

Microbiome Information for: multiple chemical sensitivity [MCS]

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 multiple chemical sensitivity [MCS]

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
Erysipelotrichaceae	family	Low	128827
Actinomyces	genus	High	1654
Akkermansia	genus	High	239934
Blautia	genus	Low	572511
Dialister	genus	High	39948

Bacteria Name	Rank	Shift	Taxonomy ID
Lactobacillus	genus	High	1578
Streptococcus	genus	High	1301
Veillonella	genus	High	29465
Faecalibacterium prausnitzii	species	Low	853
Streptococcus salivarius	species	High	1304
Streptococcus thermophilus	species	High	1308

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

3,3',4',5,7-pentahydroxyflavone {Quercetin} 2 gram/day

Abstention from eating {Fasting}

Avena sativa {Oats}

Avena sativa x Hordeum vulgare {barley,oat}

bacillus subtilis {B.Subtilis } 10 BCFU/day

fruit

fruit/legume fibre

Grape Polyphenols {Grape Flavonoids}

Hordeum vulgare {Barley} 60 gram/day

lactobacillus acidophilus {L. acidophilus} 20 BCFU/day

Lactobacillus plantarum {L. plantarum} 60 BCFU/day

laminaria digitata {Oarweed}

Limosilactobacillus fermentum {L. fermentum} 12 BCFU/day

long-term, moderate-intensity exercise {exercise}

Malus domestica {apple}

oligosaccharides {oligosaccharides}

polyphenols 3 gram/day

resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}

synthetic disaccharide derivative of lactose {Lactulose}

β-lactoglobulin {Whey} 60 gram/day

Retail Probiotics

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

Global Healing Center / FloraTrex
 Realdose
 probiotic pur (de) / realdose nutrition
 theramedix / probiotic
 nature's way (au) / restore probiotic bowel & colon health 30s
 garden of life / primal defense
 SuperSmart / Full Spectrum Probiotic Formula
 Jetson / FIT
 vita miracle / ultra-30 probiotics
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 Physician Choice / 60 Billion Probiotics
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
 Garden of Life / Dr. Formulated Once Daily Women's
 hyperbiotics / pro-15
 nature's way (au) / restore probiotic 100 billion
 seed / male version
 solaray / mycrobioime probiotic colon formula
 lifted naturals / mood boosting probiotic
 bioglan bio (au) / happy probiotic 50
 vinco / probiotic eight 65
 powerlabs (au) / ultra blend
 Ombre / Healthy Gut
 1 md / complete probiotics platinum
 OMNI-BIOTIC®/ 10 AAD
 up4 / women's
 Wakunaga / Max Probiotic
 MegaFood / MegaFlora
 Invivo / Bio.Me Femme UT
 NaturalPharma / Profit Probiotics
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 OMNI-BIOTIC®/ TRAVEL
 Bromatech (IT) / Milonet
 nature's way (au) / restore probiotic 30 billion 30s
 organic 3 / primal gut
 Physis / Advance Probiotics
 blackmore (au) / probiotics+ daily health
 Swiss BioEnergetics / Full Spectrum Probiotic Defence
 Dr. Mercola / Complete Probiotics
 Symprove™
 HMF Metabolic
 blackmores (au) / probiotics+ immune defence
 young living/life 9
 Bromatech (IT) / Adomelle
 nature's bounty / probioti 10
 seed / female version
 jarow formulas / jarro-dophilus® ultra
 custom probiotics / six strain probiotic powder
 SuperSmart / Probio Forte
 jarow formula / ideal bowel support® lp299v®
 Next Generation
 Northwest Natural Products / PB8
 naturopathica (au) / gastrohealth fibrepro
 7 AM Ultra Probiotics
 quantum wellness / restora flora

Thryve LPCasei Th1, LPCasei Th2, L.Ferm IBF1, L.acidoph
 renew life men's probiotic - ultimate
 ferring / vsl#3
 Resbiotic / resB® Lung Support
 visbiome
 up4 / adult
 newrhythm / probiotics 20 strains
 blackmores (au) / probiotics + adults daily (90 capsules)
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 Windlove Probiotics / Ecologic®825
 ASEA VIA / BIOME
 jarro formula / jarro-dophilus original
 Wholesome Wellness / Raw Probiotic
 nature's way (au) / restore probiotic daily health 90s
 Bromatech(IT) / FEMELLE
 SuperSmart / Candalb
 custom probiotics / four strain lactobacilli
 naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
 udo's choice / super 8 gold
 zint nutrition / probiotic collagen +
 LiveWell Nutrition / Pro-45
 douglas laboratories / multi probiotic 40 billion
 bioglan bio (au) / happy probiotic 100
 ProbiMax® Daily DF
 spain (es) / vivomixx
 Advanced Bio-Cultures / Advance Multi Strain Probiotics
 elixa / probiotic
 bioray / cytoflora
 renew life / ultimate flora
 up4 / ultra
 quality health(au) / fridge free probiotic 25b
 optibac / for your cholesterol
 jarro formulas / bifidus balance® + fos
 bayer / trubiatics daily probiotic
 Bromatech (IT) / Enterelle
 Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
 CustomProbiotics.com / L. Acidophilus Probiotic Powder
 Purica Probiotic Intensive GI
 Ombre / Ultimate Immunity
 reg'activ / immune & vitality
 INVIVO THERAPEUTICS / Bio.Me IB +
 genestra brands® hm
 SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
 organic 3 / primal soil
 Floradapt Gut Comfort
 SuperSmart / Bacillus Subtilis
 HLH BIOPHARMA(DE) / LACTOBACT® AAD
 naturopathica (au) / gastrohealth probiotic adults 50+
 Ombre / Mood Enhancer
 BIO-BOTANICAL RESEARCH / Megacidin
 reserveage nutrition / beautiflora
 amy meyers / primal earth probiotic
 Jetson / Gut Prep
 UltraFlora® Balance
 HMF Intensive
 Nature's Lab Intensive GI
 SuperSmart / Lactoxira
 Bromatech (IT) / Psicobrain

Metabolics / Lactobacillus Plantarum Powder
Nature's Lab Cardio
Jetson (US) / Immunity Probiotics
Bromatech (IT) / Pilorex
Smidge / Sensitive Probiotic
Krauterhaus / Lactopro
microbiome labs / restorflora
Bromatech (IT) / Aflugenex
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
bio-k+
aor / probiotic-3
vitamin angels / just thrive
solgar / advanced multi-billion dophilus
Bulk Probiotics / L. Fermentum Probiotic Powder
PharmExtracta (IT) / FG5 Forte In Sachets
natren / megadophilus
VSL Pharmaceuticals / Oxadrop
Bulk Probiotics / Bacillus Subtilis Probiotic
Bromatech (IT) / Rotanelle plus
Immune Defense Daily Chewable Probiotic
fürstenmed / lacto-bifido
Bromatech (IT) / Acronelle
Bulk Probiotics / L. Plantarum Probiotic Powder
spain (es) / I3.1
jamieson (can) / probiotic 10 bcfu
optibac / for those on antibiotics
shin biofermin (jp) /s
Good Start® by Gerber® Breastfeeding Comfort Plus Probiotics
Bromatech (IT) / Lautoselle
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains
bioglan bio (au) / happy probiotic 25
klaire labs / target gb-x
Materna® Opti-Lac® Breast Feeding Support
jarro formulas / jarro-dophilus eps
Probiotic 10 Billion Active Cells Daily Maintenance
UltraFlora® Restore
Schwabe Pharma Italia / EnteroDophilus
Sash Vitality / Bio-Cultures Probiotics for Adults
blackmore (au) / probiotics+ eczema relief
Metabolics / Lactobacillus Acidophilus
SuperSmart / Vaginal Health
Seeking Health / Probiota HistaminX
Nature's Bounty / Acidophilus Probiotic
bravo europe / starter and complex
optibac / for every day
bioglan (au) / healthy kids probiotic choc balls 50s
Prescript-Assist®/SBO Probiotic
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
solgar / advanced 40+ acidophilus
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
organic 3 / gutpro
bravo europe / freeze-dried bravo
spain (es) / profaes4 viajeros
Bromatech (IT) / Citogenex
FloraVantage® Balance
ImmuneBiotech Medical Sweden AB / GutMagnific®
goodbelly drink
enviromedica terraflora sbo probiotic

Schiff® Digestive Advantage® Advanced Probiotics Multi-Strain Support
Jetson (US) / Mood Probiotics
Ombre / Heart Health
mwsb / candida yeast support
microbiome labs/ megasporebiotic
nature's way (au) / restore probiotic choc balls 60s
klair labs / biospora
Bromatech / ENTERELLE PLUS
SuperSmart / Derma Relief
HMF Forte
Bioflora(MX) / Woman
fairvital / microflora basic
Energybalance / ColoBiotica 28 Colon Support
naturopathica (au) / gastrohealth women's probiotic with cranberry
BioGaia / Elactia
CustomProbiotics.com / L. Plantarum Probiotic Powder
Maple Life Science™ / Lactobacillus fermentum
optibac / for every day max
CVSHealth / Daily Probiotic
Nu U (uk) / Bio-Cultures Complex
biospec / probiotic-5
corebiotic
Bromatech (IT) / Ramnoselle
bio-botanical research / proflora4r restorative probiotic
Floradapt Cardio
HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS
Law of Nature / Best Days Formula
HMF IBS Relief
perfect pass / perfect pass probiotic bacillus spore
speer labs / emuaid first defense
global health trax / threelac
solgar / advanced acidophilus plus
UltraFlora® Intensive Care
Ombre / Metabolic Booster
Pädia GmbH (DE)/Mambiotic Kapseln
quality health (au) / fridge free* probiotic 60s
blackmore (au) / probiotics+ bowel support
microbiome labs / hu58
anabolic laboratories / probiotic complete
spain (es) / profaes4 edad escolar
Ombre / Harmony
UltraFlora® Immune Booster
ISCON Elegance/ Ochek Capsule 10
just for tummies / live bacteria
nature's instincts / ultra spore probiotic
Biorela® Daily
Bulk Probiotics / L. Acidophilus Probiotic Powder
spain (es) / lactanza hereditum
gnc / ultra probiotic complex
NOW FOODS / Clinical GI Probiotic
natren / healthy trinity probiotic
Purica Probiotic Cardio
ecology_allergycare
HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
cytoplan(uk) / dentavital bifidophilus
trubiotics / one a day
Maple Life Science™ / Lactobacillus plantarum

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.

Artemisia absinthium {wormwood}	N-(phosphonomethyl)glycine {glyphosate}
Azadirachta indica {Neem}	Ocimum tenuiflorum {Tulsi}
Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}	Pentahydroxypentane {Xylitol}
chlorhexidine	Propolis {Bee glue}
Ethyl alcohol {Grain alcohol}	Prunus mume {Umeboshi}
Ferrum {Iron Supplements}	Rhus coriaria {Sumac}
Hericium erinaceus {Lion's Mane Mushroom }	Sodium Chloride {Salt}
Menta × piperita {peppermint}	Thymus vulgaris {thyme}
Metha family {Mint}	trachyspermum ammi {Ajwain}
	Zingiber officinale Roscoe {ginger}

Sample of Literature Used

The following are the most significant of the studies used to generate these suggestions.

[Metagenomic gut microbiome analysis of Japanese patients with multiple chemical sensitivity/idiopathic environmental intolerance.](#)

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[A 30% high-fiber diet mitigates oxidative stress and inflammation while modulating cecal microbiota in rats undergoing high-intensity exercise.](#)

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[Effects of whey protein isolate on the human gut microbiota and intestinal function in older adults.](#)

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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
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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