

Microbiome Information for: myasthenia gravis

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/>)

Thome (<https://www.thome.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

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Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of myasthenia gravis

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
Deltaproteobacteria	class	High	28221	Haemophilus	genus	Low	724
Gammaproteobacteria	class	Low	1236	Lachnoclostridium	genus	High	1506553
Mollicutes	class	High	31969	Roseburia	genus	Low	841
Clostridiaceae	family	Low	31979	Rothia	genus	High	508215
Defluviitaleaceae	family	Low	1185407	Shigella	genus	High	620
Enterobacteriaceae	family	Low	543	Streptococcus	genus	High	1301
Lachnospiraceae	family	High	186803	Treponema	genus	Low	157
Peptostreptococcaceae	family	Low	186804	Victivallales	order	High	278082
Barnesiella	genus	Low	397864	Burkholderia cepacia	species	High	292
Clostridium	genus	Low	1485	Klebsiella pneumoniae	species	High	573
Escherichia	genus	High	561	Mycobacterium kansasii	species	High	1768
Faecalibacterium	genus	High	216851	Mycoplasmoides pneumoniae	species	High	2104
				Nocardia pseudobrasiliensis	species	High	14851

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.

(2->1)-beta-D-fructofuranan {Inulin} 32 gram/day

Adeps suillus {Lard}

bifidobacterium

Caffeine

Coffee

Cola aspartame {Diet Cola}

fat

Ipomoea batata {Purple sweet potatoes}

ketogenic diet

Lactose {Milk Sugar}

long-term, moderate-intensity exercise {exercise}

Oryza sativa {Rice}

Plantago {Psyllium} 6.8 gram/day

proton-pump inhibitors (prescription) 60 mg/day

raffinose {sugar beet}

resistant starch

Saccharomyces cerevisiae var boulardii {S. boulardii} 6 BCFU/day

Sus domesticus {Pork}

synthetic disaccharide derivative of lactose {Lactulose}

tea

Theobroma cacao {Cacao} 20 gram/day

Vsl#3 {Visibiome}

Retail Probiotics

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

nature's instincts / ultra spore probiotic
florastor / florastor
spain (es) / axiboulardi
spain (es) / ultralevura
optibac / saccharomyces boulardii
microbiome labs / restorflora
organic 3 / yeastbiotic
jarrow formulas / bifidus balance® + fos
naturopathica (au) / gastrohealth fibrepro
nature's way (au) / restore probiotic daily health 90s
nature's way (au) / restore probiotic 30 billion 30s
blackmores (au) / probiotics + adults daily (90 capsules)
blackmores (au) / probiotics+ immune defence
blackmore (au) / probiotics+ bowel support
blackmore (au) / probiotics+ eczema relief
blackmore (au) / probiotics+ daily health
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
Swiss BioEnergetics / Full Spectrum Probiotic Defence
Bromatech (IT) / Enterelle
Bromatech (IT) / Lautoselle
Bromatech (IT) / Serobiome
Ombre / Metabolic Booster
Ombre / Endless Energy
imagilin / NutriLots Replenish
SuperSmart / Saccharomyces Boulardii
Eden's / 3-in-1 Synbiotic Superblend
Schwabe Pharma Italia / AxiBoulardi
Bromatech / ENTERELLE PLUS
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains
Bulk Probiotics / Saccharomyces boulardii Probiotic Powder (Digestive Support)

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.

allium sativum {garlic}	Lactobacillus plantarum {L. plantarum}
amikacin	Lavandula angustifolia {lavender}
amoxicillin [CFS]	meropenem
ampicillin [CFS]	Metha family {Mint}
Azadirachta indica {Neem}	Moringa Oleifera
ceftazidime	Ocimum gratissimum {Clove basil}
Cinnamomum zeylanicum {Ceylon Cinnamon}	origanum vulgare {oregano}
ciprofloxacin [CFS]	piperacillin-tazobactam
Curcuma longa {Turmeric}	Propolis {Bee glue}
Cymbopogon citratus {Lemongrass}	Punica granatum {pomegranate}
D-(-)-Fructose {Fruit sugar}	rosmarinus officinalis {rosemary}
Diferuloylmethane {Curcumin}	β -(1 $\rightarrow$ 4)-linked D-glucosamine and N-acetyl-D-glucosamine
gentamicin	{Chitosan}
Honey {Honey }	Thymus vulgaris {thyme}
imipenem	trimethoprim
	Zingiber officinale Roscoe {ginger}

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