

Microbiome Information for: Constipation

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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Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Constipation

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
Coriobacteria	class	Low	84998	Pseudomonas	genus	High	286
Gammaproteobacteria	class	High	1236	Roseburia	genus	Low	841
Bacteroidaceae	family	High	815	Ruminococcus	genus	High	1263
Enterobacteriaceae	family	High	543	Shigella	genus	High	620
Lachnospiraceae	family	High	186803	Coriobacteriales	order	Low	84999
Oscillospiraceae	family	High	216572	Enterobacterales	order	High	91347
Prevotellaceae	family	Low	171552	Anaerobutyricum hallii	species	Low	39488
Selenomonadaceae	family	Low	1843491	Bacteroides stercoris	species	High	46506
Tannerellaceae	family	High	2005525	Blautia faecis	species	High	871665
Bacteroides	genus	High	816	Blautia luti	species	Low	89014
Bifidobacterium	genus	Low	1678	Blautia wexlerae	species	Low	418240
Blautia	genus	Low	572511	Collinsella aerofaciens	species	Low	74426
Citrobacter	genus	High	544	Escherichia coli	species	High	562
Escherichia	genus	High	561	Eubacterium coprostanoligenes	species	High	290054
Faecalibacterium	genus	Low	216851	Fusicatenibacter saccharivorans	species	Low	1150298
Lachnospira	genus	High	28050	Megamonas funiformis	species	Low	437897
Lactobacillus	genus	Low	1578	Phocaeicola coprocola	species	High	310298
Megamonas	genus	Low	158846	Phocaeicola dorei	species	High	357276
Prevotella	genus	Low	838	Phocaeicola vulgatus	species	High	821
				Prevotellaceae bacterium	species	Low	2049047

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.

Ethyl alcohol {Grain alcohol}

Ferrum {Iron Supplements} 400 mg/day
high red meat

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}
3,3',4',5,7-pentahydroxyflavone {Quercetin}
bacillus
bacillus subtilis {B.Subtilis }
bacillus,lactobacillus,streptococcus,saccharomyces probiotic
bifidobacterium longum {B.Longum }
Bovine Milk Products {Dairy}
Diferuloylmethane {Curcumin}
fruit
fruit/legume fibre

Hordeum vulgare {Barley}
Lactocaseibacillus casei {L. casei}
lactobacillus acidophilus {L. acidophilus}
Lactobacillus plantarum {L. plantarum}
Limosilactobacillus reuteri {L. Reuteri}
oligosaccharides {oligosaccharides}
origanum vulgare {oregano}
Probiotic Mixture 1 {Japanese Vet Probiotic}
Probiotic Mixture 2 {Vetafarm Probiotic}
Thymus vulgaris {thyme}
yogurt

Sample of Literature Used

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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

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