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

A Microbiome Analysis Company

892 Lake Samish Rd, Bellingham WA 98229 Email: Research@MicrobiomePrescription.com

Our Facebook Discussion Page

Bacteria being targeted by suggestions.

These bacteria levels were deemed atypical

Bacteria Name	Rank	Shift Taxonomy	Bacteria Name	Rank S	Shift Taxonomy ID
Bacteria Name	Nain	ID ID	Legionella israelensis	species	454
Persephonella marina	species	309805	Legionella jordanis	species	456
Sulfurihydrogenibium azorense	species	309806	Desulfovibrio piger	species	901
Desulforapulum autotrophicum	species	<u>22</u> 96	Hydrogenobacter thermophilus	species	940
Streptomyces nodosus	species	40318	Allochromatium vinosum	species	1049
Desulfurobacterium	species	64160	Prosthecochloris aestuarii	species	1102
thermolithotrophum	•		Mycobacterium kansasii	species	1768
Desulfocapsa sulfexigens	species	65555	Mycolicibacterium smegmatis	species	1772
Streptomyces globosus	species	68209	Mycobacterium gordonae	species	1778
Thioalkalivibrio paradoxus	species	108010	Mycobacterium marinum	species	1781
Caldilinea aerophila	species	133453	Mycolicibacterium thermoresistibile	species	1797
Thermovibrio ammonificans	species	228745	Mycolicibacterium aichiense	species	1799
Desulfovibrio ferrophilus	species	241368	Mycolicibacterium chubuense	species	1800
Adlercreutzia equolifaciens	species	446660	Mycolicibacterium diemhoferi	species	1801
Gordonibacter pamelaeae	species	471189	Streptomyces reticuli	species	1926
Thiohalobacter thiocyanaticus	species	585455	Streptomyces rimosus	species	1927
Neptunomonas concharum	species	1031538	Streptomyces scabiei	species	1930
Magnetospira sp. QH-2	species	1288970	Streptosporangium roseum	species	2001
Salinivirga cyanobacteriivorans	species	1307839	Thermobispora bispora	species	2006
Labilithrix luteola	species	1391654	Desulfomonile tiedjei	species	2358
Desulfocurvibacter africanus subsp.	subspecies	1511600	Legionella cherrii	species	28084
africanus		1555110	Legionella sainthelensi	species	28087
Limnochorda pilosa	species	1555112	Thermodesulfovibrio yellowstonii	species	28262
Sulfurifustis variabilis	species	1675686	Legionella oakridgensis	species	29423
Candidatus Velamenicoccus archaeovorus	species	1930593	Rhodothermus marinus	species	29549
Thiocapsa sp.	species	2024551	Halothermothrix orenii	species	31909
Streptomyces tirandamycinicus	species	2174846	Streptomyces laurentii	species	39478
Labrenzia sp. PHM005	species	2590016	Mycolicibacterium duvalii	species	39688
Dictyoglomus thermophilum	species	1/	Mycobacterium branderi	species	43348
Legionella pneumophila	species	446	Kutzneria albida	species	43357
Legionella longbeachae	species	450			
Legonella micdadei	species	451			
Legionella spiritensis	species	452			
•	•	_			

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 evaluted with the following deem 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)

bifidobacterium longum, lactobacillus helveticus

Bovine Milk Products (Dairy)

Cinnamomum zeylanicum (Ceylon Cinnamon)

Coriandrum sativum (Coriander) Curcuma amada (Mango ginger) Curcuma longa (Turmeric) Diferuloylmethane {Curcumin} foeniculum vulgare, fennel

Hypericum perforatum (St. John's Wort) Lacticaseibacillus casei (L. casei)

lactobacillus paracasei, lactobacillus acidophilus, bifidobacterium {Chitosan}

animalis

Lactobacillus plantarum (L. plantarum)

lactobacillus rhamnosus gg,bifidobacterium animalis lactis ,lactobacillus paracasei (cvs maximum strength probiotic)

Larrea tridentata (Chaparral) Menta × piperita {peppermint}

Metha family (Mint)

Micromeria fruticosa (White-leaved Savory)

Morinda citrifolia (Noni)

oligosaccharides (oligosaccharides)

origanum vulgare (oregano) rosmarinus officinalis (rosemary)

ß-(1?4)-linked D-glucosamine and N-acetyl-D-glucosamine

syzygium aromaticum (clove) Thymus vulgaris (thyme)

yogurt

Sample of Literature Used

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

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