

Microbiome Information for: NonCeliac Gluten Sensitivity

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 NonCeliac Gluten Sensitivity

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
Bacteroidia	class	Low	200643	Collinsella	genus	High	102106
Oscillospiraceae	family	High	216572	Eggerthella	genus	High	84111
Porphyromonadaceae	family	Low	171551	Faecalibacterium	genus	Low	216851
Actinobacillus	genus	High	713	Finegoldia	genus	High	150022
Bifidobacterium	genus	Low	1678	Lactobacillus	genus	Low	1578
Blautia	genus	High	572511	Sphingobacterium	genus	Low	28453
				Akkermansia muciniphila	species	High	239935

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-aminoacetic acid {glycine} 15 gram/day

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

Akkermansia muciniphila {Pendulum Probiotic} 10 BCFU/day

Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}

Curcuma amada {Mango ginger}

Dextrin 40 gram/day

Diferuloylmethane {Curcumin} 3 gram/day

Ferrum {Iron Supplements} 400 mg/day

Humulus lupulus compound {Xanthohumol}

Lactiseibacillus rhamnosus {l. rhamnosus} 48 BCFU/day

N-(phosphonomethyl)glycine {glyphosate}

Polyethylene oxide sorbitan mono-oleate {Polysorbate 80}

Silver nanoparticles {Colloidal silver}

Sodium Chloride {Salt}

Sus domesticus {Pork}

Titanium Dioxide {E171}

Zinc {Zinc Supplements} 300 mg/day

Retail Probiotics

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

spain (es) / muvagyn probiotico
 Pregnancy Care Probiotic
 Wholesome Wellness / Raw Probiotic
 bio-k+
 SuperSmart / Akkermansia Muciniphila Postbiotic (pasturized)
 ProGoes® Forte
 jarow formulas / fem dophilus
 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+
 jamieson (can) / probiotic 10 bcfu
 optibac / for those on antibiotics
 Bromatech (IT) / Lautoselle
 Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
 custom probiotics / d-lactate free probiotics powder
 Sash Vitality / Bio-Cultures Probiotics for Adults
 CustomProbiotics.com / L. Rhamnosus Probiotic Powder
 SuperSmart / Vaginal Health
 Pendulum / akkermansia muciniphila
 Ombre / Endless Energy
 bravo europe / starter and complex
 blackmore (au) / probiotics+ womens flora balance
 Pendulum / Pendulum Glucose Control
 bravo europe / freeze-dried bravo
 Bulk Probiotics / L. Rhamnosus Probiotic Powder
 CVSHealth / Daily Probiotic
 Bromatech (IT) / Serobiome
 Nu U (uk) / Bio-Cultures Complex
 SuperSmart / Oral Health
 just for tummies / live bacteria
 RepHresh / Pro-B Probiotic Supplement for Women
 Ombre / Harmony
 Pendulum GLP-1 Probiotic
 Bioflora(MX) / Woman
 naturopathica (au) / gastrohealth women's probiotic with cranberry
 jarow formulas / jarro-dophilus mood
 Pendulum / Metabolic Daily
 Ombre / Metabolic Booster
 spain (es) / ns florabiotic instant
 optibac / for women
 jarow formulas / fem-dophilus®
 Wakunaga / Pro+ Synbiotic
 naturopathica (au) / gastrohealth probiotic daily care
 Bromatech (IT) / Ramnoselle
 Biorela® Daily
 NOW FOODS / Clinical GI Probiotic
 cytoplan(uk) / dentavital bifidophilus

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}	Human milk oligosaccharides (prebiotic, Holigos, Stachyose)
bacillus subtilis {B.Subtilis }	Lactobacillus plantarum {L. plantarum}
Bifidobacterium animalis subsp. lactis {B. Lactis}	oligosaccharides {oligosaccharides}
fructo-oligosaccharides	Outer Layers of Triticum aestivum {Wheat Bran}
fruit	pectin {pectin}
fruit/legume fibre	soy
Hordeum vulgare {Barley}	synthetic disaccharide derivative of lactose {Lactulose}
	β-lactoglobulin {Whey}

Sample of Literature Used

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Curcumin consumption reduces gut microbial diversity among patients with colorectal adenomas

The FASEB Journal , Volume: 26 Issue: 1 2012 Apr 1

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Additional APriori Analysis Available

Available at: <https://microbiomeprescription.com/Library/PubMed>

Abdominal Aortic Aneurysm

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