Microbiome Information for: hypersomnia

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 *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

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Email: Research@MicrobiomePrescription.com

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Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of hypersomnia

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
Betaproteobacteria	*class*	High	*28216*
Coriobacteriia	*class*	Low	*84998*
Barnesiellaceae	*family*	Low	*2005519*
Lachnospiraceae	*family*	Low	*186803*
Alloprevotella	*genus*	High	*1283313*
Barnesiella	*genus*	Low	*397864*
Bilophila	*genus*	Low	*35832*
Blautia	*genus*	Low	*572511*
Collinsella	*genus*	Low	*102106*
Flavonifractor	*genus*	High	*946234*
Gordonibacter	*genus*	Low	*644652*
Hungatella	*genus*	Low	*1649459*
Klebsiella	*genus*	High	*570*
Lactococcus	*genus*	Low	*1357*
Phocea	*genus*	Low	*1926663*
Prevotella	*genus*	High	*838*
Ruminiclostridium	*genus*	Low	*1508657*
Coriobacteriales	*order*	Low	*84999*
Mycoplasmoides pneumoniae	*species*	High	*2104*
Streptococcus pyogenes	*species*	High	*1314*
Tropheryma whipplei	*species*	High	*2039*

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.

2-Amino-5-(carbamoylamino)pentanoic acid {Citrulline}
3,5,7-trihydroxy flavanone-7-rhamnoglucoside {Hesperidin} 1.5 gram/day
Abstention from eating {Fasting}
a-Gluco-oligosaccharides {GOS}
Avena sativa {Oats}
Cannabis sativa {Marijuana}
Carrageenans {Carrageenan}
chlorhexidine
cranberry bean flour
Crataegus {Hawthorn}
Echinacea Moench {Echinacea} 4 gram/day
Ethyl alcohol {Grain alcohol}
Euphausia superba {Krill Oil} 4 gram/day
Fagopyrum esculentum {Buckwheat}
fat
Ganoderma sichuanense {Reishi Mushroom} 3.4 gram/day
Grape Polyphenols {Grape Flavonoids}
grapes
green tea
Latilactobacillus sakei {Lactobacillus sakei}
partially hydrolysed guar gum
Phaseolus vulgaris {Boston bean}
Plantago {Psyllium} 6.8 gram/day
polyphenols 3 gram/day
pseudo-cereals {amaranth,quinoa, taro,buckwheat}
resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}
Sleep apnea {partial sleep deprivation}
Sodium 2-stearoyllactate {sodium stearoyl lactylate}
ß-sitosterol {beta-sitosterol}
Thiamine {Vitamin B1} 1.8 gram/day
Tributyrin
vegetarians

Retail Probiotics

Over 260 retail probiotics were evaluted with the following deem beneficial with no known adverse risks.

Lanto Sinus
Bulk Probiotics / L. Sakei Probiotic Powder (Sinus Support)
Kimchi Power / Lactobacillus Sakei
Lanto Health / Lanto Sinus Probiotic Powder
NASOBIOTEX / L. SAKEI POWDER

Note: Some of these are only available regionally – search the web for sources.

Substance to Consider Reducing or Eliminating

These are the most signigicant 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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}
(2->1)-beta-D-fructofuranan {Inulin}
2,3-dihydroxypropyl dodecanoate {Monolaurin}
bacillus
bacillus,lactobacillus,streptococcus,saccharomyces probiotic
Hordeum vulgare {Barley}
Limosilactobacillus reuteri {L. Reuteri}
pectin {pectin}
Saccharomyces cerevisiae var boulardii {S. boulardii}
walnuts

Sample of Literature Used

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Additional APriori Analysis Available

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Abdominal Aortic Aneurysm
Acne
Addison's Disease (hypocortisolism)
ADHD
Age-Related Macular Degeneration and Glaucoma
Allergic Rhinitis (Hay Fever)
Allergies
Allergy to milk products
Alopecia (Hair Loss)
Alzheimer's disease
Amyotrophic lateral sclerosis (ALS) Motor Neuron
Ankylosing spondylitis
Anorexia Nervosa
Antiphospholipid syndrome (APS)
Asthma
Atherosclerosis
Atrial fibrillation
Autism
Autoimmune Disease
Barrett esophagus cancer
benign prostatic hyperplasia
Biofilm
Bipolar Disorder
Brain Trauma
Breast Cancer
Cancer (General)
Carcinoma
cdkl5 deficiency disorder
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
Cognitive Function
Colorectal Cancer
Constipation
Coronary artery disease
COVID-19

Crohn's Disease
Cushing's Syndrome (hypercortisolism)
cystic fibrosis
d-lactic acidosis (one form of brain fog)
deep vein thrombosis
Denture Wearers Oral Shifts
Depression
Dermatomyositis
Eczema
Endometriosis
Eosinophilic Esophagitis
Epilepsy
erectile dysfunction
Fibromyalgia
Food Allergy
Functional constipation / chronic idiopathic constipation
gallstone disease (gsd)
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus
Generalized anxiety disorder
giant cell arteritis
Glioblastoma
Gout
Graves' disease
Gulf War Syndrome
Halitosis
Hashimoto's thyroiditis
Heart Failure
hemorrhagic stroke
Hemorrhoidal disease, Hemorrhoids, Piles
Hidradenitis Suppurativa
High Histamine/low DAO
hypercholesterolemia (High Cholesterol)
hyperglycemia
Hyperlipidemia (High Blood Fats)
hypersomnia
hypertension (High Blood Pressure
Hypothyroidism
Hypoxia
IgA nephropathy (IgAN)
Inflammatory Bowel Disease
Insomnia
Intelligence
Intracranial aneurysms
Irritable Bowel Syndrome
ischemic stroke
Juvenile idiopathic arthritis
Liver Cirrhosis
Long COVID
Low bone mineral density
Lung Cancer
Lymphoma
Mast Cell Issues / mastitis
ME/CFS with IBS
ME/CFS without IBS
membranous nephropathy
Menopause
Metabolic Syndrome
Mood Disorders

multiple chemical sensitivity [MCS]
Multiple Sclerosis
Multiple system atrophy (MSA)
myasthenia gravis
neuropathic pain
Neuropathy (all types)
neuropsychiatric disorders (PANDAS, PANS)
Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic
NonCeliac Gluten Sensitivity
Obesity
obsessive-compulsive disorder
Osteoarthritis
Osteoporosis
pancreatic cancer
Parkinson's Disease
Peanut Allergy
Polycystic ovary syndrome
Postural orthostatic tachycardia syndrome
Premenstrual dysphoric disorder
primary biliary cholangitis
Primary sclerosing cholangitis
Psoriasis
rheumatoid arthritis (RA),Spondyloarthritis (SpA)
Rosacea
Schizophrenia
scoliosis
sensorineural hearing loss
Sjögren syndrome
Sleep Apnea
Slow gastric motility / Gastroparesis
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
Vitiligo