

Microbiome Information for: Allergies

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 Allergies

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
Actinomycetes	class	High	1760	Methylobacterium	genus	High	407
Bacteroidia	class	High	200643	Oscillibacter	genus	Low	459786
Clostridia	class	Low	186801	Parabacteroides	genus	High	375288
Deltaproteobacteria	class	Low	28221	Peptococcus	genus	High	2740
Gammaproteobacteria	class	High	1236	Prevotella	genus	High	838
Acidaminococcaceae	family	Low	909930	Propionibacterium	genus	High	1743
Bacteroidaceae	family	High	815	Romboutsia	genus	Low	1501226
Barnesiellaceae	family	Low	2005519	Ruminiclostridium	genus	High	1508657
Bifidobacteriaceae	family	Low	31953	Shigella	genus	High	620
Burkholderiaceae	family	High	119060	Staphylococcus	genus	High	1279
Comamonadaceae	family	High	80864	Subdoligranulum	genus	Low	292632
Desulfovibrionaceae	family	Low	194924	Veillonella	genus	High	29465
Enterobacteriaceae	family	High	543	Bacteroidales	order	High	171549
Erysipelotrichaceae	family	High	128827	Akkermansia muciniphila	species	Low	239935
Lachnospiraceae	family	Low	186803	Anaerobutyricum hallii	species	Low	39488
Lactobacillaceae	family	Low	33958	Anaerostipes hadrus	species	Low	649756
Methylobacteriaceae	family	High	119045	Aspergillus fumigatus	species	High	746128
Muribaculaceae	family	Low	2005473	Bacteroides fragilis	species	High	817
Oscillospiraceae	family	Low	216572	Bifidobacterium adolescentis	species	Low	1680
Pasteurellaceae	family	High	712	Bifidobacterium bifidum	species	High	1681
Porphyromonadaceae	family	Low	171551	Bifidobacterium breve	species	Low	1685
Prevotellaceae	family	Low	171552	Bifidobacterium catenulatum	species	High	1686
Ruminococcaceae	family	High	541000	Blautia obeum	species	High	40520
Sphingomonadaceae	family	High	41297	Clostridioides difficile	species	High	1496
Adlercreutzia	genus	High	447020	Clostridium neonatale	species	High	137838
Alistipes	genus	Low	239759	Clostridium paraputrificum	species	High	29363
Anaeromassilibacillus	genus	High	1924093	Collinsella aerofaciens	species	High	74426
Anaerotaenia	genus	Low	1843206	Coprococcus catus	species	High	116085
Bacteroides	genus	Low	816	Dorea formicigenerans	species	High	39486
Bifidobacterium	genus	Low	1678	Enterocloster bolteae	species	High	208479
Citrobacter	genus	High	544	Enterococcus faecalis	species	High	1351
Clostridium	genus	Low	1485	Escherichia coli	species	High	562
Collinsella	genus	Low	102106	Eubacterium coprostanoligenes	species	Low	290054
Dialister	genus	Low	39948	Faecalibacterium prausnitzii	species	Low	853
Dorea	genus	Low	189330	Fusobacterium nucleatum	species	High	851
Eggerthella	genus	High	84111	Klebsiella pneumoniae	species	High	573
Enhydrobacter	genus	High	212791	Lactacaseibacillus rhamnosus	species	High	47715
Enterococcus	genus	Low	1350	Lactobacillus gasseri	species	High	1596
Erysipelatoclostridium	genus	High	1505663	Limosilactobacillus reuteri	species	High	1598
Escherichia	genus	High	561	Mediterraneibacter gnavus	species	High	33038
Eubacterium	genus	High	1730	Oscillibacter valericigenes	species	High	351091

Bacteria Name	Rank	Shift	Taxonomy ID
Hungateiclostridium	<i>genus</i>	Low	2304692
Hungatella	<i>genus</i>	High	1649459
Klebsiella	<i>genus</i>	Low	570
Lachnospirillum	<i>genus</i>	High	1506553
Lactobacillus	<i>genus</i>	Low	1578
Limosilactobacillus	<i>genus</i>	Low	2742598
Megamonas	<i>genus</i>	Low	158846
Methanobrevibacter	<i>genus</i>	High	2172

Bacteria Name	Rank	Shift	Taxonomy ID
Phascolarctobacterium faecium	<i>species</i>	Low	33025
Pseudomonas aeruginosa	<i>species</i>	High	287
Robinsoniella peoriensis	<i>species</i>	High	180332
Ruminococcus bromii	<i>species</i>	Low	40518
Scardovia wiggsiae	<i>species</i>	High	230143
Streptococcus lutetiensis	<i>species</i>	High	150055
Streptococcus mutans	<i>species</i>	High	1309
Streptococcus oralis	<i>species</i>	High	1303

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.

Ethyl alcohol {Grain alcohol}

Ferrum {Iron Supplements} 400 mg/day

High-protein diet {Atkins low-carbohydrate diet}

proton-pump inhibitors (prescription) 60 mg/day

Sucralose {Splenda} 340 mg/day

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}	High-fibre diet {Whole food diet}
3,3',4',5,7-pentahydroxyflavone {Quercetin}	Hordeum vulgare {Barley}
bacillus	Lactocaseibacillus casei {L. casei}
bacillus subtilis {B.Subtilis }	lactobacillus acidophilus {L. acidophilus}
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	Lactobacillus plantarum {L. plantarum}
Bifidobacterium animalis subsp. lactis {B. Lactis}	Limosilactobacillus reuteri {L. Reuteri}
bifidobacterium bifidum {B. bifidum}	oligosaccharides {oligosaccharides}
bifidobacterium longum {B.Longum }	origanum vulgare {oregano}
Bovine Milk Products {Dairy}	pectin {pectin}
dietary fiber	Probiotic Mixture 1 {Japanese Vet Probiotic}
Diferuloylmethane {Curcumin}	Probiotic Mixture 2 {Vetafarm Probiotic}
Fiber, total dietary	Propolis {Bee glue}
fructo-oligosaccharides	Slow digestible carbohydrates. {Low Glycemic}
fruit	Thymus vulgaris {thyme}
fruit/legume fibre	whole-grain diet
green tea	yogurt

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