

Microbiome Information for: Type 1 Diabetes

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

[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Type 1 Diabetes

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	Parasutterella	genus	Low	577310
Deferribacteres	class	High	68337	Prevotella	genus	Low	838
Deltaproteobacteria	class	Low	28221	Roseburia	genus	Low	841
Christensenellaceae	family	High	990719	Rothia	genus	High	32207
Enterobacteriaceae	family	High	543	Ruminococcus	genus	High	1263
Lachnospiraceae	family	High	186803	Shigella	genus	High	620
Oxalobacteraceae	family	High	75682	Staphylococcus	genus	Low	1279
Pasteurellaceae	family	Low	712	Streptococcus	genus	High	1301
Peptostreptococcaceae	family	High	186804	Turicibacter	genus	Low	191303
Prevotellaceae	family	High	171552	Veillonella	genus	High	29465
Rhodospirillaceae	family	High	41295	Caulobacterales	order	Low	204458
Succinivibrionaceae	family	High	83763	Rhodospirillales	order	High	204441
Verrucomicrobiaceae	family	High	203557	Verrucomicrobiales	order	High	48461
Acidaminococcus	genus	Low	904	Acetanaerobacterium elongatum	species	Low	258515
Alistipes	genus	High	239759	Agathobaculum desmolans	species	Low	39484
Anaerostipes	genus	High	207244	Akkermansia muciniphila	species	High	239935
Bacteroides	genus	High	816	Anaerobutyricum hallii	species	Low	39488
Bifidobacterium	genus	Low	1678	Bacteroides fragilis	species	High	817
Bilophila	genus	High	35832	Bacteroides ovatus	species	High	28116
Blautia	genus	High	572511	Bifidobacterium adolescentis	species	Low	1680
Candidatus Soleaferrea	genus	High	1470353	Bifidobacterium longum	species	Low	216816
Coprococcus	genus	High	33042	Bifidobacterium pseudocatenulatum	species	Low	28026
Dialister	genus	Low	39948	Blautia coccoides	species	Low	1532
Enterococcus	genus	High	1350	Candida albicans	species	High	5476
Escherichia	genus	High	561	Cutibacterium acnes	species	High	1747
Eubacterium	genus	Low	1730	Helicobacter pylori	species	High	210
Faecalibacterium	genus	Low	216851	Mycobacterium avium	species	High	1764
Haemophilus	genus	Low	724	Peptoniphilus gorbachii	species	Low	411567
Intestinimonas	genus	Low	1392389	Roseburia faecis	species	Low	301302
Lachnospira	genus	Low	28050	Staphylococcus aureus	species	High	1280
Lactobacillus	genus	Low	1578	Tannerella forsythia	species	High	28112
Megamonas	genus	Low	158846	Treponema denticola	species	High	158
Oscillospira	genus	High	119852	[Ruminococcus] torques L2-14	strain	High	657313
				Bifidobacterium longum subsp. infantis	subspecies	Low	1682

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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-

a]quinolizinium {Berberine} 1.5 gram/day

Abstention from eating {Fasting}

cellulose

Ferrum {Iron Supplements} 400 mg/day

high red meat

N-(phosphonomethyl)glycine {glyphosate}

Retail Probiotics

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

Ombre / Harmony

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.

(2->1)-beta-D-fructofuranan {Inulin}

Bifidobacterium animalis subsp. lactis {B. Lactis}

Bovine Milk Products {Dairy}

Cichorium intybus {Chicory}

enterococcus faecium {E. faecium}

fructo-oligosaccharides

fruit

fruit/legume fibre

green tea

Hordeum vulgare {Barley}

Lacticaseibacillus casei {L. casei}

Lactobacillus plantarum {L. plantarum}

Limosilactobacillus fermentum {L. fermentum}

oligosaccharides {oligosaccharides}

polyphenols

Propolis {Bee glue}

synthetic disaccharide derivative of lactose {Lactulose}

yogurt

Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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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

cdk15 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