

Microbiome Information for: Anorexia Nervosa

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 Anorexia Nervosa

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
Bacilli	class	High	91061	Bacteroides	genus	Low	816
Clostridia	class	Low	186801	Blautia	genus	Low	572511
Actinomycetaceae	family	High	2049	Clostridium	genus	Low	1485
Christensenellaceae	family	High	990719	Faecalibacterium	genus	Low	216851
Enterobacteriaceae	family	High	543	Lachnospira	genus	Low	28050
Lachnospiraceae	family	Low	186803	Parabacteroides	genus	High	375288
Porphyromonadaceae	family	High	171551	Roseburia	genus	Low	841
Streptococcaceae	family	High	1300	Ruminococcus	genus	Low	1263
Agathobacter	genus	Low	1766253	Lactobacillales	order	High	186826
Alistipes	genus	High	239759	Methanobrevibacter smithii	species	High	2173
Anaerostipes	genus	Low	207244	Roseburia inulinivorans	species	Low	360807

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.

Arbutin (polyphenol) 100 mg/day	lard
bacillus amyloliquefaciens (probiotic) 1 BCFU/day	L-glutamine 5 graml/day
Caffeine	linseed(flaxseed) 30 mg/day
camelina seed	luteolin (flavonoid) 400 mg/day
candida albicans (prescription)	mannooligosaccharide (prebiotic) 8 gram/day
cannabinoids	melatonin supplement 10 mg/day
carboxymethyl cellulose (prebiotic)	N-Acetyl Cysteine (NAC), 2400 mg/day
chitooligosaccharides (prebiotic) 600 mg/day	quercetin, resveratrol
diosmin,(polyphenol) 1500 mg/day	retinoic acid,(Vitamin A derivative)
fat	smoking
glycyrrhizic acid (licorice) 32 gram/day	sodium stearoyl lactylate
Hesperidin (polyphenol) 1.5 gram/day	Vitamin B1,thiamine hydrochloride 1.8 gram/day
high red meat	Vitamin B6,pyridoxine hydrochloride 200 mg/day
lactobacillus gasseri (probiotics) 10 BCFU/day	vitamin B7, biotin 300 mg/day
Lactobacillus salivarius UCC118	Vitamin B9,folic acid 5 mg/day
lactulose	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.

spain (es) / muvagyn probiotico

philips / colon health

wakamoto (jp) / wakamoto pharmaceutical intestinal drug

CustomProbiotics.com / L. Gasseri Probiotic Powder

Energybalance / ColoBiotica 28 Colon Support

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.

arabinogalactan (prebiotic)

barley

berberine

inulin (prebiotic)

lactobacillus plantarum (probiotics)

lactobacillus rhamnosus gg (probiotics)

Pulses

resistant starch

soy

vitamin d

walnuts

wheat

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