

Microbiome Information for: Alopecia (Hair Loss)

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 Alopecia (Hair Loss)

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
Acidaminococcaceae family	Low		909930	Olsenella	genus	High	133925
Eggerthellaceae family	High		1643826	Phascolarctobacterium	genus	Low	33024
Erysipelotrichaceae family	High		128827	Phyllobacterium	genus	High	28100
Lachnospiraceae family	High		186803	Pseudomonas	genus	High	286
Ruminococcaceae family	High		541000	Ruminiclostridium	genus	Low	1508657
Anaerofilum	genus	Low	52784	Sphingomonas	genus	High	13687
Anaerostipes	genus	High	207244	Bacteroides eggerthii	species	High	28111
Blautia	genus	High	572511	Eubacterium xylanophilum	species	Low	39497
Butyricimonas	genus	Low	574697	Helicobacter pylori	species	High	210
Collinsella	genus	High	102106	Holdemania filiformis	species	High	61171
Dorea	genus	High	189330	Ligilactobacillus murinus	species	High	1622
Enterorhabdus	genus	Low	580024	Parabacteroides distasonis	species	High	823
Eubacterium	genus	High	1730	Parabacteroides johnsonii	species	High	387661
Megasphaera	genus	High	906	Ruminococcus bicirculans (ex Wegman et al. 2014)	species	Low	1160721
				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.

(2->1)-beta-D-fructofuranan {Inulin} 32 gram/day

bacillus,lactobacillus,streptococcus,saccharomyces probiotic

bifidobacterium

Bifidobacterium animalis {B. animalis}

bifidobacterium longum {B.Longum } 10 BCFU/day

fruit

fruit/legume fibre

Hordeum vulgare {Barley} 60 gram/day

Limosilactobacillus reuteri {L. Reuteri} 22 BCFU/day

long-term, moderate-intensity exercise {exercise}

oligosaccharides {oligosaccharides}

Saccharomyces cerevisiae var boulardii {S. boulardii} 6 BCFU/day

wheat

Retail Probiotics

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

Ombre / Metabolic Booster
 Global Healing Center / FloraTrex
 Physician Choice / 60 Billion Probiotics
 Next Generation
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 seed / female version
 Realdose
 Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
 nature's way (au) / restore probiotic bowel & colon health 30s
 SuperSmart / Full Spectrum Probiotic Formula
 Probiotic 10 Billion Active Cells Daily Maintenance
 Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
 vita miracle / ultra-30 probiotics
 Garden of Life / Dr. Formulated Once Daily Women's
 hyperbiotics / pro-15
 SuperSmart / Oral Health
 Bioflora(MX) / Woman
 fairvital / microflora basic
 probiotic pur (de) / realdose nutrition
 theramedix / probiotic
 newrhythm / probiotics 20 stains
 nature's way (au) / restore probiotic 100 billion
 seed / male version
 Bromatech (IT) / Rotanella plus
 Swiss BioEnergetics / Full Spectrum Probiotic Defence
 Advanced Bio-Cultures / Advance Multi Strain Probiotics
 elixa / probiotic
 bioray / cytoflora
 jarow formulas / fem dophilus
 renew life / ultimate flora
 up4 / ultra
 jarow formulas / bifidus balance® + fos
 Bromatech (IT) / Enterelle
 align / align
 Seeking Health / Probiota Bifidobacterium
 Maple Life Science™ / Bifidobacterium longum
 fürstenmed / lacto-bifido
 solaray / microbiome probiotic colon formula
 lifted naturals / mood boosting probiotic
 cytoplan(uk) / dentavital bifidophilus
 CustomProbiotics.com / B. Longum Probiotic Powder
 blackmores (au) / probiotics + adults daily (90 capsules)
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 Metabolics / Bifidobacterium Longum Powder
 ASEA VIA / BIOME
 Bulk Probiotics / B. Longum Probiotic Powder
 Wholesome Wellness / Raw Probiotic
 nature's way (au) / restore probiotic daily health 90s
 HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
 naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
 udo's choice / super 8 gold
 microbiome labs / restorflora
 Smidge / Sensitive Probiotic
 Botica Alternativa / Lactobacilos Reuteri

Krauterhaus / Lactopro
LiveWell Nutrition / Pro-45
Jetson (US) / Immunity Probiotics
spain (es) / vivomixx
naturopathica (au) / gastrohealth women's probiotic with cranberry
Wakunaga / Max Probiotic
jarrow formulas / jarro-dophilus mood
SuperSmart / Saccharomyces Boulardii
MegaFood / MegaFlora
CustomProbiotics.com / L. Reuteri Probiotic Powder
Schwabe Pharma Italia / AxiBoulardi
Probiotic Sticks
Ombre / Healthy Gut
PharmExtracta (IT) / Gliadines buccal stickpacks
1 md / complete probiotics platinum
OMNI-BIOTIC®/ 10 AAD
RepHresh /Pro-B Probiotic Supplement for Women
young living/life 9
Sanogermina / AB-Kolicare
Bromatech / ENTERELLE PLUS
Maple Life Science™ / Lactobacillus reuteri
Genesis Bifidobacterium Complex BB Probiotic
spain (es) / gum peribalance
nature's instincts / ultra spore probiotic
NOW FOODS / Clinical GI Probiotic
Bulk Probiotics / L. Reuteri Probiotic Powder
PrecisionBiotics / Immune
optibac / for women
jarrow formulas / fem-dophilus®
nature's way (au) / restore probiotic 30 billion 30s
spain (es) / axiboulardi
SuperSmart / H. Pylori Fight
BioGaia / BioGaia Osfortis
Wakunaga / Pro+ Synbiotic
organic 3 / primal gut
naturopathica (au)/ gastrohealth probiotic daily care
Physis / Advance Probiotics
blackmore (au) / probiotics+ daily health
Eden's / 3-in-1 Synbiotic Superblend
Dr. Mercola / Complete Probiotics
Bulk Probiotics / Saccharomyces boulardii Probiotic Powder (Digestive Support)
spain (es) / reuteri gotas
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
Microbiome Labs / MEGA Genesis
Ombre / Endless Energy
Seeking Health / Probiota HistaminX
bravo europe / starter and complex
optibac / for every day
Align / Align® Chewables
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
custom probiotics / d-lactate free probiotics powder
naturopathica (au) / gastrohealth fibrepro
philips / colon health
blackmore (au) / probiotics+ eczema relief
imagilin / NutriLots Replenish
Schwabe Pharma Italia / EnteroDophilus
quantum wellness / restora flora
visbiome

garden of life / primal defense
jamieson (can) / probiotic 10 bcfu
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains
renew life men's probiotic - ultimate
ProbioMax® Daily DF
JGL / Lactogyn
Align® Extra Strength
bioglan bio (au) / happy probiotic 100
HLH BIOPHARMA(DE) / LACTOBACT® AAD
Schwabe Pharma Italia / MegaStress
SuperSmart / Lactoxira
Bromatech (IT) / Psicobrain
douglas laboratories / multi probiotic 40 billion
Ombre / Mood Enhancer
spain (es) / aquilea intimus
florastor / florastor
PrecisionBiotics / Zenflore
PharmExtracta / Bowell
up4 / adult
Ombre / Restore
spain (es) / gastrus
spain (es) / ultralevura
PoolPharma (IT) / ProbioTKMIO
Wakunaga / 50+
spain (es) / casenbiotic
organic 3 / yeastbiotic
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
CVSHealth / Daily Probiotic
Bromatech (IT) / Serobiome
blackmores (au) / probiotics+ immune defence
Wakunaga / Daily Probiotic
organic 3 / gutpro
blackmore (au) / probiotics+ womens flora balance
SuperSmart / Lactobacillus reuteri
Microbiome Plus+™ Gastrointestinal
optibac / saccharomyces boulardii
Bromatech (IT) / Bifiselle
BioGaia / BioGaia Products
Northwest Natural Products / PB8
wakamoto (jp) / wakamoto pharmaceutical intestinal drug
custom probiotics / five strain bifidobacteria
Microbiome Labs / ZENBIOME Dual
canada (ca) / calmbiotic
Ombre / Heart Health
klair labs / ther-biotic factor 4
InnovixLabs / Mood Probiotic
naturopathica (au) / gastrohealth probiotic adults 50+

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.

(2S)-2-amino-4-carbamoylbutanoic acid {Glutamine}
 Abelmoschus {Okra}
 Arctostaphylos uva-ursi {Bearberry}
 Below normal temperature {Cold exposure}
 bismuth subsalicylate {Pepto-Bismol}
 Brassica oleracea {cabbage}
 Cannabis sativa {Marijuana}
 Carrageenans {Carrageenan}
 chlorhexidine
 cranberry bean flour
 Crataegus {Hawthorn}
 Cucurbita pepo {Pumpkin}
 D-glucose {Glucose}
 Echinacea Moench {Echinacea}
 Ethyl alcohol {Grain alcohol}
 Far Infrared Therapy {Far infrared Sauna }
 Flavan-3-ols {Epicatechin}

foeniculum vulgare,fennel
 Garcinia mangostana {Mangosteen}
 glycyrrhizic acid {licorice}
 henopodium quinoa {Quinoa}
 Honey {Honey }
 Monascus purpureus x Oryza sativa {Red yeast rice}
 Phyllanthus emblica {Chinese gall}
 Plantago {Psyllium}
 resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}
 Sodium 2-stearoyllactate {sodium stearoyl lactylate}
 Sodium hypochlorite {Chlorinated Drinking Water}
 β -sitosterol {beta-sitosterol}
 Sucralose {Splenda}
 Sulforaphane {Dark Greens}
 terpenophenolics {cannabinoids}
 Thiamine {Vitamin B1}
 tomato powder
 Tributyrin

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

cdk15 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