

## Microbiome Information for: Chronic Obstructive Pulmonary Disease (COPD)

### 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**

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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/>)

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

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Chronic Obstructive Pulmonary Disease (COPD)

*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.

<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>
Aerococcaceae	family	Low	186827	Lawsonibacter	genus	High	2172004
Christensenellaceae	family	Low	990719	Megasphaera	genus	High	906
Lachnospiraceae	family	High	186803	Oscillibacter	genus	High	459786
Oscillospiraceae	family	Low	216572	Prevotella	genus	High	838
Acinetobacter	genus	High	469	Romboutsia	genus	High	1501226
Aerococcus	genus	High	1375	Roseburia	genus	Low	841
Coprococcus	genus	Low	33042	Rothia	genus	High	32207
Corynebacterium	genus	High	1716	Rothia	genus	High	508215
Eubacterium	genus	Low	1730	Stenotrophomonas	genus	High	40323
Faecalicatena	genus	High	2005359	Streptococcus	genus	High	1301
Flavonifractor	genus	High	946234	Streptomyces	genus	High	1883
Fusobacterium	genus	High	848	Veillonella	genus	High	29465
Intestinibacter	genus	High	1505657	Streptococcus parasanguinis	species	High	1318
Lachnodostridium	genus	Low	1506553	Streptococcus salivarius	species	High	1304
Lachnospira	genus	Low	28050	Streptococcus vestibularis	species	High	1343

## 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.

**berberine** 1.5 gram/day

**candida albicans (prescription)**

chondrus crispus,red sea weed

**d-ribose** 10 gram/day

**Exercise**

**fat**

**fish oil** 4 gram/day

ku ding cha tea

**lactobacillus gasseri (probiotics)** 10 BCFU/day

**lactulose**

**lard**

**linseed(flaxseed)** 30 mg/day

**Nicotine, Nicotine Patch**

**oligosaccharides (prebiotic)**

**pomegranate** 1 gram/day

**raffinose(sugar beet)**

**sarcodietheca gaudichaudii (red sea weed)**

**vitamin b2,Riboflavin** 400 mg/day

**vsl#3 (probiotics)**

## **Retail Probiotics**

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

spain (es) / muvagyn probiotico  
probiotic pur (de) / realdose nutrition  
ASEA VIA / BIOME  
Smidge / Sensitive Probiotic  
LiveWell Nutrition / Pro-45  
Realdose  
philips / colon health  
wakamoto (jp) / wakamoto pharmaceutical intestinal drug  
organic 3 / gutpro  
1 md / complete probiotics platinum  
up4 / women's  
CustomProbiotics.com / L. Gasseri Probiotic Powder  
MegaFood / MegaFlora  
NaturalPharma / Profit Probiotics  
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.

aloe vera	neem
Arbutin (polyphenol)	olea europaea,olive leaf
Burdock Root	peppermint (spice, oil)
Caffeine	refined wheat breads
carboxymethyl cellulose (prebiotic)	resistant starch
cinnamon (oil, spice)	retinoic acid,(Vitamin A derivative)
cranberry bean flour	rosmarinus officinalis,rosemary
diosmin,(polyphenol)	saccharin
enterococcus faecium (probiotic)	soy
garlic (allium sativum)	Sumac(Rhus coriaria)
glycerol monolaurate (Monolaurin)	syzygium aromaticum (clove)
Guaiacol (polyphenol)	tea
Hesperidin (polyphenol)	thyme (thymol, thyme oil)
Human milk oligosaccharides (prebiotic, Hologos, Stachyose)	trachyspermum ammi, Ajwain
inulin (prebiotic)	triphala
iron	Umeboshi (Japanese Apricot or Prunus mume )
lactobacillus kefir (NOT KEFIR)	Vitamin B-12
lactobacillus paracasei (probiotics)	vitamin B3,niacin
lactobacillus reuteri (probiotics)	Vitamin B6,pyridoxine hydrochloride
luteolin (flavonoid)	vitamin B7, biotin
mastic gum (prebiotic)	vitamin d
melatonin supplement	Vitamin E
N-Acetyl Cysteine (NAC),	walnuts
	wheat

## Sample of Literature Used

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

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 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**