

Microbiome Information for: Multiple Sclerosis

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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Email: Research@MicrobiomePrescription.com

[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Multiple Sclerosis

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	Porphyromonas	genus	High	836
Bacteroidia	class	Low	200643	Prevotella	genus	Low	838
Clostridia	class	High	186801	Pseudomonas	genus	High	286
Coriobacteriia	class	High	84998	Psychrobacter	genus	High	497
Barnesiellaceae	family	Low	2005519	Romboutsia	genus	High	1501226
Chlamydiaceae	family	High	809	Roseburia	genus	Low	841
Christensenellaceae	family	High	990719	Shigella	genus	High	620
Clostridiaceae	family	High	31979	Sporobacter	genus	High	44748
Desulfovibrionaceae	family	High	194924	Streptococcus	genus	High	1301
Erysipelotrichaceae	family	Low	128827	Sutterella	genus	Low	40544
Lachnospiraceae	family	Low	186803	Turicibacter	genus	Low	191303
Lactobacillaceae	family	Low	33958	[Clostridium] leptum	species	High	1535
Methanobacteriaceae	family	High	2159	[Clostridium] nexile	species	High	29361
Oscillospiraceae	family	High	216572	[Clostridium] scindens	species	High	29347
Oxalobacteraceae	family	High	75682	[Lactobacillus] rogosae	species	Low	706562
Peptostreptococcaceae	family	High	186804	Agathobacter rectalis	species	Low	39491
Ruminococcaceae	family	Low	541000	Akkermansia muciniphila	species	High	239935
Verrucomicrobiaceae	family	High	203557	Alistipes onderdonkii	species	High	328813
Acinetobacter	genus	High	469	Anaerostipes hadrus	species	Low	649756
Adlercreutzia	genus	Low	447020	Bacteroides fragilis	species	Low	817
Akkermansia	genus	High	239934	Bacteroides stercoris	species	Low	46506
Alistipes	genus	High	239759	Bifidobacterium longum	species	High	216816
Anaerofustis	genus	High	264995	Blautia wexlerae	species	Low	418240
Anaerostipes	genus	Low	207244	Butyricimonas virosa	species	Low	544645
Anaerotruncus	genus	High	244127	Candida albicans	species	High	5476
Bacteroides	genus	Low	816	Chlamydia pneumoniae	species	High	83558
Bilophila	genus	High	35832	Collinsella aerofaciens	species	High	74426
Blautia	genus	High	572511	Dorea formicigenerans	species	Low	39486
Borrelia	genus	High	138	Eggerthella lenta	species	High	84112
Butyricococcus	genus	Low	580596	Eisenbergiella tayi	species	High	1432052
Butyricimonas	genus	Low	574697	Faecalibacterium prausnitzii	species	Low	853
Campylobacter	genus	High	194	Fusobacterium nucleatum	species	High	851
Candidatus Soleaferrea	genus	High	1470353	Holdemanella biformis	species	Low	1735
Chlamydia	genus	High	810	Hungatella hathewayi	species	High	154046
Clostridium	genus	Low	1485	Lachnospira eligens	species	Low	39485
Coprobacillus	genus	Low	100883	Limosilactobacillus fermentum	species	Low	1613
Coprococcus	genus	Low	33042	Megamonas funiformis	species	Low	437897
Cryptococcus	genus	High	5206	Methanobrevibacter smithii	species	High	2173
Desulfovibrio	genus	High	872	Mycobacterium avium	species	High	1764
Dorea	genus	High	189330	Parabacteroides distasonis	species	Low	823
Eggerthella	genus	High	84111				

Bacteria Name	Rank	Shift	Taxonomy ID
Erwinia	genus	High	551
Escherichia	genus	High	561
Faecalibacterium	genus	Low	216851
Flavobacterium	genus	High	237
Fusobacterium	genus	High	848
Gemmiger	genus	Low	204475
Intestinibacter	genus	Low	1505657
Lachnoanaerobaculum	genus	High	1164882
Methanobrevibacter	genus	High	2172
Mycoplana	genus	High	13159
Mycoplasma	genus	High	2093
Olsenella	genus	High	133925
Parabacteroides	genus	Low	375288
Pedobacter	genus	High	84567

Bacteria Name	Rank	Shift	Taxonomy ID
Phocaeicola coprocola	species	Low	310298
Phocaeicola coprophilus	species	Low	387090
Phocaeicola vulgatus	species	High	821
Porphyromonas gingivalis	species	High	837
Roseburia inulinivorans	species	Low	360807
Ruthenibacterium lactatiformans	species	High	1550024
Segatella copri	species	Low	165179
Staphylococcus aureus	species	High	1280
Streptococcus anginosus	species	High	1328
Streptococcus parasanguinis	species	High	1318
Streptococcus salivarius	species	High	1304
Streptococcus thermophilus	species	High	1308
Sutterella wadsworthensis	species	Low	40545
Acinetobacter calcoaceticus/baumannii complex	species group	High	909768
Leishmania	subgenus	High	38568

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

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

2H-1?6,2-benzothiazol-1,1,3-trione {Saccharin} 450 mg/day

Adeps suillus {Lard}

Akkermansia muciniphila {Pendulum Probiotic} 10 BCFU/day

Below normal temperature {Cold exposure}

Bifidobacterium breve {B. breve} 15 BCFU/day

cranberry bean flour

Decoction of Four Noble Drugs {Sijunzi Decoction (SJZD)}

Epicatechin {Green tea polyphenol}

Euphausia superba {Krill Oil} 4 gram/day

grape seed extract 6 gram/day

high red meat

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2

gram/day

Inonotus obliquus {Chaga Mushroom}

Lactisacibacillus rhamnosus {L. rhamnosus} 48 BCFU/day

Lycium barbarum x Lycium chinense, {Goji Fruit, Juice}

Morus {Mulberry }

Oryza sativa {Rice}

Pleurotus ostreatus {Oyster mushroom}

Polyethylene oxide sorbitan mono-oleate {Polysorbate 80}

Sleep apnea {partial sleep deprivation}

Vaccinium vitis-idaea {lingonberries}

Whole Cow milk {Whole Milk}

Zinc {Zinc Supplements} 300 mg/day

Retail Probiotics

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

Wholesome Wellness / Raw Probiotic
 Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
 optibac / for every day
 jamieson (can) / probiotic 10 bcfu
 just for tummies / live bacteria
 Bioflora(MX) / Woman
 Wakunaga / Pro+ Synbiotic
 Probiotic 10 Billion Active Cells Daily Maintenance
 cytoplan(uk) / dentavital bifidophilus
 bravo europe / starter and complex
 naturopathica (au)/ gastrohealth probiotic daily care
 Bromatech (IT) / Ramnoselle
 Biorela® Daily
 NOW FOODS / Clinical GI Probiotic
 PharmExtracta (IT) / Brevicillin Stick
 Genesis Bifidobacterium Complex BB Probiotic
 naturopathica (au) / gastrohealth women's probiotic with cranberry
 jarow formulas / jarro-dophilus mood
 Pendulum / Metabolic Daily
 spain (es) / ns florabiotic instant
 optibac / for women
 jarow formulas / fem-dophilus®
 RepHresh / Pro-B Probiotic Supplement for Women
 Ombre / Harmony
 Pendulum GLP-1 Probiotic
 Maple Life Science™ / Bifidobacterium breve
 optibac / for those on antibiotics
 Swiss BioEnergetics / Full Spectrum Probiotic Defence
 spain (es) / muvagyn probiotico
 Pregnancy Care Probiotic
 Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
 Bromatech (IT) / Bifiselle
 blackmore (au) / probiotics+ womens flora balance
 Pendulum / Pendulum Glucose Control
 bravo europe / freeze-dried bravo
 Bulk Probiotics / L. Rhamnosus Probiotic Powder
 Jetson (US) / Mood Probiotics
 klair labs / ther-biotic factor 4
 CVSHealth / Daily Probiotic
 Nu U (uk) / Bio-Cultures Complex
 CustomProbiotics.com / B. Breve Probiotic Powder
 SuperSmart / Oral Health
 ISCON Elegance/ Ochek Capsule 10
 custom probiotics / d-lactate free probiotics powder
 spain (es) / ns defenbiotic kids
 Lab One / N ° 1 SportBiotic
 Sash Vitality / Bio-Cultures Probiotics for Adults
 CustomProbiotics.com / L. Rhamnosus Probiotic Powder
 blackmore (au) / probiotics+ eczema relief
 SuperSmart / Vaginal Health
 Pendulum / akkermansia muciniphila
 bio-k+
 SuperSmart / Akkermansia Muciniphila Postbiotic (pasturized)
 Bulk Probiotics / B. Breve Probiotic Powder

Seeking Health / Probiota Bifidobacterium
ProGoes® Forte
jarrow formulas / fem dophilus
jarrow formulas / bifidus balance® + fos
JGL / Lactogyn
naturopathica (au) / gastrohealth probiotic adults 50+
Metabolics / Lactobacillus Rhamnosus Powder
Bromatech (IT) / Psicobrain
spain (es) / aquilea intimus
Ombre / Restore
Codeage, GLP-1 Probiotic+

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-dihydroxypropyl dodecanoate {Monolaurin}
allium sativum {garlic}
arabinogalactan {arabinogalactan}
Azadirachta indica {Neem}
Cinnamomum zeylanicum {Ceylon Cinnamon}
D-(-)-Fructose {Fruit sugar}
Diferuloylmethane {Curcumin}
fruit
fruit/legume fibre
Ganoderma sichuanense {Reishi Mushroom}
Hericium erinaceus {Lion's Mane Mushroom }

Honey {Honey }
Lactobacillus plantarum {L. plantarum}
Metha family {Mint}
Moringa Oleifera
origanum vulgare {oregano}
pectin {pectin}
Propolis {Bee glue}
Punica granatum {pomegranate}
resistant starch
Saccharomyces cerevisiae var boulardii {S. boulardii}
Thymus vulgaris {thyme}
Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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

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 Coagulation / Micro clot triggering bacteria
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 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
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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)
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scoliosis
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Sjögren syndrome
Sleep Apnea
Slow gastric motility / Gastroparesis
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Tourette syndrome
Type 1 Diabetes
Type 2 Diabetes
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Vitiligo