gasseri (probiotics)** 10 BCFU/day

**Lactobacillus salivarius UCC118**

**L-glutamine** 5 gram/day

**linseed(flaxseed)** 30 mg/day

**melatonin supplement** 10 mg/day

navy bean

quercetin, resveratrol

**red wine** 250 ml/day

**red wine polyphenols** 600 mg/day

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

smoking

sodium stearoyl lactylate

**Vitamin B1,thiamine hydrochloride** 1.8 gram/day

**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.

SuperSmart / Bifidobacterium longum (BB536)  
powerlabs (au) / ultra blend  
spain (es) / muvagyn probiotico  
PharmExtracta (IT) / FG5 Forte In Sachets  
SuperSmart / Akkermansia Muciniphila Postbiotic (pasturized)  
PrecisionBiotics / Zenflore  
philips / colon health  
Pendulum / akkermansia muciniphila  
optibac / for every day  
wakamoto (jp) / wakamoto pharmaceutical intestinal drug  
Microbiome Labs / ZENBIOME Dual  
ISCON Elegance/ Ochek Capsule 10  
Nutrition Essentials / Probiotic (900 BCFU)  
CustomProbiotics.com / L. Gasseri Probiotic Powder  
optibac / bifidobacteria & fibre  
SuperSmart / Lactobacillus Gasseri

**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.

barley

clostridium butyricum (probiotics),Miya,Miyarisan

inulin (prebiotic)

lactobacillus plantarum (probiotics)

lactobacillus reuteri (probiotics)

oregano (organum vulgare, oil) |

resistant starch

soy

walnuts

wheat

## Sample of Literature Used

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

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Allergies  
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Amyotrophic lateral sclerosis (ALS) Motor Neuron  
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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