

Microbiome Information for: Ulcerative colitis

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 Ulcerative colitis

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	Klebsiella	genus	High	570
Bacilli	class	High	91061	Lactobacillus	genus	High	1578
Bacteroidia	class	Low	200643	Lactococcus	genus	High	1357
Clostridia	class	Low	186801	Leuconostoc	genus	High	1243
Coriobacteria	class	Low	84998	Megamonas	genus	Low	158846
Gammaproteobacteria	class	High	1236	Morganella	genus	High	581
Negativicutes	class	Low	909932	Neisseria	genus	High	482
Bacteroidaceae	family	Low	815	Odoribacter	genus	Low	283168
Bifidobacteriaceae	family	High	31953	Oribacterium	genus	High	265975
Christensenellaceae	family	Low	990719	Oscillibacter	genus	High	459786
Enterobacteriaceae	family	High	543	Parabacteroides	genus	Low	375288
Enterococcaceae	family	High	81852	Parvimonas	genus	Low	543311
Lachnospiraceae	family	Low	186803	Peptoniphilus	genus	High	162289
Lactobacillaceae	family	High	33958	Peptostreptococcus	genus	High	1257
Muribaculaceae	family	High	2005473	Phascolarctobacterium	genus	Low	33024
Prevotellaceae	family	Low	171552	Porphyromonas	genus	High	836
Ruminococcaceae	family	Low	541000	Prevotella	genus	High	838
Acinetobacter	genus	High	469	Pseudomonas	genus	Low	286
Actinomyces	genus	High	1654	Roseburia	genus	Low	841
Adlercreutzia	genus	Low	447020	Rothia	genus	High	32207
Aeromonas	genus	High	642	Rothia	genus	High	508215
Akkermansia	genus	Low	239934	Shigella	genus	High	620
Anaerofilum	genus	High	52784	Solobacterium	genus	High	123375
Anaerostipes	genus	High	207244	Staphylococcus	genus	High	1279
Anaerotruncus	genus	High	244127	Streptococcus	genus	High	1301
Atopobium	genus	High	1380	Subdoligranulum	genus	High	292632
Bacillus	genus	High	1386	Weissella	genus	High	46255
Bacillus	genus	High	55087	Bacteroidales	order	Low	171549
Bacteroides	genus	High	816	Bifidobacteriales	order	High	85004
Bilophila	genus	Low	35832	Coriobacteriales	order	High	84999
Blautia	genus	High	572511	Enterobacteriales	order	High	91347
Butyricicoccus	genus	Low	580596	Eubacteriales	order	Low	186802
Butyrivibrio	genus	Low	830	Lactobacillales	order	High	186826
Catenibacterium	genus	Low	135858	[Clostridium] innocuum	species	High	1522
Cetobacterium	genus	High	180162	Adlercreutzia equolifaciens	species	Low	446660
Clostridium	genus	Low	1485	Akkermansia muciniphila	species	Low	239935
Coprobacillus	genus	High	100883	Bacteroides ovatus	species	Low	28116
Coprococcus	genus	Low	33042	Bacteroides uniformis	species	Low	820
Dehalobacterium	genus	Low	51514	Bifidobacterium bifidum	species	Low	1681
Desulfovibrio	genus	Low	872	Blautia producta	species	Low	33035
Dialister	genus	Low	39948	Clostridium butyricum	species	Low	1492

Bacteria Name	Rank Shift	Taxonomy ID
Dorea	<i>genus</i> High	189330
Enterobacter	<i>genus</i> Low	547
Enterococcus	<i>genus</i> High	1350
Escherichia	<i>genus</i> High	561
Faecalibacterium	<i>genus</i> Low	216851
Fingoldia	<i>genus</i> High	150022
Gemella	<i>genus</i> High	1378
Granulicatella	<i>genus</i> High	117563

Bacteria Name	Rank Shift	Taxonomy ID
Escherichia coli	<i>species</i> High	562
Eubacterium ventriosum	<i>species</i> Low	39496
Faecalibacterium prausnitzii	<i>species</i> Low	853
Francisella tularensis	<i>species</i> High	263
Lactiplantibacillus plantarum	<i>species</i> Low	1590
Latilactobacillus sakei	<i>species</i> Low	1599
Mucispirillum schaedleri	<i>species</i> High	248039
Phocaeicola vulgatus	<i>species</i> Low	821
Prevotella copri	<i>species</i> Low	165179

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		lactobacillus gasseri (probiotics)	10 BCFU/day
apple		lactulose	
carob		mannooligosaccharide (prebiotic)	8 gram/day
dairy		navy bean	
fat		omega-3 fatty acids	4 gram/day
fluorine		raffinose(sugar beet)	
fructo-oligosaccharides (prebiotic)	15 gram/day	sesame cake/meal	
galacto-oligosaccharides (prebiotic)	10 gram/day	Slippery Elm	
green-lipped mussel		symbioflor 2 e.coli probiotics	
jerusalem artichoke (prebiotic)	40 gram/day	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.

symbiopharm / symbioflo 2
spain (es) / muvagyn probiotico
Wholesome Wellness / Raw Probiotic
philips / colon health
optibac / for every day
wakamoto (jp) / wakamoto pharmaceutical intestinal drug
ISCON Elegance/ Ochek Capsule 10
Nutrition Essentials / Probiotic (900 BCFU)
CustomProbiotics.com / L. Gasseri Probiotic Powder
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.

bacillus licheniformis,(probiotics)	lactobacillus reuteri (probiotics)
bacillus subtilis (probiotics)	lactobacillus rhamnosus gg (probiotics)
barley	neem
berberine	oregano (origanum vulgare, oil)
bifidobacterium animalis lactis (probiotics)	peppermint (spice, oil)
black raspberries	polydextrose
cinnamon (oil. spice)	pomegranate
clostridium butyricum (probiotics),Miya,Miyarisan	rhubarb
cranberry bean flour	rosmarinus officinalis,rosemary
Curcumin	selenium
fasting	syzygium aromaticum (clove)
foeniculum vulgare,fennel	thyme (thymol, thyme oil)
garlic (allium sativum)	triphala
inulin (prebiotic)	vegetarians
kefir	vitamin b2,Riboflavin
lactobacillus plantarum (probiotics)	vitamin d
	wheat

Sample of Literature Used

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 ADHD
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 Allergies
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 Ankylosing spondylitis
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 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
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