

Microbiome Information for: IgA nephropathy (IgAN)

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 IgA nephropathy (IgAN)

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
Coriobacteriia	class	High	84998	Porphyromonas	genus	High	836
Enterobacteriaceae	family	High	543	Prevotella	genus	Low	838
Erysipelotrichaceae	family	High	128827	Ralstonia	genus	High	48736
Eubacteriaceae	family	High	186806	Roseburia	genus	Low	841
Pasteurellaceae	family	High	712	Rothia	genus	Low	508215
Sutterellaceae	family	High	995019	Ruminococcus	genus	High	1263
Synergistaceae	family	Low	649777	Sphingomonas	genus	High	13687
Alistipes	genus	Low	239759	Streptococcus	genus	High	1301
Anaerosphaera	genus	Low	1273095	Treponema	genus	High	157
Bacteroides	genus	High	816	Trichococcus	genus	Low	82802
Bifidobacterium	genus	Low	1678	Veillonella	genus	Low	29465
Capnocytophaga	genus	High	1016	[Eubacterium] siraeum	species	Low	39492
Catenibacterium	genus	Low	135858	Alistipes putredinis	species	Low	28117
Clostridium	genus	Low	1485	Bacteroides finegoldii	species	Low	338188
Dialister	genus	Low	39948	Bacteroides ovatus	species	Low	28116
Eggerthella	genus	High	84111	Bacteroides thetaiotaomicron	species	Low	818
Enhydrobacter	genus	High	212791	Bacteroides uniformis	species	Low	820
Enterococcus	genus	Low	1350	Butyricimonas virosa	species	Low	544645
Fusicatenibacter	genus	Low	1407607	Campylobacter rectus	species	High	203
Fusobacterium	genus	High	848	Coprococcus eutactus	species	Low	33043
Gemella	genus	Low	1378	Enterocloster clostridioformis	species	Low	1531
Haemophilus	genus	High	724	Eubacterium oxidoreducens	species	Low	1732
Halomonas	genus	Low	2745	Granulicatella adiacens	species	Low	46124
Hungatella	genus	High	1649459	Haemophilus parainfluenzae	species	High	729
Lactobacillus	genus	Low	1578	Helicobacter pylori	species	High	210
Legionella	genus	High	445	Lachnospira eligens	species	Low	39485
Leptotrichia	genus	Low	32067	Lachnospira pectinoschiza	species	Low	28052
Methylocaldum	genus	High	73778	Mediterraneibacter gnavus	species	Low	33038
Mycoplasma	genus	High	2093	Porphyromonas gingivalis	species	High	837
Neisseria	genus	High	482	Prevotella intermedia	species	Low	28131
Oscillospira	genus	Low	119852	Prevotella nigrescens	species	Low	28133
Parabacteroides	genus	High	375288	Prevotella pallens	species	Low	60133
Paraprevotella	genus	High	577309	Segatella copri	species	Low	165179
Peptostreptococcus	genus	Low	1257	Staphylococcus aureus	species	High	1280
Phascolarctobacterium	genus	Low	33024	Streptococcus mutans	species	High	1309
				Veillonella parvula	species	Low	29466

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.

Adeps suillus {Lard}

Agaricus bisporus {White button mushrooms}

bacillus subtilis natto {B.natto}

Bifidobacterium longum subsp. longum BB536 {BB536}

Escherichia coli cryodesiccata {colinfant probiotics}

Ethanoic acid {Vinegar}

Ethyl alcohol {Grain alcohol}

Faecalibacterium prausnitzii {Faecalibacterium prausnitzii}

high red meat

N-(aminoiminomethyl)-N methyl glycine {Creatine}

Sus domesticus {Pork}

Titanium Dioxide {E171}

Under cooked animal protein {Rare meat}

Retail Probiotics

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

PharmExtracta (IT) / FG5 Forte In Sachets
SuperSmart / Bifidobacterium longum (BB536)

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}	Lactobacillus plantarum {L. plantarum}
3,3',4',5,7-pentahydroxyflavone {Quercetin}	Limosilactobacillus reuteri {L. Reuteri}
arabinogalactan {arabinogalactan}	Linum usitatissimum {Flaxseed}
Avena sativa x Hordeum vulgare {barley,oat}	long-term, moderate-intensity exercise {exercise}
bacillus subtilis {B.Subtilis }	oligosaccharides {oligosaccharides}
Bifidobacterium animalis subsp. lactis {B. Lactis}	Outer Layers of Triticum aestivum {Wheat Bran}
bifidobacterium longum {B.Longum }	pectin {pectin}
Bovine Milk Products {Dairy}	polyphenols
Diferuloylmethane {Curcumin}	Propolis {Bee glue}
fruit	Punica granatum {pomegranate}
fruit/legume fibre	β-glucan {Beta-Glucan}
Hordeum vulgare {Barley}	Thymus vulgaris {thyme}
Lactocaseibacillus paracasei {L.paracasei}	wheat
	yogurt

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Allergies
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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
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primary biliary cholangitis
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Psoriasis
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Type 1 Diabetes
Type 2 Diabetes
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