

Microbiome Information for: Chronic Fatigue Syndrome

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

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Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Chronic Fatigue Syndrome

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	Turicibacter	genus	High	191303
Bacteroidaceae	family	High	815	Veillonella	genus	Low	29465
Barnesiellaceae	family	High	2005519	Actinomycetales	order	High	2037
Clostridiaceae	family	High	31979	Bacteroidales	order	High	171549
Lachnospiraceae	family	Low	186803	Eubacteriales	order	Low	186802
Porphyromonadaceae	family	Low	171551	Pseudomonadales	order	High	72274
Pseudomonadaceae	family	High	135621	[Clostridium] innocuum	species	High	1522
Actinomyces	genus	High	1654	[Clostridium] nexile	species	High	29361
Alistipes	genus	High	239759	[Clostridium] scindens	species	High	29347
Anaerostipes	genus	Low	207244	[Clostridium] symbiosum	species	High	1512
Anaerotruncus	genus	High	244127	[Eubacterium] brachy	species	High	35517
Atopostipes	genus	High	292480	Acetobacter senegalensis	species	Low	446692
Bifidobacterium	genus	Low	1678	Agathobacter rectalis	species	Low	39491
Blautia	genus	High	572511	Anaerobutyricum hallii	species	Low	39488
Chlamydia	genus	High	810	Anaerostipes caccae	species	High	105841
Clostridium	genus	High	1485	Bacteroides ovatus	species	High	28116
Coprobacillus	genus	High	100883	Bacteroides uniformis	species	High	820
Coprococcus	genus	Low	33042	Bilophila wadsworthia	species	Low	35833
Dorea	genus	Low	189330	Blautia obeum	species	Low	40520
Eggerthella	genus	High	84111	Campylobacter jejuni	species	High	197
Enterobacter	genus	High	547	Clostridiales bacterium 1_7_47FAA	species	High	457421
Enterococcus	genus	High	1350	Clostridiales bacterium L2-14	species	High	620860
Erysipelatoclostridium	genus	High	1505663	Clostridium butyricum	species	Low	1492
Faecalibacterium	genus	Low	216851	Coprobacter secundus	species	Low	1501392
Faecalitalea	genus	High	1573534	Coprococcus catus	species	Low	116085
Flavonifractor	genus	High	946234	Coprococcus comes	species	Low	410072
Fusobacterium	genus	High	848	Dorea formicigenerans	species	Low	39486
Gemella	genus	High	1378	Dorea longicatena	species	Low	88431
Gordonibacter	genus	High	644652	Eggerthella lenta	species	High	84112
Haemophilus	genus	Low	724	Enterocloster bolteae	species	High	208479
Intestinibacter	genus	High	1505657	Escherichia coli	species	High	562
Klebsiella	genus	High	570	Faecalibacterium prausnitzii	species	Low	853
Lachnoclostridium	genus	High	1506553	Flavonifractor plautii	species	High	292800
Lacticaseibacillus	genus	High	2759736	Fusicatenibacter saccharivorans	species	Low	1150298
Lactobacillus	genus	Low	1578	Haemophilus parainfluenzae	species	Low	729
Lactococcus	genus	High	1357	Mediterraneibacter gnavus	species	High	33038
Lactonifactor	genus	High	420345	Odoribacter splanchnicus	species	Low	28118
Leptotrichia	genus	High	32067	Parabacteroides distasonis	species	Low	823
Oscillibacter	genus	High	459786	Parabacteroides merdae	species	Low	46503
Phascolarctobacterium	genus	High	33024	Phocaeicola vulgatus	species	Low	821
Porphyromonas	genus	Low	836	Prevotella histicola	species	Low	470565

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Pseudomonas	<i>genus</i>	High	286	Pseudoflavonifractor capillosus	<i>species</i>	High	106588
Rothia	<i>genus</i>	High	32207	Roseburia inulinivorans	<i>species</i>	Low	360807
Rothia	<i>genus</i>	High	508215	Rothia dentocariosa	<i>species</i>	High	2047
Sellimonas	<i>genus</i>	High	1769710	Rothia mucilaginosa	<i>species</i>	High	43675
Streptococcus	<i>genus</i>	High	1301	Ruminococcus bromii	<i>species</i>	High	40518
				Ruthenibacterium lactatiformans	<i>species</i>	High	1550024

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.

(RS)-2-(4-(2-methylpropyl)phenyl)propanoic acid {ibuprofen}

2H-1?6,2-benzothiazol-1,1,3-trione {Saccharin} 450 mg/day

Ethyl alcohol {Grain alcohol}

Ferrum {Iron Supplements} 400 mg/day

High-protein diet {Atkins low-carbohydrate diet}

N-(phosphonomethyl)glycine {glyphosate}

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}

bacillus

bacillus subtilis {B.Subtilis }

bacillus,lactobacillus,streptococcus,saccharomyces probiotic

bifidobacterium longum {B.Longum }

Bovine Milk Products {Dairy}

dietary fiber

Fiber, total dietary

fructo-oligosaccharides

fruit

fruit/legume fibre

High-fibre diet {Whole food diet}

Human milk oligosaccharides (prebiotic, Holigos, Stachyose)

Lactaseibacillus casei {L. casei}

Lactobacillus plantarum {L. plantarum}

long-term, moderate-intensity exercise {exercise}

oligosaccharides {oligosaccharides}

pectin {pectin}

polyphenols

resistant starch

Slow digestible carbohydrates. {Low Glycemic}

whole-grain diet

yogurt

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