

Microbiome Information for: Eosinophilic Esophagitis

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

[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Eosinophilic Esophagitis

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
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Bacteroidia	class	High	200643
Clostridia	class	Low	186801
Actinomyces	genus	Low	1654
Aggregatibacter	genus	High	416916
Corynebacterium	genus	High	1716
Filifactor	genus	Low	44259
Fusobacterium	genus	High	848
Haemophilus	genus	High	724
Parvimonas	genus	Low	543311

Bacteria Name	Rank	Shift	Taxonomy ID
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Pasteurella	genus	High	745
Porphyromonas	genus	Low	836
Prevotella	genus	High	838
Rothia	genus	Low	508215
Rothia	genus	Low	32207
Streptococcus	genus	Low	1301
Veillonella	genus	Low	29465
Eubacteriales	order	Low	186802
Helicobacter pylori	species	High	210

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.

(2S)-2-amino-4-carbamoylbutanoic acid {Glutamine} 5 gram/day

2-Amino-5-(carbamoylamino)pentanoic acid {Citrulline}

Azadirachta indica {Neem} 120 mg/day

Bifidobacterium longum subsp. longum BB536 {BB536}

Caffeine

Coffee

Cola aspartame {Diet Cola}

Hydrastis canadensis {Goldenseal}

Lactobacillus rhamnosus {L. rhamnosus} 48 BCFU/day

Lactobacillus helveticus, Lactobacillus rhamnosus

Lactobacillus plantarum {L. plantarum} 60 BCFU/day

Lactobacillus sakei {Lactobacillus sakei}

Linum usitatissimum {Flaxseed} 30 mg/day

Lonicera periclymenum {Epazote}

origanum vulgare {oregano}

polyphenols 3 gram/day

red wine 250 ml/day

resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}

β -(1 $\rightarrow$ 4)-linked D-glucosamine and N-acetyl-D-glucosamine

{Chitosan} 3 gram/day

β -glucan {Beta-Glucan} 500 mg/day

steviol glycosides {Stevia} 800 mg/day

Sucralose {Splenda} 340 mg/day

tea

Tobacco consumption {Smoking}

β -lactoglobulin {Whey} 60 gram/day

Retail Probiotics

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

jarow formulas / jarro-dophilus eps
 jarow formula / ideal bowel support® lp299v®
 SuperSmart / Derma Relief
 biospec / probiotic-5
 CustomProbiotics.com / L. Plantarum Probiotic Powder
 UltraFlora® Immune Booster
 UltraFlora® Intensive Care
 spain (es) / ns florabiotic instant
 Floradapt Cardio
 NASOBIOTEX / L. SAKEI POWDER
 Purica Probiotic Cardio
 Maple Life Science™ / Lactobacillus plantarum
 SuperSmart / Bifidobacterium longum (BB536)
 HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
 Lanto Health / Lanto Sinus Probiotic Powder
 goodbelly drink
 Bulk Probiotics / L. Rhamnosus Probiotic Powder
 ImmuneBiotech Medical Sweden AB / GutMagnific®
 spain (es) / ns defenbiotic kids
 Kimchi Power / Lactobacillus Sakei
 CustomProbiotics.com / L. Rhamnosus Probiotic Powder
 blackmore (au) / probiotics+ eczema relief
 Ombre / Endless Energy
 Immune Defense Daily Chewable Probiotic
 spain (es) / muvagyn probiotico
 Lanto Sinus
 Pregnancy Care Probiotic
 Metabolics / Lactobacillus Plantarum Powder
 Nature's Lab Cardio
 ProGoes® Forte
 Ombre / Ultimate Immunity
 Purica Probiotic Intensive GI
 optibac / for your cholesterol
 jarow formulas / bifidus balance® + fos
 SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
 Floradapt Gut Comfort
 Nature's Lab Intensive GI
 Metabolics / Lactobacillus Rhamnosus Powder
 Bulk Probiotics / L. Sakei Probiotic Powder (Sinus Support)
 Bulk Probiotics / L. Plantarum Probiotic Powder
 spain (es) / I3.1

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-dihydroxy-7-O-glucuronide flavone {Baicalin }	high red meat
bacillus	lactobacillus acidophilus {L. acidophilus}
bacillus subtilis {B.Subtilis }	Limosilactobacillus reuteri {L. Reuteri}
bacillus subtilis,lactobacillus acidophilus	Oryza sativa {Rice}
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	Polygonatum kingianum {Solomon's Seal}
bifidobacterium longum {B.Longum }	Probiotic Mixture 1 {Japanese Vet Probiotic}
bismuth subsalicylate {Pepto-Bismol}	Probiotic Mixture 2 {Vetafarm Probiotic}
Bovine Milk Products {Dairy}	Shen Ling Bai Zhu San {参苓白术散}
Clostridium butyricum MIYAIRI 588 {Miyarisan}	Vaccinium myrtillus {Bilberry}
Decoction of Four Noble Drugs {Sijunzi Decoction (SJZD)}	walnuts
enterococcus faecium {E. faecium}	yogurt

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