

Microbiome Information for: Allergy to milk products

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/>)

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

[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Allergy to milk products

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
Bacteroidia	class	High	200643	Clostridium	genus	High	1485
Acidaminococcaceae	family	Low	909930	Collinsella	genus	High	102106
Bifidobacteriaceae	family	Low	31953	Coprococcus	genus	High	33042
Burkholderiaceae	family	High	119060	Enterobacter	genus	High	547
Dietziaceae	family	Low	85029	Escherichia	genus	Low	561
Enterobacteriaceae	family	Low	543	Faecalibacterium	genus	High	216851
Enterococcaceae	family	Low	81852	Granulicatella	genus	Low	117563
Flavobacteriaceae	family	High	49546	Haemophilus	genus	High	724
Lachnospiraceae	family	Low	186803	Klebsiella	genus	High	570
Methylophilaceae	family	Low	32011	Parabacteroides	genus	Low	375288
Nannocystaceae	family	High	224463	Prevotella	genus	High	838
Oscillospiraceae	family	High	216572	Ruminococcus	genus	High	1263
Prevotellaceae	family	Low	171552	Staphylococcus	genus	High	1279
Ruminococcaceae	family	High	541000	Subdoligranulum	genus	High	292632
Shewanellaceae	family	High	267890	Turicibacter	genus	Low	191303
Streptococcaceae	family	Low	1300	Lactobacillales	order	Low	186826
Thermomonosporaceae	family	High	2012	Akkermansia muciniphila	species	High	239935
Actinobacillus	genus	High	713	Blautia coccooides	species	High	1532
Atopobium	genus	High	1380	Coprococcus catus	species	Low	116085
Bifidobacterium	genus	Low	1678	Escherichia coli	species	High	562
Christensenella	genus	High	990721	Lacrimispora celerecrescens	species	High	29354
				Oscillibacter valericigenes	species	High	351091

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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-

a]quinolizinium {Berberine} 1.5 gram/day

ascophyllum nodosum {Rockweed}

bifidobacterium longum {B.Longum} 10 BCFU/day

Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}

Disodium fumarate {Fumaric acid disodium salt}

Epicatechin {Green tea polyphenol}

Ferum {Iron Supplements} 400 mg/day

High-fibre diet {Whole food diet}

low protein diet

Mixture of Vitamin B? {B Vitamins}

Panax ... {Ginseng} 2000 mg/day

Saccharomyces cerevisiae var boulardii {S. boulardii} 6 BCFU/day

Sodium Bicarbonate {Baking Soda}

Sodium Chloride {Salt}

Sus domesticus {Pork}

tea

Vaccinium {Cranberry}

vegetarians

Zinc {Zinc Supplements} 300 mg/day

Retail Probiotics

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

Ombre / Metabolic Booster
 spain (es) / axiboulardi
 Wakunaga / Pro+ Synbiotic
 naturopathica (au) / gastrohealth probiotic daily care
 Eden's / 3-in-1 Synbiotic Superblend
 Bulk Probiotics / Saccharomyces boulardii Probiotic Powder (Digestive Support)
 nature's instincts / ultra spore probiotic
 NOW FOODS / Clinical GI Probiotic
 PrecisionBiotics / Immune
 Genesis Bifidobacterium Complex BB Probiotic
 cytoplan(uk) / dentavital bifidophilus
 CustomProbiotics.com / B. Longum Probiotic Powder
 Bromatech (IT) / Rotanelle plus
 Maple Life Science™ / Bifidobacterium longum
 Metabolics / Bifidobacterium Longum Powder
 Bulk Probiotics / B. Longum Probiotic Powder
 Wholesome Wellness / Raw Probiotic
 microbiome labs / restorflora
 Seeking Health / Probiota Bifidobacterium
 align / align
 Bromatech (IT) / Enterelle
 Align® Extra Strength
 HLH BIOPHARMA(DE) / LACTOBACT® AAD
 naturopathica (au) / gastrohealth probiotic adults 50+
 Schwabe Pharma Italia / MegaStress
 florastor / florastor
 PrecisionBiotics / Zenflore
 PharmExtracta / Bowell
 jamieson (can) / probiotic 10 bcfu
 Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains
 Align / Align® Chewables
 Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
 custom probiotics / d-lactate free probiotics powder
 philips / colon health
 imagilin / NutriLots Replenish
 Probiotic 10 Billion Active Cells Daily Maintenance
 Ombre / Endless Energy
 bravo europe / starter and complex
 optibac / saccharomyces boulardii
 Bromatech (IT) / Bifiselle
 wakamoto (jp) / wakamoto pharmaceutical intestinal drug
 custom probiotics / five strain bifidobacteria
 Wakunaga / Daily Probiotic
 Microbiome Labs / ZENBIOME Dual
 canada (ca) / calmbiotic
 klair labs / ther-biotic factor 4
 InnovixLabs / Mood Probiotic
 spain (es) / ultralevura
 PoolPharma (IT) / ProbioTKMIO
 Wakunaga / 50+
 organic 3 / yeastbiotic
 CVSHealth / Daily Probiotic
 Bromatech (IT) / Serobiome
 SuperSmart / Oral Health

PharmExtracta (IT) / Gliadines buccal stickpacks
Sanogermina / AB-Kolicare
Bromatech / ENTERELLE PLUS
Bioflora(MX) / Woman
jarrow formulas / jarro-dophilus mood
SuperSmart / Saccharomyces Boulardii
Schwabe Pharma Italia / AxiBoulardi
Probiotic Sticks

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}

fructo-oligosaccharides

Human milk oligosaccharides (prebiotic, Holigos, Stachyose)

Lactobacillus plantarum {L. plantarum}

oligosaccharides {oligosaccharides}

synthetic disaccharide derivative of lactose {Lactulose}

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-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