

Microbiome Information for: Amyotrophic lateral sclerosis (ALS) Motor Neuron

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 Amyotrophic lateral sclerosis (ALS) Motor Neuron

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
Bacteroidia	class	High	200643	Intestinimonas	genus	High	1392389
Hungateiclostridiaceae	family	High	2304686	Lactobacillus	genus	High	1578
Porphyromonadaceae	family	High	171551	Mannheimia	genus	High	75984
Prevotellaceae	family	High	171552	Megamonas	genus	Low	158846
Ruminococcaceae	family	High	541000	Odoribacter	genus	High	283168
Veillonellaceae	family	Low	31977	Oscillibacter	genus	High	459786
Akkermansia	genus	High	239934	Parasutterella	genus	Low	577310
Anaerostipes	genus	High	207244	Peptostreptococcus	genus	Low	1257
Anaerotruncus	genus	High	244127	Pseudoflavonifractor	genus	High	1017280
Bifidobacterium	genus	High	1678	Ruminiclostridium	genus	High	1508657
Citrobacter	genus	High	544	Ruminococcus	genus	Low	1263
Coprococcus	genus	High	33042	Shigella	genus	High	620
Dorea	genus	High	189330	Sporobacter	genus	High	44748
Eisenbergiella	genus	High	1432051	Bacteroides fragilis	species	High	817
Escherichia	genus	High	561	Butyrivibrio fibrisolvens	species	Low	831
Eubacterium	genus	Low	1730	Escherichia coli	species	Low	562
				Lachnospira eligens	species	High	39485

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

Burdock Root

Cacao 20 gram/day

fasting

fructo-oligosaccharides (prebiotic) 15 gram/day

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2

gram/day

inulin (prebiotic) 32 gram/day

lactobacillus plantarum (probiotics) 60 BCFU/day

lactulose

pomegranate 1 gram/day

raffinose(sugar beet)

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

soy 25 gram/day

wheat

wheat bran

Retail Probiotics

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

Global Healing Center / FloraTrex
 Realdose
 jarrow formulas / bifidus balance® + fos
 nature's way (au) / restore probiotic bowel & colon health 30s
 garden of life / primal defense
 probiotic pur (de) / realdose nutrition
 theramedix / probiotic
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 Physician Choice /60 Billion Probiotics
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 SuperSmart / Probio Forte
 organic 3 / gutpro
 enviromedica terraflora sbo probiotic
 Jetson (US) / Mood Probiotics
 Ombre / Heart Health
 seed / female version
 jarrow formulas / jarro-dophilus® ultra
 custom probiotics / six strain probiotic powder
 ImmuneBiotech Medical Sweden AB / GutMagnific®
 OMNI-BIOTIC®/ TRAVEL
 global health trax / threelac
 nature's way (au) / restore probiotic 30 billion 30s
 organic 3 / primal gut
 Physis / Advance Probiotics
 bio-botanical research / proflo4r restorative probiotic
 blackmore (au) / probiotics+ daily health
 Dr. Mercola / Complete Probiotics
 Garden of Life / Dr. Formulated Once Daily Women's
 vinco / probiotic eight 65
 nature's instincts / ultra spore probiotic
 hyperbiotics / pro-15
 nature's way (au) / restore probiotic 100 billion
 seed / male version
 solaray / microbiome probiotic colon formula
 lifted naturals / mood boosting probiotic
 bioglan bio (au) / happy probiotic 50
 HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
 powerlabs (au) / ultra blend
 biospec / probiotic-5
 corebiotic
 blackmores (au) / probiotics+ immune defence
 CustomProbiotics.com / L. Plantarum Probiotic Powder
 Ombre / Healthy Gut
 ISCON Elegance/ Ochek Capsule 10
 1 md / complete probiotics platinum
 Nutrition Essentials / Probiotic (900 BCFU)
 OMNI-BIOTIC®/ 10 AAD
 up4 /women's
 young living/life 9
 Bromatech (IT) / Adomelle
 mwsb / candida yeast support
 microbiome labs/ megasporebiotic
 optibac / bifidobacteria & fibre

klaire labs / biospora
SuperSmart / Derma Relief
fairvital / microflora basic
Energybalance / ColoBiotica 28 Colon Support
MegaFood / MegaFlora
microbiome labs / hu58
Invivo / Bio.Me Femme UT
perfect pass / perfect pass probiotic bacillus spore
NaturalPharma / Profit Probiotics
newrhythm / probiotics 20 stains
blackmores (au) / probiotics + adults daily (90 capsules)
Lake Avenue Nutrition / Probiotics 10 Strain Blend
Windlove Probiotics / Ecologic@825
ASEA VIA / BIOME
HLH BIOPHARMA(DE) / LACTOBACT ® METABOLIC
jarrow formula / jarro-dophilus original
aor / probiotic-3
vitamin angels / just thrive
nature's way (au) / restore probiotic daily health 90s
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
SuperSmart / Candalb
custom probiotics / four strain lactobacilli
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
udo's choice / super 8 gold
microbiome labs / restorflora
zint nutrition / probiotic collagen +
Smidge / Sensitive Probiotic
Krauterhaus / Lactopro
LiveWell Nutrition / Pro-45
Metabolics / Lactobacillus Plantarum Powder
spain (es) / vivomixx
Advanced Bio-Cultures / Advance Multi Strain Probiotics
INVIVO THERAPEUTICS / Bio.Me IB +
elixa / probiotic
Ombre / Ultimate Immunity
bioray / cytoflora
renew life / ultimate flora
up4 / ultra
optibac / for your cholesterol
spain (es) / I3.1
renew life men's probiotic - ultimate
ferring / vsl#3
Resbiotic / resB® Lung Support
SuperSmart / Full Spectrum Probiotic Formula
jarrow formulas / jarro-dophilus eps
naturopathica (au) / gastrohealth fibrepro
blackmore (au) / probiotics+ eczema relief
7 AM Ultra Probiotics
quantum wellness / restora flora
Jetson / FIT
Seeking Health / Probiota HistaminX
optibac / for every day
Prescript-Assist®/SBO Probiotic
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
vita miracle / ultra-30 probiotics
jarrow formula / ideal bowel support® lp299v®
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
visbiome

fürstenmed / lacto-bifido
Swiss BioEnergetics / Full Spectrum Probiotic Defence
ProbioMax® Daily DF
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
organic 3 / primal soil
SuperSmart / Bacillus Subtilis
bioglan bio (au) / happy probiotic 100
SuperSmart / Lactoxira
douglas laboratories / multi probiotic 40 billion
Ombre / Mood Enhancer
BIO-BOTANICAL RESEARCH / Megacidin
reserveage nutrition / beautiflora
amy meyers / primal earth probiotic
Jetson / Gut Prep
up4 / adult

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.

Arbutin (polyphenol)	retinoic acid,(Vitamin A derivative)
bifidobacterium pseudocatenulatum li09,bifidobacterium	smoking
catenulatum li10 (probiotics)	sucralose
Caffeine	tea
diosmin,(polyphenol)	Vitamin B1,thiamine hydrochloride
galla chinensis (herb)	Vitamin B-12
Guaiacol (polyphenol)	vitamin B3,niacin
Hesperidin (polyphenol)	Vitamin B6,pyridoxine hydrochloride
Krill Oil	vitamin B7, biotin
luteolin (flavonoid)	Vitamin B9,folic acid
melatonin supplement	Vitamin C (ascorbic acid)
N-Acetyl Cysteine (NAC),	

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