

## Microbiome Information for: Small Intestinal Bacterial Overgrowth (SIBO)

### 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 have found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is believed to reduce the severity of symptoms. In some cases, this correction may cause symptoms to disappear.

These are *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 individual's 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 is received.

In the USA

Ombre (<https://www.ombrelab.com/>)

Thorne (<https://www.thorne.com/products/dp/gut-health-test>)

Worldwide: BiomeSight (<https://biomesight.com>) - Discount Code 'MICRO'

### Analysis Provided by Microbiome Prescription

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Small Intestinal Bacterial Overgrowth (SIBO)

*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
Christensenellaceae family	High		990719	Micrococcus	genus	High	1269
Enterobacteriaceae family	High		543	Peptostreptococcus	genus	High	1257
Oscillospiraceae family	High		216572	Prevotella	genus	High	838
Ruminococcaceae family	High		541000	Proteus	genus	High	583
Bacteroides genus	High		816	Salmonella	genus	High	590
Butyrivibrio genus	High		830	Staphylococcus	genus	High	1279
Clostridium genus	High		1485	Streptococcus	genus	High	1301
Coprococcus genus	High		33042	Veillonella	genus	High	29465
Desulfovibrio genus	High		872	Acinetobacter baumannii	species	High	470
Enterococcus genus	High		1350	Bifidobacterium longum	species	Low	216816
Fusobacterium genus	High		848	Enterococcus faecium	species	High	1352
Klebsiella genus	High		570	Escherichia coli	species	High	562
Lactobacillus genus	High		1578	Klebsiella pneumoniae	species	High	573
Methanobrevibacter genus	High		2172	Methanobrevibacter smithii	species	High	2173
				Pseudomonas aeruginosa	species	High	287

## 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.

**a-Amino-3-indolepropionic acid {Tryptophan}** 3 gram/day

Abstention from eating {Fasting}

**arabinogalactan {arabinogalactan}** 21 gram/day

**Arthrosphaera platensis {Spirulina}**

**Avena sativa {Oats}**

**Avena sativa x Hordeum vulgare {barley,oat}**

**D-ribofuranoside {Ribose}** 10 gram/day

**Escherichia coli cryodesiccata {colinfant probiotics}**

**Escherichia coli:DSM 16441-16448 {symbioflor-2}**

**Ferrum {Iron Supplements}** 400 mg/day

**Hordeum vulgare {Barley}** 60 gram/day

**long-term, moderate-intensity exercise {exercise}**

**Outer Layers of Triticum aestivum {Wheat Bran}**

**Pulses, Beans**

**raffinose {sugar beet}**

**red wine** 250 ml/day

**Sleep apnea {partial sleep deprivation}**

**sodium butyrate**

**β-glucan {Beta-Glucan}** 500 mg/day

**synthetic disaccharide derivative of lactose {Lactulose}**

**Tobacco consumption {Smoking}**

**Ulmus rubra {slippery elm}**

**Under cooked animal protein {Rare meat}**

## 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.

allium sativum {garlic}  
Cinnamomum zeylanicum {Ceylon Cinnamon}  
D(-)-Fructose {Fruit sugar}  
Diferuloylmethane {Curcumin}  
green tea  
Lacticaseibacillus casei {L. casei}  
Lactobacillus plantarum {L. plantarum}  
Lavandula angustifolia {lavender}  
Metha family {Mint}

Moringa Oleifera  
Nigella sativa {black cumin}  
Ocimum basilicum {Basil}  
Ocimum gratissimum {Clove basil}  
origanum vulgare {oregano}  
Propolis {Bee glue}  
rosmarinus officinalis {rosemary}  
syzygium aromaticum {clove}  
Thymus vulgaris {thyme}  
Zingiber officinale Roscoe {ginger}

## Sample of Literature Used

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

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Abdominal Aortic Aneurysm

Acne

Addison's Disease (hypocortisolism)

ADHD

Age-Related Macular Degeneration and Glaucoma

Allergic Rhinitis (Hay Fever)

Allergies

Allergy to milk products

Alopecia (Hair Loss)

Alzheimer's disease

Amyotrophic lateral sclerosis (ALS) Motor Neuron

Ankylosing spondylitis

Anorexia Nervosa

Antiphospholipid syndrome (APS)

Asthma

Atherosclerosis

Atrial fibrillation

Autism

Autoimmune Disease

Barrett esophagus cancer

benign prostatic hyperplasia

Biofilm

Bipolar Disorder

Brain Trauma

Breast Cancer

Cancer (General)

Carcinoma

cdkl5 deficiency disorder

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

Cognitive Function

Colorectal Cancer  
Constipation  
Coronary artery disease  
COVID-19  
Crohn's Disease  
Cushing's Syndrome (hypercortisolism)  
cystic fibrosis  
d-lactic acidosis (one form of brain fog)  
deep vein thrombosis  
Denture Wearers Oral Shifts  
Depression  
Dermatomyositis  
Eczema  
Endometriosis  
Eosinophilic Esophagitis  
Epilepsy  
erectile dysfunction  
Fibromyalgia  
Food Allergy  
Functional constipation / chronic idiopathic constipation  
gallstone disease (gsd)  
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus  
Generalized anxiety disorder  
giant cell arteritis  
Glioblastoma  
Gout  
Graves' disease  
Gulf War Syndrome  
Halitosis  
Hashimoto's thyroiditis  
Heart Failure  
hemorrhagic stroke  
Hemorrhoidal disease, Hemorrhoids, Piles  
Hidradenitis Suppurativa  
High Histamine/low DAO  
hypercholesterolemia (High Cholesterol)  
hyperglycemia  
Hyperlipidemia (High Blood Fats)  
hypersomnia  
hypertension (High Blood Pressure)  
Hypothyroidism  
Hypoxia  
IgA nephropathy (IgAN)  
Inflammatory Bowel Disease  
Insomnia  
Intelligence  
Intracranial aneurysms  
Irritable Bowel Syndrome  
ischemic stroke  
Juvenile idiopathic arthritis  
Liver Cirrhosis  
Long COVID  
Low bone mineral density  
Lung Cancer  
Lymphoma  
Mast Cell Issues / mastitis  
ME/CFS with IBS  
ME/CFS without IBS

membranous nephropathy  
Menopause  
Metabolic Syndrome  
Mood Disorders  
multiple chemical sensitivity [MCS]  
Multiple Sclerosis  
Multiple system atrophy (MSA)  
myasthenia gravis  
neuropathic pain  
Neuropathy (all types)  
neuropsychiatric disorders (PANDAS, PANS)  
Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic  
NonCeliac Gluten Sensitivity  
Obesity  
obsessive-compulsive disorder  
Osteoarthritis  
Osteoporosis  
pancreatic cancer  
Parkinson's Disease  
Peanut Allergy  
Polycystic ovary syndrome  
Postural orthostatic tachycardia syndrome  
Premenstrual dysphoric disorder  
primary biliary cholangitis  
Primary sclerosing cholangitis  
Psoriasis  
rheumatoid arthritis (RA),Spondyloarthritis (SpA)  
Rosacea  
Schizophrenia  
scoliosis  
sensorineural hearing loss  
Sjögren syndrome  
Sleep Apnea  
Slow gastric motility / Gastroparesis  
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  
Vitiligo