

Microbiome Information for: Fibromyalgia

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

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Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Fibromyalgia

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
Acetivibrio	genus	High	35829
Alistipes	genus	High	239759
Bacteroides	genus	Low	816
Blautia	genus	High	572511
Butyricoccus	genus	Low	580596
Chlamydia	genus	High	810
Clostridium	genus	Low	1485
Dorea	genus	High	189330
Eggerthella	genus	High	84111
Enterorhabdus	genus	Low	580024
Eubacterium	genus	Low	1730
Faecalibacterium	genus	Low	216851
Haemophilus	genus	Low	724
Lachnospiraceae	genus	High	1506553
Mycoplasma	genus	High	2093
Olsenella	genus	Low	133925
Phascolarctobacterium	genus	High	33024
Prevotella	genus	Low	838
Eubacteriales	order	High	186802

Bacteria Name	Rank	Shift	Taxonomy ID
[Clostridium] scindens	species	High	29347
Agathobaculum desmolans	species	High	39484
Alistipes onderdonkii	species	High	328813
Bacteroides uniformis	species	Low	820
Blautia faecis	species	Low	871665
Blautia hydrogenotrophica	species	High	53443
Blautia massiliensis (ex Durand et al. 2017)	species	High	1737424
Coprococcus comes	species	Low	410072
Faecalibacterium prausnitzii	species	Low	853
Flavonifractor plautii	species	High	292800
Haemophilus parainfluenzae	species	Low	729
Helicobacter pylori	species	High	210
Hungatella hathewayi	species	High	154046
Intestinimonas butyriciproducens	species	High	1297617
Parabacteroides merdae	species	High	46503
Ruminococcus gauvreauii	species	High	438033
Ruthenibacterium lactatiformans	species	High	1550024
Segatella copri	species	Low	165179
Staphylococcus aureus	species	High	1280
Thomasclavelia ramosa	species	High	1547

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-4-(methylthio)butanoic acid {Methionine} 5 gram/day

Arctium lappa {Burdock Root}

Below normal temperature {Cold exposure}

Chrysanthemum × morifolium {Chrysanthemum}

Ethyl alcohol {Grain alcohol}

high red meat

Lentilactobacillus kefir {Kefibios}

Nicotine, Nicotine Patch

Oenothera biennis {Evening Primrose Oil}

Oryza sativa {Rice}

Pleurotus ostreatus {Oyster mushroom}

Polyethylene oxide sorbitan mono-oleate {Polysorbate 80}

Quercetin-3-O-rutinoside {Rutin} 60 mg/day

Sleep apnea {partial sleep deprivation}

theabrownin {theabrownin}

Triticum aestivum {Whole-grain wheat}

Ulmus rubra {slippery elm}

Retail Probiotics

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

PIANETA FARMA/KefiBios

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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}
(2->1)-beta-D-fructofuranan {Inulin}
bacillus
bacillus,lactobacillus,streptococcus,saccharomyces probiotic
Diferuloylmethane {Curcumin}
fruit
fruit/legume fibre

grapes
Malus domestica {apple}
oligosaccharides {oligosaccharides}
pectin {pectin}
polyphenols
Propolis {Bee glue}
resistant starch
β-glucan {Beta-Glucan}

Sample of Literature Used

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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