

Microbiome Information for: Epilepsy

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

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[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Epilepsy

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
Betaproteobacteria	class	Low	28216	Lactobacillus	genus	Low	1578
Fusobacteriia	class	High	203490	Lautropia	genus	High	47670
Clostridiaceae	family	High	31979	Leptotrichia	genus	High	32067
Lachnospiraceae	family	High	186803	Megamonas	genus	High	158846
Rikenellaceae	family	High	171550	Megasphaera	genus	High	906
Veillonellaceae	family	High	31977	Neisseria	genus	High	482
Actinomyces	genus	High	1654	Niabella	genus	Low	379899
Akkermansia	genus	High	239934	Parabacteroides	genus	Low	375288
Alistipes	genus	High	239759	Prevotella	genus	Low	838
Anaerostipes	genus	High	207244	Romboutsia	genus	High	1501226
Anoxybacillus	genus	Low	150247	Ruminiclostridium	genus	High	1508657
Bacteroides	genus	High	816	Salmonella	genus	High	590
Barnesiella	genus	High	397864	Shigella	genus	High	620
Bifidobacterium	genus	High	1678	Streptococcus	genus	High	1301
Brevundimonas	genus	Low	41275	Subdoligranulum	genus	High	292632
Campylobacter	genus	High	194	Sutterella	genus	High	40544
Collinsella	genus	High	102106	Burkholderiales	order	Low	80840
Coriobacterium	genus	High	33870	Eubacteriales	order	High	186802
Cronobacter	genus	High	413496	Akkermansia muciniphila	species	Low	239935
Devosia	genus	Low	46913	Alistipes shahii	species	High	328814
Enterococcus	genus	High	1350	Bacteroides fragilis	species	High	817
Erysipelatoclostridium	genus	High	1505663	Christensenella minuta	species	High	626937
Escherichia	genus	High	561	Clostridium perfringens	species	High	1502
Faecalibacterium	genus	Low	216851	Escherichia coli	species	High	562
Flavibacterium	genus	Low	1004301	Faecalibacterium prausnitzii	species	High	853
Fusobacterium	genus	High	848	Fusobacterium mortiferum	species	High	850
Haemophilus	genus	High	724	Parabacteroides merdae	species	Low	46503
Hungatella	genus	High	1649459	Streptococcus pneumoniae	species	High	1313

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->1)-beta-D-fructofuranan {Inulin} 32 gram/day

Abstention from eating {Fasting}

Ferrum {Iron Supplements} 400 mg/day

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2

gram/day

long-term, moderate-intensity exercise {exercise}

β-glucan {Beta-Glucan} 500 mg/day

Retail Probiotics

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

blackmores (au) / probiotics + adults daily (90 capsules)
nature's way (au) / restore probiotic daily health 90s
jarrow formulas / bifidus balance® + fos
naturopathica (au) / gastrohealth fibrepro
blackmore (au) / probiotics+ eczema relief
nature's way (au) / restore probiotic 30 billion 30s
blackmore (au) / probiotics+ daily health

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-(3,4-Dihydroxyphenyl)-5,7-dihydroxy-4H-chromen-4-one
{Luteolin}
3,3',4',5,7-pentahydroxyflavone {Quercetin}
allium sativum {garlic}
Azadirachta indica {Neem}
bacillus
bacillus,lactobacillus,streptococcus,saccharomyces probiotic
bifidobacterium bifidum {B. bifidum}
Bovine Milk Products {Dairy}
Cinnamomum zeylanicum {Ceylon Cinnamon}
Curcuma longa {Turmeric}
D-(-)-Fructose {Fruit sugar}
Diferuloylmethane {Curcumin}
enterococcus faecium {E. faecium}
eugenol {Eugenic acid}
Honey {Honey }
Lactocaseibacillus casei {L. casei}
Lactobacillus plantarum {L. plantarum}

Lavandula angustifolia {lavender}
Limosilactobacillus reuteri {L. Reuteri}
Menta × piperita {peppermint}
Metha family {Mint}
Moringa Oleifera
Ocimum gratissimum {Clove basil}
origanum vulgare {oregano}
polyphenols
Probiotic Mixture 1 {Japanese Vet Probiotic}
Probiotic Mixture 2 {Vetafarm Probiotic}
Propolis {Bee glue}
Punica granatum {pomegranate}
rosmarinus officinalis {rosemary}
β-(1?4)-linked D-glucosamine and N-acetyl-D-glucosamine
{Chitosan}
Thymus vulgaris {thyme}
yogurt
Zingiber officinale Roscoe {ginger}

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

cdk15 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