

Microbiome Information for: Sleep Apnea

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 Sleep Apnea

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	<i>class</i>	Low	1760	Bacteroides	<i>genus</i>	Low	816
Gammaproteobacteria	<i>class</i>	High	1236	Bifidobacterium	<i>genus</i>	High	1678
Acidaminococcaceae	<i>family</i>	Low	909930	Coprococcus	<i>genus</i>	High	33042
Enterobacteriaceae	<i>family</i>	High	543	Faecalibacterium	<i>genus</i>	Low	216851
Peptostreptococcaceae	<i>family</i>	High	186804	Fusobacterium	<i>genus</i>	High	848
Rikenellaceae	<i>family</i>	Low	171550	Megamonas	<i>genus</i>	High	158846
Veillonellaceae	<i>family</i>	High	31977	Parascardovia	<i>genus</i>	High	196082
Alistipes	<i>genus</i>	Low	239759	Roseburia	<i>genus</i>	Low	841
Alloscardovia	<i>genus</i>	High	419014	Ruminococcus	<i>genus</i>	High	1263
Anaerostipes	<i>genus</i>	Low	207244	Shigella	<i>genus</i>	High	620
				Anaerostipes caccae	<i>species</i>	High	105841

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.

bacillus subtilis (probiotics) 10 BCFU/day	navy bean
Cacao 20 gram/day	oats
fructo-oligosaccharides (prebiotic) 15 gram/day	partially hydrolyzed guar gum 6 gram/day
fruit/legume fibre	raffinose(sugar beet)
Glucomannan 700 mg/day	resistant starch
gum arabic (prebiotic) 30 gram/day	Shen Ling Bai Zhu San
Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2 gram/day	soy 25 gram/day
inulin (prebiotic) 32 gram/day	wheat bran
jerusalem artichoke (prebiotic) 40 gram/day	whey 60 gram/day
lactulose	zinc 300 mg/day

Retail Probiotics

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

jarow formulas / bifidus balance® + fos
 organic 3 / primal soil
 SuperSmart / Bacillus Subtilis
 BIO-BOTANICAL RESEARCH / Megacidin
 reserveage nutrition / beautiflora
 amy meyers / primal earth probiotic
 Jetson / Gut Prep
 Bromatech (IT) / Lautoselle
 naturopathica (au) / gastrohealth fibrepro
 blackmore (au) / probiotics+ eczema relief
 Jetson / FIT
 optibac / for every day
 Prescript-Assist®/SBO Probiotic
 enviromedica terraflora sbo probiotic
 Jetson (US) / Mood Probiotics
 Bromatech (IT) / Serobiome
 corebiotic
 blackmores (au) / probiotics+ immune defence
 ISCON Elegance/ Ochek Capsule 10
 Nutrition Essentials / Probiotic (900 BCFU)
 mwsb / candida yeast support
 microbiome labs/ megasporebiotic
 optibac / bifidobacteria & fibre
 klaire labs / biospora
 Energybalance / ColoBiotica 28 Colon Support
 microbiome labs / hu58
 blackmore (au) / probiotics+ bowel support
 perfect pass / perfect pass probiotic bacillus spore
 global health trax / threelac
 nature's way (au) / restore probiotic 30 billion 30s
 bio-botanical research / proflora4r restorative probiotic
 blackmore (au) / probiotics+ daily health
 powerlabs (au) / ultra blend
 Swiss BioEnergetics / Full Spectrum Probiotic Defence
 blackmores (au) / probiotics + adults daily (90 capsules)
 Wholesome Wellness / Raw Probiotic
 aor / probiotic-3
 vitamin angels / just thrive
 nature's way (au) / restore probiotic daily health 90s
 INVIVO THERAPEUTICS / Bio.Me IB +

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.

Arbutin (polyphenol)
 barley
 berberine
 blackcurrant
 Caffeine
 cinnamon (oil. spice)
 cruciferous vegetables (broccoli cabbage)
 Curcumin
 diosmin,(polyphenol)
 Fisetin
 garlic (allium sativum)
 Guaiacol (polyphenol)
 Hesperidin (polyphenol)
 high red meat
 lactobacillus plantarum (probiotics)
 lactobacillus reuteri (probiotics)
 lactobacillus rhamnosus gg (probiotics)
 laminaria digitata,oarweed - seaweed
 laminaria hyperborea(tangle/cuvie - seaweed)

luteolin (flavonoid)
 melatonin supplement
 N-Acetyl Cysteine (NAC),
 oregano (origanum vulgare, oil) |
 Psyllium (Plantago Ovata Husk)
 retinoic acid,(Vitamin A derivative)
 saccharin
 saccharomyces boulardii (probiotics)
 syzygium aromaticum (clove)
 tea
 thyme (thymol, thyme oil)
 vegetarians
 Vitamin B1,thiamine hydrochloride
 Vitamin B-12
 vitamin B3,niacin
 Vitamin B6,pyridoxine hydrochloride
 vitamin B7, biotin
 Vitamin C (ascorbic acid)
 vitamin d
 xylan (prebiotic)

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