

Microbiome Information for: Metabolic Syndrome

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/>)

Thome (<https://www.thome.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 Metabolic Syndrome

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	Morganella	genus	High	108061
Deltaproteobacteria	class	Low	28221	Olsenella	genus	Low	133925
Gammaproteobacteria	class	High	1236	Oribacterium	genus	Low	265975
Atopobiaceae	family	High	1643824	Oscillibacter	genus	Low	459786
Bacillaceae	family	High	186817	Oscillospira	genus	High	119852
Bifidobacteriaceae	family	High	31953	Oxalobacter	genus	High	846
Clostridiaceae	family	Low	31979	Paenibacillus	genus	Low	44249
Comamonadaceae	family	High	80864	Pantoea	genus	High	53335
Coriobacteriaceae	family	High	84107	Paraprevotella	genus	Low	577309
Desulfovibrionaceae	family	Low	194924	Parasutterella	genus	Low	577310
Enterobacteriaceae	family	High	543	Parvimonas	genus	Low	543311
Erysipelotrichaceae	family	High	128827	Peptococcus	genus	High	2740
Lachnospiraceae	family	Low	186803	Phoceae	genus	High	1926663
Leptospiraceae	family	Low	170	Porphyromonas	genus	High	836
Odoribacteraceae	family	Low	1853231	Propionibacterium	genus	Low	1743
Oscillospiraceae	family	Low	216572	Proteiniborus	genus	High	415014
Peptococcaceae	family	High	186807	Pseudoflavonifractor	genus	High	1017280
Peptostreptococcaceae	family	Low	186804	Pyramidobacter	genus	High	638847
Prevotellaceae	family	High	171552	Quinella	genus	High	1567
Rikenellaceae	family	High	171550	Rhodococcus	genus	High	1827
Ruminococcaceae	family	High	541000	Rhodococcus	genus	High	1661425
Syntrophomonadaceae	family	Low	68298	Romboutsia	genus	Low	1501226
Thermotogaceae	family	Low	188709	Roseburia	genus	Low	841
Veillonellaceae	family	High	31977	Rothia	genus	High	32207
Verrucomicrobiaceae	family	Low	203557	Rothia	genus	High	508215
Acetobacteroides	genus	High	1647173	Ruminiclostridium	genus	Low	1508657
Acidaminococcus	genus	High	904	Ruminococcus	genus	High	1263
Acinetobacter	genus	High	469	Selenomonas	genus	Low	970
Adlercreutzia	genus	High	447020	Serratia	genus	High	613
Aeriscardovia	genus	Low	240233	Shigella	genus	High	620
Aestuariispira	genus	High	1647175	Staphylococcus	genus	High	1279
Akkermansia	genus	Low	239934	Streptococcus	genus	High	1301
Allobaculum	genus	High	174708	Subdoligranulum	genus	Low	292632
Alloprevotella	genus	High	1283313	Succinivibrio	genus	High	83770
Anaeroplasma	genus	Low	2086	Sutterella	genus	High	40544
Anaerostipes	genus	High	207244	Treponema	genus	Low	157
Anaerotruncus	genus	High	244127	Turicibacter	genus	Low	191303
Bacteroides	genus	Low	816	Vampirovibrio	genus	High	213484
Barnesiella	genus	High	397864	Veillonella	genus	Low	29465
Bifidobacterium	genus	Low	1678	Vibrio	genus	High	662
Bilophila	genus	High	35832	Victivallis	genus	Low	172900

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Butyricicoccus	genus	Low	580596	Weissella	genus	High	46255
Butyrivibrio	genus	Low	830	Chromatiales	order	High	135613
Campylobacter	genus	High	194	Eubacteriales	order	High	186802
Catabacter	genus	High	270497	Akkermansia muciniphila	species	Low	239935
Cellulosibacter	genus	High	1246649	Anaerobutyricum hallii	species	Low	39488
Cellulosilyticum	genus	Low	698776	Bacteroides caccae	species	High	47678
Christensenella	genus	High	990721	Bacteroides intestinalis	species	High	329854
Collinsella	genus	High	102106	Bacteroides stercoris	species	High	46506
Coprobacillus	genus	High	100883	Bacteroides uniformis	species	Low	820
Coprococcus	genus	Low	33042	Bifidobacterium adolescentis	species	Low	1680
Desulfovibrio	genus	High	872	Bifidobacterium animalis	species	Low	28025
Dorea	genus	High	189330	Bifidobacterium longum	species	Low	216816
Eggerthella	genus	High	84111	Bifidobacterium pseudolongum	species	Low	1694
Eisenbergiella	genus	Low	1432051	Bilophila wadsworthia	species	High	35833
Elusimicrobium	genus	Low	423604	Clostridium butyricum	species	Low	1492
Enterobacter	genus	Low	547	Collinsella aerofaciens	species	High	74426
Escherichia	genus	High	561	Corynebacterium ammoniagenes	species	High	1697
Eubacterium	genus	Low	1730	Dysosmobacter welbionis	species	High	2093857
Faecalibacterium	genus	Low	216851	Enterococcus faecalis	species	High	1351
Faecalibaculum	genus	High	1729679	Enterococcus faecium	species	Low	1352
Faecalitalea	genus	High	1573534	Escherichia coli	species	High	562
Fingoldia	genus	Low	150022	Faecalibacterium prausnitzii	species	Low	853
Flavonifractor	genus	High	946234	Helicobacter pylori	species	High	210
Geosporobacter	genus	High	390805	Klebsiella pneumoniae	species	High	573
Gordonibacter	genus	High	644652	Lactiplantibacillus plantarum	species	Low	1590
Haemophilus	genus	Low	724	Lactobacillus intestinalis	species	High	151781
Holdemania	genus	High	61170	Ligilactobacillus ruminis	species	High	1623
Intestinimonas	genus	High	1392389	Limosilactobacillus reuteri	species	Low	1598
Klebsiella	genus	High	570	Mediterraneibacter gnavus	species	High	33038
Lactobacillus	genus	Low	1578	Micrococcus luteus	species	High	1270
Lactococcus	genus	High	1357	Phascolarctobacterium faecium	species	Low	33025
Leptotrichia	genus	High	32067	Phocaeicola vulgatus	species	Low	821
Leuconostoc	genus	Low	1243	Roseburia hominis	species	Low	301301
Megamonas	genus	High	158846	Ruminococcus flavefaciens	species	High	1265
Megasphaera	genus	High	906	Anaerobutyricum hallii DSM 3353	strain	Low	411469
Methanosphaera	genus	High	2316	Clostridium beijerinckii NCIMB 8052	strain	Low	290402
Morganella	genus	High	581	Clostridium beijerinckii NRRL B-598	strain	Low	1428454
Morganella	genus	High	90690	Bifidobacterium longum subsp. infantis	subspecies	Low	1682

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

Escherichia coli:DSM 16441-16448 {symbioflor-2}

Ethyl alcohol {Grain alcohol}

Ferrum {Iron Supplements} 400 mg/day

high red meat

N-L-a-aspartyl-L-phenylalanine methyl ester {aspartame}

Sucralose {Splenda} 340 mg/day

Tobacco consumption {Smoking}

Under cooked animal protein {Rare meat}

Retail Probiotics

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

symbiopharm / symbioflo 2

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 subtilis {B.Subtilis }
bacillus,lactobacillus,streptococcus,saccharomyces probiotic
bifidobacterium
bifidobacterium bifidum {B. bifidum}
bifidobacterium longum {B.Longum }
Bovine Milk Products {Dairy}
Diferuloylmethane {Curcumin}
fruit
fruit/legume fibre

grapes
green tea
Hordeum vulgare {Barley}
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)
Lactacaseibacillus casei {L. casei}
Lactobacillus plantarum {L. plantarum}
Limosilactobacillus reuteri {L. Reuteri}
oligosaccharides {oligosaccharides}
pectin {pectin}
polyphenols
β-glucan {Beta-Glucan}
wheat
yogurt

Sample of Literature Used

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

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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