

Microbiome Information for: Age-Related Macular Degeneration and Glaucoma

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

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Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Age-Related Macular Degeneration and Glaucoma

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
Lachnospiraceae	family	Low	186803	Roseburia	genus	High	841
Oscillospiraceae	family	Low	216572	[Eubacterium] nodatum	species	High	35518
Dorea	genus	High	189330	Chlamydia pneumoniae	species	High	83558
Parabacteroides	genus	Low	375288	Eubacterium oxidoreducens	species	Low	1732
				Eubacterium ventriosum	species	High	39496

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-(3,4-Dihydroxyphenyl)-5,7-dihydroxy-4H-chromen-4-one

{Luteolin} 400 mg/day

amaranthus {amaranth}

Amorphophallus konjac {Konjaku flour}

Avena sativa x Hordeum vulgare {barley,oat}

bifidobacterium longum,lactobacillus helveticus

Bovine Milk Products {Dairy}

Crataegus {Hawthorn}

Fagopyrum esculentum {Buckwheat}

Ferrum {Iron Supplements} 400 mg/day

henopodium quinoa {Quinoa}

High glycemic diet {High-sugar diet (HSD)}

high-fat diets

isoflavones {Dietary phytoestrogens}

Lactobacillus delbrueckii subsp. bulgaricus {L. bulgaricus}

lactobacillus helveticus {L. helveticus}

lactobacillus helveticus,lactobacillus rhamnosus

Morus {Mulberry }

nuts

Oryza sativa {Rice}

Outer Layers of Triticum aestivum {Wheat Bran}

pseudo-cereals {amaranth,quinoa, taro,buckwheat}

refined wheat breads

Sorghum {Broomcorn}

steviol glycosides {Stevia} 800 mg/day

Sulforaphane {Dark Greens}

Traditional Mediterranean diet {Mediterranean diet}

Ulmus rubra {slippery elm}

walnuts 75 gram/day

whole-grain diet

yogurt

Retail Probiotics

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

HLH BIOPHARMA(DE) / LACTOBACT ® FORTE
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains
Bulk Probiotics / L. Helveticus Probiotic Powder
Bulk Probiotics / L. Bulgaricus Probiotic Powder
Metabolics / Lactobacillus Helveticus Powder
Metabolics / Lactobacillus Bulgaricus Powder
Invivo / Bio.Me Femme UT
Bromatech (IT) / Pilorex
Ombre / Healthy Gut
Ombre / Endless Energy
TheraScience / LACTOBACILLUS HELVETICUS LAFTI® L10
Pregnancy Care Probiotic
Maple Life Science™ / Lactobacillus Helveticus
natren / healthy trinity probiotic
natren / digesta-lac
nature's bounty / probioti 10
ferring / vsl#3
jarrow formulas / jarro-dophilus eps
anabolic laboratories / probiotic complete
bravo europe / freeze-dried bravo
jarrow formulas / jarro-dophilus® ultra
CustomProbiotics.com / L. Bulgaricus Probiotic Powder

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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}
 (2->1)-beta-D-fructofuranan {Inulin}
 2,3-dihydroxypropyl dodecanoate {Monolaurin}
 Abstention from eating {Fasting}
 azithromycin,[CFS]
 bacillus
 bacillus subtilis {B.Subtilis }
 bacillus,lactobacillus,streptococcus,saccharomyces probiotic
 bifidobacterium longum {B.Longum }
 Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}
 dietary fiber
 Diferuloylmethane {Curcumin}
 Fiber, total dietary
 fruit
 fruit/legume fibre

fucoidan {Brown Algae Extract}
 Ganoderma sichuanense {Reishi Mushroom}
 Heyndrickxia coagulans {B. coagulans}
 High-fibre diet {Whole food diet}
 ketogenic diet
 Limosilactobacillus reuteri {L. Reuteri}
 Lycium barbarum x Lycium chinense, {Goji Fruit, Juice}
 macrolide ()
 Malus domestica {apple}
 oligosaccharides {oligosaccharides}
 pectin {pectin}
 Polydextrose {polydextrose}
 resistant starch
 resveratrol-pterostilbene {grapes, blueberries}
 Slow digestible carbohydrates. {Low Glycemic}
 β-lactoglobulin {Whey}

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