

## Microbiome Information for: Long COVID

### 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 belevied to reduce the severity of symptoms. In some cases, this correction may cause symptoms to disappear.

These are 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

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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/>)

Thorne (<https://www.thorne.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](mailto:Research@MicrobiomePrescription.com)

## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Long COVID

*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
Acidimicrobiia	class	High	84992	Granulicatella	genus	High	117563
Actinomycetia	class	High	1760	Haemophilus	genus	High	724
Bacilli	class	High	91061	Holdemania	genus	High	61170
Clostridia	class	Low	186801	Howardella	genus	Low	404402
Fusobacteria	class	High	203490	Hydrogenophaga	genus	Low	47420
Gammaproteobacteria	class	High	1236	Intestinibacter	genus	High	1505657
Negativicutes	class	Low	909932	Intestinimonas	genus	Low	1392389
Acidaminococcaceae	family	Low	909930	Klebsiella	genus	Low	570
Actinomycetaceae	family	High	2049	Kluyvera	genus	Low	579
Barnesiellaceae	family	Low	2005519	Lachnoanaerobaculum	genus	High	1164882
Bifidobacteriaceae	family	High	31953	Lachnoclostridium	genus	Low	1506553
Campylobacteraceae	family	High	72294	Lactobacillus	genus	Low	1578
Carnobacteriaceae	family	High	186828	Lactonifactor	genus	Low	420345
Clostridiaceae	family	High	31979	Megamonas	genus	High	158846
Comamonadaceae	family	Low	80864	Megasphaera	genus	Low	906
Coriobacteriaceae	family	High	84107	Microthrix	genus	High	41949
Corynebacteriaceae	family	Low	1653	Mitsuokella	genus	Low	52225
Desulfovibrionaceae	family	Low	194924	Mogibacterium	genus	Low	86331
Eggerthellaceae	family	High	1643826	Monoglobus	genus	Low	2039302
Enterobacteriaceae	family	High	543	Morganella	genus	High	581
Enterococcaceae	family	High	81852	Neisseria	genus	High	482
Erysipelotrichaceae	family	Low	128827	Neomegalonema	genus	Low	356797
Fusobacteriaceae	family	High	203492	Oscillibacter	genus	Low	459786
Lachnospiraceae	family	Low	186803	Parasutterella	genus	High	577310
Lactobacillaceae	family	High	33958	Pediococcus	genus	High	1253
Leuconostocaceae	family	Low	81850	Peptococcus	genus	Low	2740
Marinifilaceae	family	Low	1573805	Peptoniphilus	genus	High	162289
Methylobacteriaceae	family	Low	119045	Peptostreptococcus	genus	High	1257
Micrococcaceae	family	High	1268	Phascolarctobacterium	genus	Low	33024
Muribaculaceae	family	Low	2005473	Prevotella	genus	Low	838
Neisseriaceae	family	High	481	Propionispira	genus	High	84034
Oscillospiraceae	family	Low	216572	Proteus	genus	High	210425
Pasteurellaceae	family	High	712	Proteus	genus	High	583
Peptococcaceae	family	Low	186807	Pseudobutyrvibrio	genus	Low	46205
Peptoniphilaceae	family	High	1570339	Pseudoflavonifractor	genus	High	1017280
Porphyromonadaceae	family	High	171551	Pyramidobacter	genus	Low	638847
Prevotellaceae	family	Low	171552	Raoultella	genus	High	160674
Rhodospirillaceae	family	Low	41295	Robinsoniella	genus	High	588605
Rikenellaceae	family	Low	171550	Romboutsia	genus	Low	1501226
Ruminococcaceae	family	Low	541000	Roseburia	genus	Low	841
Streptococcaceae	family	High	1300	Rothia	genus	High	32207
Sutterellaceae	family	High	995019	Rothia	genus	High	508215
Synergistaceae	family	Low	649777	Ruminococcus	genus	Low	1263
Tannerellaceae	family	Low	2005525	Ruthenibacterium	genus	High	1905344
Verrucomicrobiaceae	family	High	203557	Salmonella	genus	High	590
Victivallaceae	family	High	255528	Scardovia	genus	High	196081
Acetanaerobacterium	genus	High	258514	Siccibacter	genus	High	1649298
Acidaminococcus	genus	Low	904	Sporobacter	genus	Low	44748

<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy ID</b>	<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy ID</b>
Actinomyces	genus	High	1654	Streptococcus	genus	High	1301
Agathobacter	genus	High	1766253	Subdoligranulum	genus	Low	292632
Akkermansia	genus	High	239934	Sutterella	genus	Low	40544
Alistipes	genus	Low	239759	Terrisporobacter	genus	High	1505652
Allisonella	genus	Low	209879	Turicibacter	genus	High	191303
Anaerofilum	genus	High	52784	Veillonella	genus	High	29465
Anaerostipes	genus	Low	207244	Victivallis	genus	High	172900
Anaerotruncus	genus	High	244127	Weissella	genus	Low	46255
Asaccharobacter	genus	High	553372	Bacillales	order	High	1385
Atopobium	genus	High	1380	Bacteroidales	order	Low	171549
Barnesiella	genus	Low	397864	Bifidobacteriales	order	High	85004
Bilophila	genus	Low	35832	Coriobacteriales	order	High	84999
Butyricococcus	genus	Low	580596	Corynebacteriales	order	Low	85007
Butyricimonas	genus	Low	574697	Enterobacterales	order	High	91347
Butyrivibrio	genus	Low	830	Eubacteriales	order	High	186802
Campylobacter	genus	High	194	Lactobacillales	order	High	186826
Catenibacterium	genus	High	135858	Micrococcales	order	High	85006
Cetobacterium	genus	Low	180162	Tissierellales	order	High	1737405
Christensenella	genus	Low	990721	[Clostridium] innocuum	species	High	1522
Cloacibacillus	genus	Low	508459	Actinomyces naeslundii	species	High	1655
Colidextribacter	genus	Low	1980681	Anaerobutyricum hallii	species	Low	39488
Collinsella	genus	Low	102106	Aspergillus flavus	species	High	5059
Coprobacillus	genus	High	100883	Bacteroides caccae	species	High	47678
Coprobacter	genus	High	1348911	Bacteroides thetaiotaomicron	species	Low	818
Coprococcus	genus	Low	33042	Bifidobacterium adolescentis	species	Low	1680
Cronobacter	genus	High	413496	Bifidobacterium pseudocatenulatum	species	Low	28026
Desulfovibrio	genus	Low	872	Blautia obeum	species	Low	40520
Dialister	genus	Low	39948	Collinsella aerofaciens	species	Low	74426
Dorea	genus	Low	189330	Coprococcus comes	species	High	410072
Dysgonomonas	genus	High	156973	Enterocloster bolteae	species	High	208479
Eggerthella	genus	High	84111	Erysipelatoclostridium ramosum	species	High	1547
Eisenbergiella	genus	High	1432051	Eubacterium coprostanoligenes	species	Low	290054
Enterococcus	genus	High	1350	Eubacterium ventriosum	species	Low	39496
Erysipelatoclostridium	genus	High	1505663	Faecalibacterium prausnitzii	species	Low	853
Escherichia	genus	High	561	Flavonifractor plautii	species	High	292800
Eubacterium	genus	High	1730	Gemmiger formicilis	species	Low	745368
Faecalibacterium	genus	Low	216851	Hungatella hathewayi	species	High	154046
Faecalicoccus	genus	High	1573536	Lachnospira eligens	species	Low	39485
Flavonifractor	genus	High	946234	Phocaeicola dorei	species	Low	357276
Fusicatenibacter	genus	Low	1407607	Phocaeicola massiliensis	species	Low	204516
Gemella	genus	High	1378	Phocaeicola vulgatus	species	High	821
Gemmiger	genus	High	204475	Ruminococcus bromii	species	Low	40518
				Ruminococcus gnavus	species	High	33038

## 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.

**candida albicans (prescription)**

**cannabinoids**

dairy

**glycyrrhizic acid (licorice)** 32 gram/day

grapes

green-lipped mussel

**jerusalem artichoke (prebiotic)** 40 gram/day

lactulose

**mannooligosaccharide (prebiotic)** 8 gram/day

partial sleep deprivation

quercetin, resveratrol

raffinose(sugar beet)

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

sesame cake/meal

**Slippery Elm**

**Vitamin B1, thiamine hydrochloride** 1.8 gram/day

**Vitamin B9, folic acid** 5 mg/day

**vsl#3 (probiotics)**

## 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)

bacillus subtilis (probiotics)

Cacao

cinnamon (oil. spice)

Curcumin

garlic (allium sativum)

Human milk oligosaccharides (prebiotic, Hologos, Stachyose)

inulin (prebiotic)

lactobacillus casei (probiotics)

lactobacillus plantarum (probiotics)

lactobacillus rhamnosus gg (probiotics)

Moringa Oleifera

Pulses

resistant starch

saccharin

syzygium aromaticum (clove)

thyme (thymol, thyme oil)

triphala

vitamin d

walnuts

wheat

wheat bran

xylan (prebiotic)

## Sample of Literature Used

The following are the most significant of the studies used to generate these suggestions.

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### [Multi-kingdom gut microbiota analyses define COVID-19 severity and post-acute COVID-19 syndrome.](#)

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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  
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 Schizophrenia  
 Sjögren syndrome  
 Sleep Apnea  
 Small Intestinal Bacterial Overgrowth (SIBO)  
 Stress / posttraumatic stress disorder  
 Systemic Lupus Erythematosus  
 Tic Disorder  
 Tourette syndrome  
 Type 1 Diabetes  
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 Ulcerative colitis  
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Authors Cignarella F,Cantoni C,Ghezzi L,Salter A,Dorsett Y,Chen L,Phillips D,Weinstock GM,Fontana L,Cross AH,Zhou Y,Piccio L

Protective Effect of Aplysin Supplementation on Intestinal Permeability and Microbiota in Rats Treated with Ethanol and Iron.

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Authors Ma Y,Li R,Liu Y,Liu M,Liang H

## Additional APriori Analysis Available

Available at: <https://microbiomeprescription.com/Library/PubMed>

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

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