

Microbiome Information for: Premenstrual dysphoric disorder

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 have found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is believed 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

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 is 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

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Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Premenstrual dysphoric disorder

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

Bacteroidia	class	Low	200643
Anaerotaenia	genus	High	1843206
Bifidobacterium	genus	High	1678
Blautia	genus	High	572511
Butyricicoccus	genus	Low	580596

Bacteria Name Rank Shift Taxonomy ID

Candida	genus	High	5475
Collinsella	genus	High	102106
Extibacter	genus	Low	1918452
Megasphaera	genus	Low	906
Parabacteroides	genus	Low	375288

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->1)-beta-D-fructofuranan {Inulin} 32 gram/day

Lactobacillus plantarum {L. plantarum} 60 BCFU/day
oligosaccharides {oligosaccharides}

Retail Probiotics

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

theramedix / probiotic
nature's way (au) / restore probiotic bowel & colon health 30s
jarrow formula / ideal bowel support® lp299v®
naturopathica (au) / gastrohealth probiotic dairy free 50 billion
Physician Choice / 60 Billion Probiotics
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
biospec / probiotic-5
HMF Metabolic
blackmores (au) / probiotics+ immune defence
CustomProbiotics.com / L. Plantarum Probiotic Powder
Ombre / Healthy Gut
1 md / complete probiotics platinum
UltraFlora® Immune Booster
OMNI-BiOTiC®/ 10 AAD
up4/women's
young living/life 9
Bromatech (IT) / Adomelle
nature's bounty / probioti 10
SuperSmart / Derma Relief
fairvital / microflora basic
Wakunaga / Max Probiotic
Invivo / Bio.Me Femme UT
NaturalPharma / Profit Probiotics
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
UltraFlora® Intensive Care
nature's way (au) / restore probiotic 30 billion 30s
organic 3 / primal gut
Floradapt Cardio
Physis / Advance Probiotics
blackmore (au) / probiotics+ daily health
Dr. Mercola / Complete Probiotics
Garden of Life / Dr. Formulated Once Daily Women's
vinco / probiotic eight 65
Purica Probiotic Cardio
hyperbiotics / pro-15
nature's way (au) / restore probiotic 100 billion
seed / male version
Maple Life Science™ / Lactobacillus plantarum
lifted naturals / mood boosting probiotic
bioglan bio (au) / happy probiotic 50
HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
goodbelly drink
Ombre / Heart Health
Symprove™
seed / female version
jarrow formulas / jarro-dophilus® ultra
custom probiotics / six strain probiotic powder
ImmuneBiotech Medical Sweden AB / GutMagnific®
organic 3 / gutpro
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
Northwest Natural Products / PB8
Immune Defense Daily Chewable Probiotic
fürstenmed / lacto-bifido
Swiss BioEnergetics / Full Spectrum Probiotic Defence

probiotic pur (de) / realdose nutrition
visbiome
garden of life / primal defense
Bulk Probiotics / L Plantarum Probiotic Powder
spain (es) / I3.1
renew life men's probiotic - ultimate
ferring / vsl#3
Resbiotic / resB® Lung Support
SuperSmart / Full Spectrum Probiotic Formula
naturopathica (au) / gastrohealth fibrepro
blackmores (au) / probiotics+ eczema relief
7 AM Ultra Probiotics
quantum wellness / restora flora
Seeking Health / Probiota HistaminX
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
vita miracle / ultra-30 probiotics
blackmores (au) / probiotics + adults daily (90 capsules)
Lake Avenue Nutrition / Probiotics 10 Strain Blend
Winclove Probiotics / Ecologic®825
ASEA VIA / BIOME
jarrow formula / jarro-dophilus original
nature's way (au) / restore probiotic daily health 90s
Bromatech(IT) / FEMELLE
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
SuperSmart / Candalb
custom probiotics / four strain lactobacilli
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
udo's choice /super 8 gold
zint nutrition / probiotic collagen +
Smidge /Sensitive Probiotic
Krauterhaus / Lactopro
LiveWell Nutrition / Pro-45
Metabolics / Lactobacillus Plantarum Powder
Nature's Lab Cardio
spain (es) / vivomixx
Advanced Bio-Cultures / Advance Multi Strain Probiotics
elixia / probiotic
Ombre / Ultimate Immunity
bioray / cytoflora
Purica Probiotic Intensive GI
renew life / ultimate flora
up4 / ultra
optibac / for your cholesterol
jarrow formulas / bifidus balance® + fos
Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
ProbioMax® Daily DF
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
Floradapt Gut Comfort
bioglan bio (au) / happy probiotic 100
Realdose
Nature's Lab Intensive GI
Ombre / Mood Enhancer
up4 / adult

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.

5,7-Dihydroxy-2-(4-hydroxyphenyl)-4H-1-benzopyran-4-one

{Apigenin }

Abstention from eating {Fasting}

allium sativum {garlic}

Aloe vera {True Aloe}

cobalamin {Vitamin B-12}

Cucurbita pepo {Pumpkin}

Cymbopogon citratus {Lemongrass}

Ethanoic acid {Vinegar}

Ethyl alcohol {Grain alcohol}

Ferrum {Iron Supplements}

high red meat

Lactococcus lactis {Streptococcus lactis}

Ocimum tenuiflorum {Tulsi}

Rubus fruticosus {Blackberry}

vegetarians

Sample of Literature Used

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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-Hlactic 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