

Microbiome Information for: multiple chemical sensitivity [MCS]

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 multiple chemical sensitivity [MCS]

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
Erysipelotrichaceae	family	Low	128827	Lactobacillus	genus	High	1578
Actinomyces	genus	High	1654	Streptococcus	genus	High	1301
Akkermansia	genus	High	239934	Veillonella	genus	High	29465
Blautia	genus	Low	572511	Faecalibacterium prausnitzii	species	Low	853
Dialister	genus	High	39948	Streptococcus salivarius	species	High	1304
				Streptococcus thermophilus	species	High	1308

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

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

3,3',4',5,7-pentahydroxyflavone {Quercetin} 2 gram/day

Abstention from eating {Fasting}

Avena sativa {Oats}

Avena sativa x Hordeum vulgare {barley,oat}

bacillus subtilis {B.Subtilis } 10 BCFU/day

dietary fiber

Fiber, total dietary

fruit

fruit/legume fibre

Grape Polyphenols {Grape Flavonoids}

Hordeum vulgare {Barley} 60 gram/day

Lactobacillus plantarum {L. plantarum} 60 BCFU/day

long-term, moderate-intensity exercise {exercise}

Malus domestica {apple}

oligosaccharides {oligosaccharides}

polyphenols 3 gram/day

proton-pump inhibitors (prescription) 60 mg/day

Slow digestible carbohydrates. {Low Glycemic}

synthetic disaccharide derivative of lactose {Lactulose}

whole-grain diet

Retail Probiotics

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

Global Healing Center / FloraTrex
Realdose
probiotic pur (de) / realdose nutrition
jarrow formula / ideal bowel support® lp299v®
garden of life / primal defense
theramedix / probiotic
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
Physician Choice / 60 Billion Probiotics
nature's way (au) / restore probiotic bowel & colon health 30s
naturopathica (au) / gastrohealth probiotic dairy free 50 billion
SuperSmart / Probio Forte
organic 3 / gutpro
visbiome
goodbelly drink
enviromedica terraflora sbo probiotic
Jetson (US) / Mood Probiotics
Ombre / Heart Health
Symprove™
seed / female version
jarrow formulas / jarro-dophilus® ultra
custom probiotics / six strain probiotic powder
ImmuneBiotech Medical Sweden AB / GutMagnific®
biospec / probiotic-5
corebiotic
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
mwsb / candida yeast support
microbiome labs / megasporebiotic
klair labs / biospora
SuperSmart / Derma Relief
fairvital / microflora basic
Energybalance / ColoBiotica 28 Colon Support
Wakunaga / Max Probiotic
MegaFood / MegaFlora
microbiome labs / hu58
Invivo / Bio.Me Femme UT
perfect pass / perfect pass probiotic bacillus spore
NaturalPharma / Profit Probiotics
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
UltraFlora® Intensive Care
OMNI-BiOTIC®/ TRAVEL
global health trax / threelac
nature's way (au) / restore probiotic 30 billion 30s
Law of Nature / Best Days Formula
organic 3 / primal gut

Floradapt Cardio
Physis / Advance Probiotics
bio-botanical research / profiora4r restorative probiotic
blackmore (au) / probiotics+ daily health
Dr. Mercola / Complete Probiotics
Garden of Life / Dr. Formulated Once Daily Women's
vinco / probiotic eight 65
nature's instincts / ultra spore probiotic
Purica Probiotic Cardio
hyperbiotics / pro-15
nature's way (au) / restore probiotic 100 billion
seed / male version
solaray / microbiome probiotic colon formula
Maple Life Science™ / Lactobacillus plantarum
lifted naturals / mood boosting probiotic
bioglan bio (au) / happy probiotic 50
HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
powerlabs (au) / ultra blend
newrhythm / probiotics 20 strains
blackmores (au) / probiotics + adults daily (90 capsules)
Lake Avenue Nutrition / Probiotics 10 Strain Blend
Windcove Probiotics / Ecologic®825
ASEA VIA / BIOME
jarrow formula / jarro-dophilus original
aor / probiotic-3
vitamin angels / just thrive
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
microbiome labs / restorflora
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
INVIVO THERAPEUTICS / Bio.Me IB +
elixa / 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)
organic 3 / primal soil
Floradapt Gut Comfort
SuperSmart / Bacillus Subtilis
bioglan bio (au) / happy probiotic 100

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
jarrow formulas / jarro-dophilus eps
naturopathica (au) / gastrohealth fibrepro
blackmore (au) / probiotics+ eczema relief
7 AM Ultra Probiotics
quantum wellness / restora flora
Jetson / FIT
Seeking Health / Probiota HistaminX
Prescript-Assist®/SBO Probiotic
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
vita miracle / ultra-30 probiotics
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
Next Generation
Northwest Natural Products / PB8
Bulk Probiotics / Bacillus Subtilis Probiotic
Immune Defense Daily Chewable Probiotic
fürstenmed / lacto-bifido
Swiss BioEnergetics / Full Spectrum Probiotic Defence
Nature's Lab Intensive GI
SuperSmart / Lactoxira
douglas laboratories / multi probiotic 40 billion
Ombre / Mood Enhancer
BIO-BOTANICAL RESEARCH / Megacidin
reserveage nutrition / beautiflora
amy meyers / primal earth probiotic
Jetson / Gut Prep
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.

amoxicillin [CFS]	meropenem
ampicillin [CFS]	Metha family {Mint}
Artemisia absinthium {wormwood}	minocycline [CFS]
Azadirachta indica {Neem}	Ocimum tenuiflorum {Tulsi}
benzylpenicillin sodium (antibiotic)	Pentahydroxypentane {Xylitol}
chloramphenicol	piperacillin-tazobactam
chlorhexidine	Propolis {Bee glue}
ciprofloxacin [CFS]	Prunus mume {Umeboshi}
clindamycin [CFS]	Rhus coriaria {Sumac}
doxycycline [CFS]	rifaximin
Ethyl alcohol {Grain alcohol}	Sodium Chloride {Salt}
Ferrum {Iron Supplements}	Sodium Fluoride {Toothpaste fluoride}
gentamicin	tetracycline
Hericium erinaceus {Lion's Mane Mushroom }	Thymus vulgaris {thyme}
imipenem	tobramycin
low protein diet	trachyspermum ammi {Ajwain}
Menta × piperita {peppermint}	vancomycin (antibiotic)[CFS]
	Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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

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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