

Microbiome Information for: Graves' disease

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 Graves' disease

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
Actinomycetes	class	High	1760	Coprococcus	genus	Low	33042
Bacilli	class	High	91061	Dialister	genus	Low	39948
Bacteroidia	class	High	200643	Dorea	genus	Low	189330
Clostridia	class	Low	186801	Haemophilus	genus	High	724
Coriobacteriia	class	High	84998	Micromonospora	genus	High	1873
Erysipelotrichia	class	High	526524	Mogibacterium	genus	High	86331
Actinomycetaceae	family	Low	2049	Mycobacterium	genus	High	1763
Bacillaceae	family	Low	186817	Oribacterium	genus	High	265975
Bacteroidaceae	family	Low	815	Parabacteroides	genus	High	375288
Coriobacteriaceae	family	High	84107	Pediococcus	genus	High	1253
Enterobacteriaceae	family	Low	543	Prevotella	genus	High	838
Erysipelotrichaceae	family	High	128827	Roseburia	genus	Low	841
Lachnospiraceae	family	Low	186803	Streptococcus	genus	Low	1301
Pasteurellaceae	family	High	712	Veillonella	genus	Low	29465
Peptostreptococcaceae	family	Low	186804	Victivallis	genus	Low	172900
Prevotellaceae	family	High	171552	Actinomycetales	order	Low	2037
Rikenellaceae	family	Low	171550	Bacteroidales	order	High	171549
Tannerellaceae	family	High	2005525	Coriobacteriales	order	High	84999
Veillonellaceae	family	Low	31977	Erysipelotrichales	order	High	526525
Aggregatibacter	genus	High	416916	Eubacteriales	order	Low	186802
Alistipes	genus	Low	239759	Lactobacillales	order	High	186826
Anaerostipes	genus	Low	207244	Faecalibacterium prausnitzii	species	Low	853
Bacteroides	genus	Low	816	Haemophilus parainfluenzae	species	High	729
Blautia	genus	Low	572511	Helicobacter pylori	species	High	210
Butyricimonas	genus	Low	574697	Ruminococcus gauvreauii	species	Low	438033
Collinsella	genus	High	102106	Yersinia enterocolitica	species	High	630

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.

chitosan oligomers {chitooligosaccharides} 600 mg/day	grapes
(2S)-2-amino-4-carbamoylbutanoic acid {Glutamine} 5 gram/day	Lactobacillus kefirianofaciens {Kefir Probiotic}
2-Amino-5-(carbamoylamino)pentanoic acid {Citrulline}	Lactobacillus plantarum {L. plantarum} 60 BCFU/day
3,3',4',5,7-pentahydroxyflavone {Quercetin} 2 gram/day	Lactococcus lactis {Streptococcus lactis}
3,4-dihydroxyphenyllactic acid {Rosmarinic acid}	Latilactobacillus sakei {Lactobacillus sakei}
alpha-linolenic acid {Omega-3} 4 gram/day	Ligilactobacillus salivarius {L. salivarius} 9 BCFU/day
Avena sativa {Oats}	Linum usitatissimum {Flaxseed} 30 mg/day
Bifidobacterium animalis subsp. lactis {B. Lactis} 1 BCFU/day	non-starch polysaccharides
Brassica oleracea {cabbage}	oligosaccharides {oligosaccharides}
Caffeine	oolong teas
Camellia Linnaeus {camellia}	Phaseolus vulgaris {Boston bean}
Cannabis sativa {Marijuana}	Phyllanthus emblica {Chinese gall}
Citrus limon {Lemon}	polyphenols 3 gram/day
Coffee	pseudo-cereals {amaranth, quinoa, taro, buckwheat}
Cola aspartame {Diet Cola}	red wine 250 ml/day
cranberry bean flour	resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}
Cucurbita pepo {Pumpkin}	Riboflavin {Vitamin B2} 400 mg/day
Epicatechin {Green tea polyphenol}	β-(1?4)-linked D-glucosamine and N-acetyl-D-glucosamine
fat	{Chitosan} 3 gram/day
fruit	steviol glycosides {Stevia} 800 mg/day
fruit/legume fibre	tea
Grape Polyphenols {Grape Flavonoids}	Thiamine {Vitamin B1} 1.8 gram/day
	Tobacco consumption {Smoking}
	β-lactoglobulin {Whey} 60 gram/day

Retail Probiotics

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

custom probiotics / four strain lactobacilli
 ferring / vsl#3
 jarrow formula / ideal bowel support® lp299v®
 HMF Metabolic
 custom probiotics / six strain probiotic powder
 ImmuneBiotech Medical Sweden AB / GutMagnific®
 biospec / probiotio-5
 Maple Life Science™ / Lactobacillus salivarius
 Nu U (uk) / Bio-Cultures Complex
 FloraVantage® Balance
 Bulk Probiotics / Lactococcus Lactis Probiotic Powder
 CustomProbiotics.com / L. Plantarum Probiotic Powder
 UltraFlora® Immune Booster
 up4 / women's
 Bromatech (IT) / Adomelle
 optibac / bifidobacteria & fibre
 HMF Forte
 spain (es) / profaes4 edad escolar
 Filmjök (SE) / Filmjök
 blackmore (au) / probiotics+ bowel support
 Bulk Probiotics / L. Salivarius Probiotic Powder
 NaturalPharma / Profit Probiotics
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 UltraFlora® Intensive Care
 wakamoto (jp) / strong wakamoto w
 HMF IBS Relief
 Maple Life Science™ / Bifidobacterium Animalis
 Floradapt Cardio
 Metabolics / Lactobacillus Salivarius Powder
 NASOBIOTEX / L. SAKEI POWDER
 Purica Probiotic Cardio
 Activia®
 UltraFlora® Control
 Maple Life Science™ / Lactobacillus plantarum
 FloraVantage® Control
 HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
 Optibac Probiotics / Bifidobacterium lactis HN019
 CustomProbiotics.com / L. Salivarius Probiotic Powder
 Lanto Health / Lanto Sinus Probiotic Powder
 bravo europe / freeze-dried bravo
 spain (es) / profaes4 viajeros
 goodbelly drink
 optibac / for every day max
 Resbiotic / resB® Lung Support
 spain (es) / ns defenbiotic kids
 Kimchi Power / Lactobacillus Sakei
 Immune Defense Daily Chewable Probiotic
 Lanto Sinus
 Bromatech(IT) / FEMELLE
 SuperSmart / Candalb
 zint nutrition / probiotic collagen +
 Metabolics / Lactobacillus Plantarum Powder
 Nature's Lab Cardio
 genestra brands® hm

Ombre / Ultimate Immunity
Purica Probiotic Intensive GI
quality health(au)/ fridge free probiotic 25b
optibac / for your cholesterol
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturerized)
Floradapt Gut Comfort
HMF Intensive
Nature's Lab Intensive GI
Bulk Probiotics / L. Sakei Probiotic Powder (Sinus Support)
Bromatech (IT) / Acronelle
Bulk Probiotics / L. Plantarum Probiotic Powder
spain (es) / I3.1
Bromatech (IT) / Lautoselle
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains

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}
 Arctium lappa {Burdock Root}
 Avena sativa x Hordeum vulgare {barley,oat}
 bacillus
 bacillus licheniformis {b. licheniformis}
 bacillus subtilis {B.Subtilis }
 bacillus subtilis,lactobacillus acidophilus
 bacillus,lactobacillus,streptococcus,saccharomyces probiotic
 bifidobacterium longum {B.Longum }
 bismuth subsalicylate {Pepto-Bismol}
 Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}
 cholic,taurocholic ,chenodeoxycholic,glycocholic acids {Bile supplements}
 Cichorium intybus {Chicory}
 Diferuloylmethane {Curcumin}
 enterococcus faecium {E. faecium}
 high red meat
 Hordeum vulgare {Barley}
 Lactocaseibacillus casei {L. casei}

Limosilactobacillus fermentum {L. fermentum}
 Limosilactobacillus reuteri {L. Reuteri}
 long-term, moderate-intensity exercise {exercise}
 nicotinic acid {Vitamin B-3}
 nuts
 Oryza sativa {Rice}
 Panax ... {Ginseng}
 Polygonatum kingianum {Solomon's Seal}
 Probiotic Mixture 1 {Japanese Vet Probiotic}
 Probiotic Mixture 2 {Vetafarm Probiotic}
 Propolis {Bee glue}
 Prunus dulcis {Almonds}
 refined wheat breads
 rosmarinus officinalis {rosemary}
 Sodium alginate
 sodium butyrate
 Sodium Chloride {Salt}
 Thymus vulgaris {thyme}
 walnuts

Sample of Literature Used

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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