

Microbiome Information for: Intelligence

For non-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 Intelligence

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
Burkholderiaceae	family	High	119060	Oscillibacter	genus	Low	459786
Coriobacteriaceae	family	Low	84107	Oscillospira	genus	High	119852
Corynebacteriaceae	family	High	1653	Oxalobacter	genus	Low	846
Lachnospiraceae	family	High	186803	Prevotella	genus	Low	838
Oscillospiraceae	family	High	216572	Subdoligranulum	genus	Low	292632
Porphyromonadaceae	family	Low	171551	Sutterella	genus	Low	40544
Prevotellaceae	family	Low	171552	Bacteroides uniformis	species	High	820
Ruminococcaceae	family	High	541000	Eggerthella lenta	species	High	84112
Bacteroides	genus	High	816	Escherichia coli	species	High	562
Borrelia	genus	Low	138	Faecalibacterium prausnitzii	species	Low	853
Catenibacterium	genus	Low	135858	Haemophilus influenzae	species	Low	727
Clostridium	genus	High	1485	Ruminococcus callidus	species	High	40519
Coprococcus	genus	High	33042	Segatella copri	species	Low	165179
Dialister	genus	Low	39948	Streptococcus thermophilus	species	High	1308
Fusicatenibacter	genus	High	1407607	Veillonella dispar	species	High	39778

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.

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

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

Abstention from eating {Fasting}

Avena sativa x Hordeum vulgare {barley,oat}

bifidobacterium

bifidobacterium longum {B.Longum} 10 BCFU/day

cholic,taurocholic ,chenodeoxycholic,glycocholic acids {Bile supplements}

D-ribofuranoside {Ribose} 10 gram/day

high red meat

Hordeum vulgare {Barley} 60 gram/day

nicotinic acid {Vitamin B-3} 3000 mg/day

pectin {pectin}

resistant starch

Sodium Chloride {Salt}

wheat

Retail Probiotics

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

Bromatech (IT) / Serobiome
PharmExtracta (IT) / Gliadines buccal stickpacks
Sanogermina / AB-Kolicare
Bioflora(MX) / Woman
jarrow formulas / jarro-dophilus mood
Probiotic Sticks
nature's way (au) / restore probiotic 30 billion 30s
naturopathica (au)/ gastrohealth probiotic daily care
blackmore (au) / probiotics+ daily health
PrecisionBiotics / Immune
cytoplant(uk) /dentavital bifidophilus
CustomProbiotics.com / B. Longum Probiotic Powder
Bromatech (IT) / Rotanella plus
Maple Life Science™ / Bifidobacterium longum
blackmores (au) / probiotics + adults daily (90 capsules)
Metabolics / Bifidobacterium Longum Powder
Bulk Probiotics / B. Longum Probiotic Powder
nature's way (au) / restore probiotic daily health 90s
Seeking Health / Probiota Bifidobacterium
align / align
jarrow formulas / bifidus balance® + fos
Align® Extra Strength
naturopathica (au) / gastrohealth probiotic adults 50+
Schwabe Pharma Italia / MegaStress
PrecisionBiotics / Zenflora
PharmExtracta / Bowell
Align / Align® Chewables
naturopathica (au) / gastrohealth fibrepro
blackmore (au) / probiotics+ eczema relief
optibac / for every day
Bromatech (IT) / Bifiselle
custom probiotics / five strain bifidobacteria
Microbiome Labs / ZENBIOME Dual
canada (ca) / calmbiotic
InnovixLabs / Mood Probiotic
CVSHealth / Daily Probiotic

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.

(2S)-2-amino-4-carbamoylbutanoic acid {Glutamine}
 2-(3,4-Dihydroxyphenyl)-5,7-dihydroxy-4H-chromen-4-one
 {Luteolin}
 3,4-dihydroxyphenyllactic acid {Rosmarinic acid}
 Avena sativa {Oats}
 Azadirachta indica {Neem}
 Bifidobacterium animalis subsp. lactis {B. Lactis}
 bifidobacterium lactis, streptococcus thermophilus probiotic
 Brassica oleracea {cabbage}
 Camellia Linnaeus {camellia}
 Cannabis sativa {Marijuana}
 Cinnamomum zeylanicum {Ceylon Cinnamon}
 Citrus aurantiifolia {Lime}
 Citrus limon {Lemon}
 Coffee
 cranberry bean flour
 D-(-)-Fructose {Fruit sugar}
 enterococcus faecium {E. faecium}
 eugenol {Eugenic acid}
 Galacto-oligosaccharides {GOS}
 green tea
 Lactocaseibacillus casei {L. casei}
 Lactobacillus gasseri {L. gasseri}
 Lactobacillus plantarum {L. plantarum}
 Latilactobacillus sakei {Lactobacillus sakei}
 Lavandula angustifolia {lavender}
 Ligilactobacillus salivarius {L. salivarius}

Metha family {Mint}
 Nigella sativa {black cumin}
 Ocimum basilicum {Basil}
 Ocimum gratissimum {Clove basil}
 oligosaccharides {oligosaccharides}
 oolong teas
 origanum vulgare {oregano}
 Pimpinella anisum {Anise}
 Piper nigrum {black pepper}
 polyphenols
 Propolis {Bee glue}
 Punica granatum {pomegranate}
 red wine
 red wine polyphenols
 resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}
 Riboflavin {Vitamin B2}
 rosmarinus officinalis {rosemary}
 Salvia officinalis {Sage}
 Silver nanoparticles {Colloidal silver}
 Sodium Bicarbonate {Baking Soda}
 β -(1 $\rightarrow$ 4)-linked D-glucosamine and N-acetyl-D-glucosamine
 {Chitosan}
 syzygium aromaticum {clove}
 tea
 Thymus vulgaris {thyme}
 Vaccinium {Cranberry}
 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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Acne
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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