

Microbiome Information for: Osteoporosis

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 Osteoporosis

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
Clostridia	class	Low	186801	Helicobacter	genus	High	209
Deferribacteres	class	Low	68337	Intestinibacter	genus	High	1505657
Erysipelotrichaceae	family	Low	128827	Klebsiella	genus	High	570
Lachnospiraceae	family	High	186803	Lactobacillus	genus	High	1578
Oxalobacteraceae	family	High	75682	Olsenella	genus	High	133925
Peptostreptococcaceae	family	High	186804	Phascolarctobacterium	genus	High	33024
Prevotellaceae	family	High	171552	Pseudomonas	genus	Low	286
Rikenellaceae	family	Low	171550	Rhodococcus	genus	High	1827
Ruminococcaceae	family	Low	541000	Roseburia	genus	High	841
Actinomyces	genus	High	1654	Ruminococcus	genus	High	1263
Alcaligenes	genus	Low	507	Shigella	genus	High	620
Alistipes	genus	Low	239759	Streptococcus	genus	Low	1301
Alloprevotella	genus	Low	1283313	Subdoligranulum	genus	Low	292632
Anaerostipes	genus	Low	207244	Turidibacter	genus	Low	191303
Bifidobacterium	genus	Low	1678	Veillonella	genus	High	29465
Blautia	genus	Low	572511	Burkholderiales	order	Low	80840
Butyricicoccus	genus	Low	580596	Acetivibrio cellulolyticus	species	Low	35830
Candidatus Soleaferrea	genus	High	1470353	Akkermansia muciniphila	species	Low	239935
Clostridium	genus	High	1485	Bacteroides stercoris	species	Low	46506
Cupriavidus	genus	High	106589	Bifidobacterium animalis	species	High	28025
Dialister	genus	High	39948	Bifidobacterium breve	species	Low	1685
Dorea	genus	Low	189330	Carnobacterium mobile	species	High	2750
Eggerthella	genus	High	84111	Citrobacter amalonaticus	species	Low	35703
Enterococcus	genus	High	1350	Lachnospira eligens	species	High	39485
Escherichia	genus	High	561	Lactiplantibacillus plantarum	species	High	1590
Faecalibacterium	genus	High	216851	Methanobrevibacter smithii	species	High	2173
Faecalibaculum	genus	Low	1729679	Staphylococcus aureus	species	High	1280
				Staphylococcus simulans	species	High	1286

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.

a-Amino-3-indolepropionic acid {Tryptophan} 3 gram/day

Abstention from eating {Fasting}

Arachis hypogaea {Peanut}

Arthrospira platensis {Spirulina}

Avena sativa {Oats}

d-galactose {milk sugar}

Escherichia coli cryodesiccata {colinfant probiotics}

Fermented Brassica oleracea {Sauerkraut}

Ferrum {Iron Supplements} 400 mg/day

henopodium quinoa {Quinoa}

Linum usitatissimum {Flaxseed} 30 mg/day

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

non-starch polysaccharides

Plantago {Psyllium} 6.8 gram/day

Poly[β-D-xylopyranose(1->4)] {Xylan}

Prunus dulcis {Almonds} 90 gram/day

red wine 250 ml/day

red wine polyphenols 600 mg/day

resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}

Sucralose {Splenda} 340 mg/day

Sus domesticus {Pork}

Tobacco consumption {Smoking}

Ulmus rubra {slippery elm}

vegetarians

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}
 2-Methyl-5-(1-methylethyl)phenol {Carvacrol}
 bacillus
 bacillus,lactobacillus,streptococcus,saccharomyces probiotic
 bifidobacterium
 Bifidobacterium animalis {B. animalis}
 bifidobacterium bifidum {B. bifidum}
 bifidobacterium longum {B.Longum }
 Bovine Milk Products {Dairy}
 Cinnamomum zeylanicum {Ceylon Cinnamon}
 Coffee
 Curcuma longa {Turmeric}
 D-(-)-Fructose {Fruit sugar}
 Diferuloylmethane {Curcumin}
 Epicatechin {Green tea polyphenol}
 eugenol {Eugenic acid}
 green tea
 Lactacaseibacillus casei {L. casei}

Lactacaseibacillus rhamnosus {l. rhamnosus}
 lactobacillus paracasei,lactobacillus acidophilus,bifidobacterium animalis
 Lactobacillus plantarum {L. plantarum}
 lactobacillus rhamnosus gg,bifidobacterium animalis lactis ,lactobacillus paracasei {cvs maximum strength probiotic}
 Lavandula angustifolia {lavender}
 Limosilactobacillus reuteri {L. Reuteri}
 Metha family {Mint}
 Ocimum gratissimum {Clove basil}
 oligosaccharides {oligosaccharides}
 organum vulgare {oregano}
 Probiotic Mixture 1 {Japanese Vet Probiotic}
 Probiotic Mixture 2 {Vetafarm Probiotic}
 Propolis {Bee glue}
 rosmarinus officinalis {rosemary}
 Saccharomyces cerevisiae var boulardii {S. boulardii}
 β-(1?4)-linked D-glucosamine and N-acetyl-D-glucosamine {Chitosan}
 Thymus vulgaris {thyme}
 yogurt
 Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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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