

Microbiome Information for: Low bone mineral density

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/>)

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

[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Low bone mineral density

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

Lachnospiraceae	family	Low	186803
Oscillospiraceae	family	Low	216572
Alistipes	genus	Low	239759
Barnesiella	genus	High	397864
Coprococcus	genus	Low	33042
Fusicatenibacter	genus	High	1407607
Lachnospira	genus	Low	28050
Lactococcus	genus	High	1357

Bacteria Name

Rank Shift Taxonomy ID

Phascolarctobacterium	genus	Low	33024
Roseburia	genus	Low	841
Sellimonas	genus	High	1769710
Subdoligranulum	genus	Low	292632
Eubacterium coprostanoligenes	species	High	290054
Eubacterium ruminantium	species	Low	42322
Eubacterium ventriosum	species	Low	39496
Faecalicatena fissicatena	species	High	290055
Ruminococcus gauvreauii	species	Low	438033

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.

2-Amino-5-(carbamoylamino)pentanoic acid {Citrulline}

2-Aminopentanedioic acid {glutamate}

2-hydroxyethyl)trimethylazanium {choline} 1 g/day

Brassica juncea {Mustard greens}

Camellia Linnaeus {camellia}

colostrum

coptis chinensis {Chinese goldthread }

cranberry bean flour

d-galactose {milk sugar}

fat

Flavan-3-ols {Epicatechin}

gallic acid {gallate}

Glycine max {Doenjang}

Hypericum perforatum {St. John's Wort}

Lactobacillus mucosae

Lactococcus lactis {Streptococcus lactis}

Ligilactobacillus salivarius {L. salivarius} 9 BCFU/day

Morus {Mulberry }

oolong teas

Prunus mume {Umeboshi}

Sodium 2-stearoyllactate {sodium stearoyl lactylate}

Sucralose {Splenda} 340 mg/day

Tobacco consumption {Smoking}

Retail Probiotics

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

CustomProbiotics.com / L. Salivarius Probiotic Powder

Maple Life Science™ / Lactobacillus salivarius

Bulk Probiotics / Lactococcus Lactis Probiotic Powder

Filmjök (SE) / Filmjök

Bulk Probiotics / L. Salivarius Probiotic Powder

wakamoto (jp) / strong wakamoto w

Metabolics / Lactobacillus Salivarius Powder

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.

(2->1)-beta-D-fructofuranan {Inulin}	Lactocaseibacillus casei {L. casei}
Abstention from eating {Fasting}	Lactocaseibacillus paracasei {L. paracasei}
arabinogalactan {arabinogalactan}	lactobacillus acidophilus {L. acidophilus}
Avena sativa x Hordeum vulgare {barley,oat}	Lactobacillus plantarum {L. plantarum}
bacillus	lactobacillus rhamnosus gg.bifidobacterium animalis lactis
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	,lactobacillus paracasei {cvs maximum strength probiotic}
bifidobacterium	laminaria digitata {Oarweed}
bifidobacterium longum {B. Longum }	Limosilactobacillus reuteri {L. Reuteri}
Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}	long-term, moderate-intensity exercise {exercise}
Diferuloylmethane {Curcumin}	Outer Layers of Triticum aestivum {Wheat Bran}
eicosapentaenoic acid (EPA),docosahexaenoic acid (DHA) {Fish Oil}	pectin {pectin}
enterococcus faecium {E. faecium}	Prunus dulcis {Almonds}
fruit	resistant starch
fruit/legume fibre	Saccharomyces cerevisiae var boulardii {S. boulardii}
fucoidan {Brown Algae Extract}	β-glucan {Beta-Glucan}
Heyndrickxia coagulans {B. coagulans}	vitamin d
Hordeum vulgare {Barley}	walnuts
	wheat
	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