

Microbiome Information for: Alopecia (Hair Loss)

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 *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

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Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Alopecia (Hair Loss)

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
Acidaminococcaceae family	Low		909930	Olsenella	genus	High	133925
Eggerthellaceae family	High		1643826	Phascolarctobacterium	genus	Low	33024
Erysipelotrichaceae family	High		128827	Phyllobacterium	genus	High	28100
Lachnospiraceae family	High		186803	Pseudomonas	genus	High	286
Ruminococcaceae family	High		541000	Ruminiclostridium	genus	Low	1508657
Anaerofilum	genus	Low	52784	Sphingomonas	genus	High	13687
Anaerostipes	genus	High	207244	Bacteroides eggerthii	species	High	28111
Blautia	genus	High	572511	Eubacterium xylanophilum	species	Low	39497
Butyrivibrio	genus	Low	574697	Helicobacter pylori	species	High	210
Collinsella	genus	High	102106	Holdemania filiformis	species	High	61171
Dorea	genus	High	189330	Ligilactobacillus murinus	species	High	1622
Enterorhabdus	genus	Low	580024	Parabacteroides distasonis	species	High	823
Eubacterium	genus	High	1730	Parabacteroides johnsonii	species	High	387661
Megasphaera	genus	High	906	Ruminococcus bicirculans (ex Wegman et al. 2014)	species	Low	1160721
				Leishmania	subgenus	High	38568

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,lactobacillus,streptococcus,saccharomyces probiotic
bifidobacterium

Bifidobacterium animalis {B. animalis}

bifidobacterium longum {B.Longum} 10 BCFU/day

dietary fiber

Fiber, total dietary

fruit

fruit/legume fibre

High-fibre diet {Whole food diet}

Hordeum vulgare {Barley} 60 gram/day

Limosilactobacillus reuteri {L. Reuteri} 22 BCFU/day

long-term, moderate-intensity exercise {exercise}

oligosaccharides {oligosaccharides}

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

Slow digestible carbohydrates. {Low Glycemic}

wheat

whole-grain diet

Retail Probiotics

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

Ombre / Metabolic Booster
 Global Healing Center / FloraTrex
 nature's way (au) / restore probiotic 100 billion
 seed / male version
 Garden of Life / Dr. Formulated Once Daily Women's
 hyperbiotics / pro-15
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 Physician Choice /60 Billion Probiotics
 seed / female version
 SuperSmart / Oral Health
 Bioflora(MX) / Woman
 fairvital / microflora basic
 probiotic pur (de) / realdose nutrition
 theramedix / probiotic
 newrhythm / probiotics 20 stains
 Bromatech (IT) / Rotanelle plus
 Swiss BioEnergetics / Full Spectrum Probiotic Defence
 Advanced Bio-Cultures / Advance Multi Strain Probiotics
 elixa / probiotic
 bioray / cytoflora
 Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
 Realdose
 SuperSmart / Full Spectrum Probiotic Formula
 nature's way (au) / restore probiotic bowel & colon health 30s
 Probiotic 10 Billion Active Cells Daily Maintenance
 Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
 vita miracle / ultra-30 probiotics
 Next Generation
 optibac / saccharomyces boulardii
 Bromatech (IT) / Bifiselle
 BioGaia / BioGaia Products
 Northwest Natural Products / PB8
 wakamoto (jp) / wakamoto pharmaceutical intestinal drug
 custom probiotics / five strain bifidobacteria
 spain (es) / reuteri gotas
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
 Microbiome Labs / MEGA Genesis
 Ombre / Endless Energy
 Seeking Health / Probiota HistaminX
 bravo europe / starter and complex
 optibac / for every day
 visbiome
 garden of life / primal defense
 jamieson (can) / probiotic 10 bcfu
 Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains
 renew life men's probiotic - ultimate
 Align / Align® Chewables
 Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
 custom probiotics / d-lactate free probiotics powder
 naturopathica (au) / gastrohealth fibrepro
 philips / colon health
 blackmore (au) / probiotics+ eczema relief
 imagilin / NutriLots Replenish
 Schwabe Pharma Italia / EnteroDophilus

quantum wellness / restora flora
Schwabe Pharma Italia / MegaStress
SuperSmart / Lactoxira
Bromatech (IT) / Psicobrain
douglas laboratories / multi probiotic 40 billion
Ombre / Mood Enhancer
spain (es) / aquilea intimus
florastor / florastor
PrecisionBiotics / Zenflore
PharmExtracta / Bowell
up4 / adult
Ombre / Restore
spain (es) / gastrus
ProbioMax® Daily DF
JGL / Lactogyn
Align® Extra Strength
bioglan bio (au) / happy probiotic 100
HLH BIOPHARMA(DE) / LACTOBACT® AAD
jarrow formulas / fem dophilus
renew life / ultimate flora
up4 / ultra
jarrow formulas / bifidus balance® + fos
Bromatech (IT) / Enterelle
align / align
Seeking Health / Probiota Bifidobacterium
Maple Life Science™ / Bifidobacterium longum
fürstenmed / lacto-bifido
blackmores (au) / probiotics + adults daily (90 capsules)
Lake Avenue Nutrition / Probiotics 10 Strain Blend
Metabolics / Bifidobacterium Longum Powder
ASEA VIA / BIOME
Bulk Probiotics / B. Longum Probiotic Powder
Wholesome Wellness / Raw Probiotic
nature's way (au) / restore probiotic daily health 90s
HLH BIOPHARMA(DE) / LACTOBACT® PREMIUM
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
udo's choice /super 8 gold
microbiome labs / restorflora
Smidge / Sensitive Probiotic
Botica Alternativa / Lactobacilos Reuteri
Krauterhaus / Lactopro
LiveWell Nutrition / Pro-45
Jetson (US) / Immunity Probiotics
spain (es) / vivomixx
naturopathica (au) / gastrohealth women's probiotic with cranberry
Wakunaga / Max Probiotic
jarrow formulas / jarro-dophilus mood
SuperSmart / Saccharomyces Boulardii
MegaFood / MegaFlora
CustomProbiotics.com / L. Reuteri Probiotic Powder
Schwabe Pharma Italia / AxiBoulardi
Probiotic Sticks
Ombre / Healthy Gut
PharmExtracta (IT) / Gliadines buccal stickpacks
1 md / complete probiotics platinum
OMNI-BIOTIC®/ 10 AAD
RepHresh / Pro-B Probiotic Supplement for Women
young living / life 9

Sanogermi / AB-Kolicare
 Bromatech / ENTERELLE PLUS
 spain (es) / ultralevura
 PoolPharma (IT) / ProbioTKMIO
 Wakunaga / 50+
 spain (es) / casenbiotic
 organic 3 / yeastbiotic
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
 CVSHealth / Daily Probiotic
 Bromatech (IT) / Serobiome
 blackmores (au) / probiotics+ immune defence
 Microbiome Labs / ZENBIOME Dual
 canada (ca) / calmbiotic
 Ombre / Heart Health
 klaire labs / ther-biotic factor 4
 InnovixLabs / Mood Probiotic
 Wakunaga / Daily Probiotic
 organic 3 / gutpro
 blackmore (au) / probiotics+ womens flora balance
 SuperSmart / Lactobacillus reuteri
 Microbiome Plus+™ Gastrointestinal
 Maple Life Science™ / Lactobacillus reuteri
 Genesis Bifidobacterium Complex BB Probiotic
 spain (es) / gum peribalance
 nature's instincts / ultra spore probiotic
 NOW FOODS / Clinical GI Probiotic
 Bulk Probiotics / L. Reuteri Probiotic Powder
 PrecisionBiotics / Immune
 optibac / for women
 jarow formulas / fem-dophilus®
 nature's way (au) / restore probiotic 30 billion 30s
 spain (es) / axiboulardi
 SuperSmart / H. Pylori Fight
 BioGaia / BioGaia Osfortis
 Wakunaga / Pro+ Synbiotic
 organic 3 / primal gut
 naturopathica (au) / gastrohealth probiotic daily care
 Physis / Advance Probiotics
 blackmore (au) / probiotics+ daily health
 Eden's / 3-in-1 Synbiotic Superblend
 Dr. Mercola / Complete Probiotics
 Bulk Probiotics / Saccharomyces boulardii Probiotic Powder (Digestive Support)
 solaray / microbiome probiotic colon formula
 lifted naturals / mood boosting probiotic
 cytoplan(uk) / dentavital bifidophilus
 CustomProbiotics.com / B. Longum Probiotic Powder
 naturopathica (au) / gastrohealth probiotic adults 50+

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.

Abelmoschus {Okra}	florfenicol
amikacin	Garcinia mangostana {Mangosteen}
amoxicillin [CFS]	gentamicin
ampicillin [CFS]	glycyrrhizic acid {licorice}
azithromycin,[CFS]	henopodium quinoa {Quinoa}
Below normal temperature {Cold exposure}	imipenem
benzylpenicillin sodium (antibiotic)	loperamide hydrochloride,(prescription)
Cannabis sativa {Marijuana}	meropenem
Carrageenans {Carrageenan}	metronidazole [CFS]
cefotaxime sodium salt (antibiotic)	moxifloxacin (antibiotic)
ceftazidime	norfloxacin
ciprofloxacin [CFS]	piperacillin-tazobactam
clarithromycin [CFS]	Plantago {Psyllium}
clindamycin [CFS]	resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}
cranberry bean flour	risperidone,(prescription)
Crataegus {Hawthorn}	Sodium hypochlorite {Chlorinated Drinking Water}
D-glucose {Glucose}	sparfloxacin (antibiotic)
doxycycline [CFS]	terpenophenolics {cannabinoids}
Echinacea Moench {Echinacea}	tobramycin
Ethyl alcohol {Grain alcohol}	tomato powder
Flavan-3-ols {Epicatechin}	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