

Microbiome Information for: Type 2 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

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Type 2 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
Actinomycetia	class	High	1760	Megasphaera	genus	High	906
Clostridia	class	Low	186801	Mitsuokella	genus	High	52225
Deltaproteobacteria	class	Low	28221	Morganella	genus	High	581
Gammaproteobacteria	class	High	1236	Odoribacter	genus	High	283168
Bifidobacteriaceae	family	High	31953	Oribacterium	genus	Low	265975
Clostridiaceae	family	Low	31979	Oscillospira	genus	High	119852
Comamonadaceae	family	High	80864	Oxalobacter	genus	High	846
Coriobacteriaceae	family	High	84107	Paenibacillus	genus	Low	44249
Enterobacteriaceae	family	High	543	Pantoea	genus	High	53335
Odoribacteraceae	family	Low	1853231	Paraprevotella	genus	Low	577309
Peptostreptococcaceae	family	Low	186804	Parasutterella	genus	Low	577310
Prevotellaceae	family	High	171552	Parvimonas	genus	Low	543311
Veillonellaceae	family	High	31977	Phocea	genus	High	1926663
Acidaminococcus	genus	High	904	Porphyromonas	genus	High	836
Adlercreutzia	genus	High	447020	Prevotella	genus	High	838
Akkermansia	genus	Low	239934	Propionibacterium	genus	Low	1743
Alistipes	genus	High	239759	Pseudoflavonifractor	genus	High	1017280
Alloprevotella	genus	High	1283313	Pyramidobacter	genus	High	638847
Anaerostipes	genus	High	207244	Rhodococcus	genus	High	1661425
Anaerotruncus	genus	High	244127	Rhodococcus	genus	High	1827
Bacteroides	genus	Low	816	Ruminococcus	genus	High	1263
Bifidobacterium	genus	Low	1678	Shigella	genus	High	620
Bilophila	genus	High	35832	Subdoligranulum	genus	High	292632
Blautia	genus	High	572511	Turicibacter	genus	Low	191303
Butyricimonas	genus	High	574697	Vibrio	genus	High	662
Butyrivibrio	genus	Low	830	Weissella	genus	High	46255
Campylobacter	genus	High	194	Eubacteriales	order	High	186802
Clostridium	genus	Low	1485	Akkermansia muciniphila	species	Low	239935
Collinsella	genus	High	102106	Bacteroides caccae	species	High	47678
Coprobacillus	genus	High	100883	Bacteroides intestinalis	species	High	329854
Desulfovibrio	genus	High	872	Bacteroides stercoris	species	High	46506
Dialister	genus	Low	39948	Bacteroides thetaiotaomicron	species	Low	818
Dorea	genus	High	189330	Bacteroides uniformis	species	Low	820
Eggerthella	genus	High	84111	Bifidobacterium animalis	species	Low	28025
Elusimicrobium	genus	Low	423604	Bifidobacterium bifidum	species	High	1681
Enterococcus	genus	High	1350	Bifidobacterium pseudolongum	species	Low	1694
Escherichia	genus	High	561	Clostridium butyricum	species	Low	1492
Faecalibacterium	genus	Low	216851	Collinsella aerofaciens	species	High	74426
Fingoldia	genus	Low	150022	Faecalibacterium prausnitzii	species	Low	853
Flavonifractor	genus	High	946234	Klebsiella pneumoniae	species	High	573
Fusobacterium	genus	High	848	Lactobacillus intestinalis	species	High	151781

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Gordonibacter	<i>genus</i>	High	644652	Ligilactobacillus ruminis	<i>species</i>	High	1623
Haemophilus	<i>genus</i>	Low	724	Phascolarctobacterium faecium	<i>species</i>	Low	33025
Holdemania	<i>genus</i>	High	61170	Ruminococcus gnavus	<i>species</i>	High	33038
Klebsiella	<i>genus</i>	High	570	Anaerobutyricum hallii DSM 3353	<i>strain</i>	Low	411469
Lactococcus	<i>genus</i>	High	1357	Clostridium beijerinckii NCIMB 8052	<i>strain</i>	Low	290402
Leuconostoc	<i>genus</i>	Low	1243	Clostridium beijerinckii NRRL B-598	<i>strain</i>	Low	1428454
				Bifidobacterium longum subsp. infantis	<i>subspecies</i>	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.

alcoholic beverages

aspartame (sweetner)

beef

colinfant e.coli probiotics

dairy

ethanol

fat

fluorine

green-lipped mussel

lactobacillus gasseri (probiotics) 10 BCFU/day

lactulose

navy bean

oligosaccharides (prebiotic)

omega-3 fatty acids 4 gram/day

raffinose(sugar beet)

saccharomyces boulardii (probiotics) 6 BCFU/day

Slippery Elm

sucralose 340 mg/day

symbioflor 2 e.coli probiotics

Retail Probiotics

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

symbiopharm / symbioflo 2
spain (es) / muvagyn probiotico
microbiome labs / restorflora
Bromatech (IT) / Enterelle
florastor / florastor
philips / colon health
imagilin / NutriLots Replenish
Ombre / Endless Energy
optibac / saccharomyces boulardii
wakamoto (jp) / wakamoto pharmaceutical intestinal drug
spain (es) / ultralevura
organic 3 / yeastbiotic
CustomProbiotics.com / L. Gasseri Probiotic Powder
SuperSmart / Saccharomyces Boulardii
Ombre / Metabolic Booster
SuperSmart / Lactobacillus Gasseri
spain (es) / axiboulardi
Eden's / 3-in-1 Synbiotic Superblend
nature's instincts / ultra spore probiotic

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.

arabinogalactan (prebiotic)	pomegranate
berberine	quercetin
cinnamon (oil, spice)	resveratrol (grape seed/polyphenols/red wine)
clostridium butyricum (probiotics), Miya, Miyarisan	soy
cranberry bean flour	syzygium aromaticum (clove)
fasting	thyme (thymol, thyme oil)
inulin (prebiotic)	triphala
lactobacillus plantarum (probiotics)	vegetarians
lactobacillus rhamnosus gg (probiotics)	Vitamin B-12
oregano (origanum vulgare, oil)	vitamin d

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