

Microbiome Information for: Cognitive Function

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 Cognitive Function

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
Actinomycetaceae	family	High	2049	Intestinibacter	genus	High	1505657
Bacteroidaceae	family	High	815	Lautropia	genus	High	47670
Bifidobacteriaceae	family	High	31953	Leptotrichia	genus	High	32067
Erysipelotrichaceae	family	Low	128827	Megamonas	genus	High	158846
Lachnospiraceae	family	High	186803	Nocardia	genus	Low	1817
Odoribacteraceae	family	Low	1853231	Odoribacter	genus	Low	283168
Prevotellaceae	family	High	171552	Oribacterium	genus	Low	265975
Ruminococcaceae	family	High	541000	Oxalobacter	genus	Low	846
Alistipes	genus	Low	239759	Parabacteroides	genus	High	375288
Alloprevotella	genus	Low	1283313	Paraprevotella	genus	High	577309
Bacillus	genus	High	1386	Phascolarctobacterium	genus	High	33024
Bacteroides	genus	High	816	Porphyromonas	genus	Low	836
Bifidobacterium	genus	High	1678	Pseudobutyrvibrio	genus	High	46205
Burkholderia	genus	High	32008	Ruminococcus	genus	High	1263
Butyricicoccus	genus	Low	580596	Ruthenibacterium	genus	High	1905344
Capnocytophaga	genus	High	1016	Sutterella	genus	High	40544
Catenibacterium	genus	Low	135858	Turicibacter	genus	High	191303
Christensenella	genus	Low	990721	Tyzzereella	genus	High	1506577
Clostridium	genus	Low	1485	Actinomycetes incertae sedis	no rank	Low	1643818
Collinsella	genus	High	102106	Agathobaculum butyriciproducens	species	High	1628085
Desulfovibrio	genus	Low	872	Barnesiella intestinihominis	species	High	487174
Dialister	genus	High	39948	Blautia obeum	species	High	40520
Dorea	genus	High	189330	Eggerthella lenta	species	High	84112
Enterobacter	genus	High	547	Eubacterium ventriosum	species	Low	39496
Eubacterium	genus	High	1730	Gordonibacter pamelaee	species	High	471189
Granulicatella	genus	High	117563	Prevotella histicola	species	High	470565

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

bacillus

bacillus,lactobacillus,streptococcus,saccharomyces probiotic

dietary fiber

Fiber, total dietary

fruit

fruit/legume fibre

High-fibre diet {Whole food diet}

Hordeum vulgare {Barley} 60 gram/day

Lactobacillus plantarum {L. plantarum} 60 BCFU/day

long-term, moderate-intensity exercise {exercise}

oligosaccharides {oligosaccharides}

Outer Layers of Triticum aestivum {Wheat Bran}

resistant starch

Slow digestible carbohydrates. {Low Glycemic}

β-glucan {Beta-Glucan} 500 mg/day

wheat

whole-grain diet

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
Global Healing Center / FloraTrex
Physician Choice / 60 Billion Probiotics
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
jarrow formula / ideal bowel support® Ip299v®
Next Generation
naturopathica (au) / gastrohealth probiotic dairy free 50 billion
SuperSmart / Probio Forte
organic 3 / gutpro
Northwest Natural Products / PB8
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
Bromatech (IT) / Serobiome
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
MegaFood / MegaFlora
Invivo / Bio.Me Femme UT
blackmore (au) / probiotics+ bowel support
NaturalPharma / Profit Probiotics
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
UltraFlora® Intensive Care
OMNI-BIOTIC®/ TRAVEL
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
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
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®
Realdose
Nature's Lab Intensive GI
SuperSmart / Lactoxira
douglas laboratories / multi probiotic 40 billion
Ombre / Mood Enhancer
up4 / adult
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
Bromatech (IT) / Lautoselle
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
Seeking Health / Probiota HistaminX
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
vita miracle / ultra-30 probiotics
newrhythm / probiotics 20 stains
blackmores (au) / probiotics + adults daily (90 capsules)
Lake Avenue Nutrition / Probiotics 10 Strain Blend
Windlove 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
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 (Pasturerized)
Floradapt Gut Comfort
bioglan bio (au) / happy probiotic 100

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.

amikacin	high red meat
amoxicillin [CFS]	high-fat diets
azithromycin,[CFS]	High-protein diet {Atkins low-carbohydrate diet}
bacitracin (antibiotic)	imipenem
Below normal temperature {Cold exposure}	meropenem
cefadior hydrate (antibiotic)	metronidazole [CFS]
cefuroxime sodium salt (antibiotic)	moxifloxacin (antibiotic)
cephalothin sodium salt (antibiotic)	nitrofurantoin (antibiotic)
chloramphenicol	piperacillin-tazobactam
clindamycin [CFS]	rifampicin
doxycycline [CFS]	sparfloxacin (antibiotic)
Ethyl alcohol {Grain alcohol}	Sucralose {Splenda}
florfenicol	vancomycin (antibiotic)[CFS]

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