

Microbiome Information for: hyperglycemia

For 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 hyperglycemia

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
Akkermansiaceae	family	High	1647988
Caulobacteraceae	family	High	76892
Coriobacteriaceae	family	High	84107
Lachnospiraceae	family	High	186803
Nocardiaceae	family	High	85025
Pseudonocardiaceae	family	High	2070
Rhodospirillaceae	family	High	41295
Tannerellaceae	family	High	2005525
Aerococcus	genus	High	1375
Akkermansia	genus	Low	239934
Allobaculum	genus	Low	174708
Alloprevotella	genus	Low	1283313
Bacteroides	genus	Low	816
Bifidobacterium	genus	Low	1678
Blautia	genus	Low	572511
Butyridimonas	genus	Low	574697
Corynebacterium	genus	High	1716
Desulfovibrio	genus	Low	872
Enterorhabdus	genus	Low	580024
Escherichia	genus	High	561
Faecalibacterium	genus	High	216851
Helicobacter	genus	High	209
Insolitispirillum	genus	High	660628

Bacteria Name	Rank	Shift	Taxonomy ID
Lactobacillus	genus	Low	1578
Parabacteroides	genus	Low	375288
Shigella	genus	High	620
Staphylococcus	genus	High	1279
Turicibacter	genus	High	191303
Weissella	genus	Low	46255
Caulobacterales	order	Low	204458
Pseudomonadales	order	Low	72274
Pseudonocardiales	order	Low	85010
Acinetobacter haemolyticus	species	High	29430
Akkermansia muciniphila	species	Low	239935
Barnesiella intestinihominis	species	Low	487174
Campylobacter rectus	species	High	203
Chlamydia pneumoniae	species	High	83558
Dolosigranulum pigrum	species	High	29394
Escherichia coli	species	High	562
Faecalibacterium prausnitzii	species	Low	853
Prevotella melaninogenica	species	High	28132
Streptococcus cristatus	species	High	45634
Streptococcus gordonii	species	High	1302
Streptococcus mitis	species	High	28037
Streptococcus salivarius	species	High	1304
Veillonella parvula	species	High	29466

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.

Antibiotics annotated with [CFS] have been used with various degree of success with Myalgic Encephalomyelitis, Chronic Fatigue Syndrome, Chronic Lyme, Chronic Q-Fever and Long COVID conditions. Rotation of antibiotics with 3 weeks off between courses is recommended.

Ethyl alcohol {Grain alcohol}	
Ferrum {Iron Supplements}	400 mg/day
high-fat diets	
Sucralose {Splenda}	340 mg/day
Sus domesticus {Pork}	

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-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}
(2->1)-beta-D-fructofuranan {Inulin}
bacillus subtilis {B.Subtilis }
Bifidobacterium animalis subsp. lactis {B. Lactis}
Bovine Milk Products {Dairy}
dietary fiber
Diferuloylmethane {Curcumin}
Fiber, total dietary
fructo-oligosaccharides
fruit
fruit/legume fibre
grapes

green tea
High-fibre diet {Whole food diet}
Hordeum vulgare {Barley}
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)
Lactobacillus plantarum {L. plantarum}
oligosaccharides {oligosaccharides}
pectin {pectin}
polyphenols
Slow digestible carbohydrates. {Low Glycemic}
β-glucan {Beta-Glucan}
whole-grain diet
yogurt

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

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