

Microbiome Information for: Low bone mineral density

For 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

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

[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Low bone mineral density

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

Lachnospiraceae	family	Low	186803
Oscillospiraceae	family	Low	216572
Alistipes	genus	Low	239759
Barnesiella	genus	High	397864
Coprococcus	genus	Low	33042
Fusicatenibacter	genus	High	1407607
Lachnospira	genus	Low	28050
Lactococcus	genus	High	1357

Bacteria Name Rank Shift Taxonomy ID

Phascolarctobacterium	genus	Low	33024
Roseburia	genus	Low	841
Sellimonas	genus	High	1769710
Subdoligranulum	genus	Low	292632
Eubacterium coprostanoligenes	species	High	290054
Eubacterium ruminantium	species	Low	42322
Eubacterium ventriosum	species	Low	39496
Faecalicatena fissicatena	species	High	290055
Ruminococcus gauvreauii	species	Low	438033

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.

Antibiotics annotated with [CFS] have been used with various degree of success with Myalgic Encephalomyelitis, Chronic Fatigue Syndrome, Chronic Lyme, Chronic Q-Fever and Long COVID conditions. Rotation of antibiotics with 3 weeks off between courses is recommended.

2-Aminopentanedioic acid {glutamate}		
2-hydroxyethyl)trimethylazanium {choline}	1 g/day	
amikacin		
AMOXICILLIN [CFS]		
AZITHROMYCIN, [CFS]		
Brassica juncea {Mustard greens}		
Camellia Linnaeus {camellia}		
cefotaxime sodium salt (antibiotic)		
cefoxitin		
ceftazidime		
chloramphenicol		
CIPROFLOXACIN [CFS]		
CLARITHROMYCIN [CFS]		
CLINDAMYCIN [CFS]		
colistin sulfate (antibiotic)		
colostrum		
coptis chinensis {Chinese goldthread }		
cranberry bean flour		
d-galactose {milk sugar}		
DOXYCYCLINE [CFS]		
ERYTHROMYCIN [CFS]		
Flavan-3-ols {Epicatechin}		
florfenicol		
gallic acid {gallate}		
gatifloxacin (antibiotic)		
Glycine max {Doenjang}		
high-saturated fat diet		
Hypericum perforatum {St. John's Wort}		
imipenem		
ketoconazole,(prescription)		
Lactobacillus mucosae		
Lactococcus lactis {Streptococcus lactis}		
Ligilactobacillus salivarius {L. salivarius}	9 BCFU/day	
linezolid (antibiotic)		
loperamide hydrochloride,(prescription)		
low carbohydrate diet		
meropenem		
METRONIDAZOLE [CFS]		
Morus {Mulberry }		
moxifloxacin (antibiotic)		
norfloxacin		
oolong teas		
piperacillin-tazobactam		
restricted-fiber diet {low fiber diet}		
risperidone,(prescription)		
Sodium 2-stearoyllactate {sodium stearoyl lactylate}		
spiramycin (antibiotic)		
Sucralose {Splenda}	340 mg/day	
sulfamethoxazole (antibiotic)		
Tobacco consumption {Smoking}		
tobramycin		
VANCOMYCIN (ANTIBIOTIC)[CFS]		

Retail Probiotics

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

klair labs / target gb-x
OMNI-BIOTIC®/ TRAVEL
wakamoto (jp) / strong wakamoto w
HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS
Metabolics / Lactobacillus Salivarius Powder
vinco / probiotic eight 65
ecology_allergycare
Windlove Probiotics / Ecologic®825
custom probiotics / four strain lactobacilli
Bromatech (IT) / Acronelle
Bromatech (IT) / Lautoselle
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains
jarro formulas / jarro-dophilus eps
Sash Vitality / Bio-Cultures Probiotics for Adults
SuperSmart / Vaginal Health
7 AM Ultra Probiotics
SuperSmart / Probio Forte
CustomProbiotics.com / L. Salivarius Probiotic Powder
bravo europe / freeze-dried bravo
jarro formulas / jarro-dophilus® ultra
custom probiotics / six strain probiotic powder
ImmuneBiotech Medical Sweden AB / GutMagnific®
Nu U (uk) / Bio-Cultures Complex
biospec / probiotio-5
Maple Life Science™ / Lactobacillus salivarius
Bulk Probiotics / Lactococcus Lactis Probiotic Powder
nature's bounty / probioti 10
Filmjolk (SE) / Filmjolk
Invivo / Bio.Me Femme UT
Bulk Probiotics / L. Salivarius Probiotic Powder

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.

(2->1)-beta-D-fructofuranan {Inulin}	fruit/legume fibre
arabinogalactan {arabinogalactan}	High-fibre diet {Whole food diet}
Avena sativa x Hordeum vulgare {barley,oat}	Hordeum vulgare {Barley}
bacillus	long-term, moderate-intensity exercise {exercise}
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	Prunus dulcis {Almonds}
bifidobacterium longum {B.Longum }	Slow digestible carbohydrates. {Low Glycemic}
dietary fiber	β-glucan {Beta-Glucan}
Fiber, total dietary	walnuts
fruit	wheat
	whole-grain diet

Sample of Literature Used

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

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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
liver fibrosis
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