

Kyoto Encyclopedia of Genes and Genomes derived Suggestions

Review Overview

These suggestions 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 almost 2 million facts with backward chaining to sources of information. The typical sources are studies published on the US National Library of Medicine. Note: That many of the bacteria species used are *NOT* reported on many tests.

These are suggestions that are predicted to independently Decreasing Hydrogen | H2 H2 by impacting the bacteria listed on [KEGG: Kyoto Encyclopedia of Genes and Genomes](#). 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

This is an experimental feature – manual validations is recommended. For background, see this [post](#)

There is a separate report for probiotics. That report use the enzymes in probiotic species.

Analysis Provided by Microbiome Prescription

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Bacteria being targeted by suggestions.

These bacteria levels were deemed atypical

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Persephonella marina	species		309805	Legionella israelensis	species		454
Sulfurihydrogenibium azorense	species		309806	Legionella jordanis	species		456
Desulforapulum autotrophicum	species		2296	Desulfovibrio piger	species		901
Streptomyces nodosus	species		40318	Hydrogenobacter thermophilus	species		940
Desulfurobacterium thermolithotrophum	species		64160	Allochromatium vinosum	species		1049
Desulfocapsa sulfexigens	species		65555	Prosthecochloris aestuarii	species		1102
Streptomyces globosus	species		68209	Mycobacterium kansasii	species		1768
Thioalkalivibrio paradoxus	species		108010	Mycolicibacterium smegmatis	species		1772
Caldilinea aerophila	species		133453	Mycobacterium gordonae	species		1778
Thermovibrio ammonificans	species		228745	Mycobacterium marinum	species		1781
Desulfovibrio ferrophilus	species		241368	Mycolicibacterium thermoresistibile	species		1797
Adlercreutzia equolifaciens	species		446660	Mycolicibacterium aichiense	species		1799
Gordonibacter pamelaee	species		471189	Mycolicibacterium chubuense	species		1800
Thiohalobacter thiocyanaticus	species		585455	Mycolicibacterium diemhoferi	species		1801
Neptunomonas concharum	species		1031538	Streptomyces reticuli	species		1926
Magnetospira sp. QH-2	species		1288970	Streptomyces rimosus	species		1927
Salinivirga cyanobacteriivorans	species		1307839	Streptomyces scabiei	species		1930
Labilithrix luteola	species		1391654	Streptosporangium roseum	species		2001
Desulfocurvibacter africanus subsp. africanus	subspecies		1511600	Thermobispora bispora	species		2006
Limnochorda pilosa	species		1555112	Desulfomonile tiedjei	species		2358
Sulfurifustis variabilis	species		1675686	Legionella cherrii	species		28084
Candidatus Velamenicoccus archaeovorans	species		1930593	Legionella sainthelensi	species		28087
Thiocapsa sp.	species		2024551	Thermodesulfovibrio yellowstonii	species		28262
Streptomyces tirandamycinicus	species		2174846	Legionella oakridgensis	species		29423
Labrenzia sp. PHM005	species		2590016	Rhodothermus marinus	species		29549
Dictyoglomus thermophilum	species		14	Halothermothrix orenii	species		31909
Legionella pneumophila	species		446	Streptomyces laurentii	species		39478
Legionella longbeachae	species		450	Mycolicibacterium duvalii	species		39688
Legionella micdadei	species		451	Mycobacterium branderi	species		43348
Legionella spiritensis	species		452	Kutzneria albida	species		43357

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.

The recommended process to obtain a *persistent shift* of the microbiome is:

Generate 4 lists from the suggestions with nothing repeated on another list

Emphasize one list each week

After 8 weeks (2 cycles), retest the microbiome to obtains the next set of *course corrections*

This approach allows the microbiome to stablize towards normal.

Pick only as many suggestions that suits you; there is no need to do all of them. Suggestions are based on your specific bacteria and not marketing concepts such as 'healthy choices'.

Avena sativa x Hordeum vulgare {barley,oat}

d-galactose {milk sugar}

fruit

fruit/legume fibre

grapes

Hordeum vulgare {Barley} 60 gram/day

Linum usitatissimum {Flaxseed} 30 mg/day

pectin {pectin}

Polydextrose {polydextrose}

resistant starch

Ulmus rubra {slippery elm}

walnuts 75 gram/day

Retail Probiotics

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

Bromatech (IT) / Lautoselle

Bromatech (IT) / Serobiome

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.

bifidobacterium bifidum {B. bifidum}	lactobacillus rhamnosus gg,bifidobacterium animalis lactis
bifidobacterium longum,lactobacillus helveticus	,lactobacillus paracasei {cvs maximum strength probiotic}
Bovine Milk Products {Dairy}	Larrea tridentata {Chaparral}
Cinnamomum zeylanicum {Ceylon Cinnamon}	Menta × piperita {peppermint}
Coriandrum sativum {Coriander}	Metha family {Mint}
Curcuma amada {Mango ginger}	Micromeria fruticosa {White-leaved Savory}
Curcuma longa {Turmeric}	Morinda citrifolia {Noni}
Diferuloylmethane {Curcumin}	oligosaccharides {oligosaccharides}
foeniculum vulgare,fennel	origanum vulgare {oregano}
Hypericum perforatum {St. John's Wort}	rosmarinus officinalis {rosemary}
Lactocaseibacillus casei {L. casei}	β-(1?4)-linked D-glucosamine and N-acetyl-D-glucosamine
lactobacillus paracasei,lactobacillus acidophilus,bifidobacterium	{Chitosan}
animalis	syzygium aromaticum {clove}
Lactobacillus plantarum {L. plantarum}	Thymus vulgaris {thyme}
	yogurt

Sample of Literature Used

The following are some of the studies used to generate these suggestions.

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