

Microbiome Information for: multiple chemical sensitivity [MCS]

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

[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of multiple chemical sensitivity [MCS]

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
Erysipelotrichaceae	family	Low	128827
Actinomyces	genus	High	1654
Akkermansia	genus	High	239934
Blautia	genus	Low	572511
Dialister	genus	High	39948

Bacteria Name	Rank	Shift	Taxonomy ID
Lactobacillus	genus	High	1578
Streptococcus	genus	High	1301
Veillonella	genus	High	29465
Faecalibacterium prausnitzii	species	Low	853
Streptococcus salivarius	species	High	1304
Streptococcus thermophilus	species	High	1308

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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-

a]quinolizinium {Berberine} 1.5 gram/day

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

3,3',4',5,7-pentahydroxyflavone {Quercetin} 2 gram/day

Abstention from eating {Fasting}

Avena sativa {Oats}

Avena sativa x Hordeum vulgare {barley,oat}

bacillus subtilis {B.Subtilis } 10 BCFU/day

dietary fiber

Fiber, total dietary

fruit

fruit/legume fibre

Grape Polyphenols {Grape Flavonoids}

Hordeum vulgare {Barley} 60 gram/day

Lactobacillus plantarum {L. plantarum} 60 BCFU/day

long-term, moderate-intensity exercise {exercise}

Malus domestica {apple}

oligosaccharides {oligosaccharides}

polyphenols 3 gram/day

proton-pump inhibitors (prescription) 60 mg/day

Slow digestible carbohydrates. {Low Glycemic}

synthetic disaccharide derivative of lactose {Lactulose}

whole-grain diet

Retail Probiotics

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

Global Healing Center / FloraTrex
 garden of life / primal defense
 Physician Choice / 60 Billion Probiotics
 probiotic pur (de) / realdose nutrition
 theramedix / probiotic
 jarrow formula / ideal bowel support® Ip299v®
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
 nature's way (au) / restore probiotic bowel & colon health 30s
 Realdose
 Windlove Probiotics / Ecologic®825
 Jetson / FIT
 Jetson (US) / Mood Probiotics
 Jetson / Gut Prep
 ASEA VIA / BIOME
 Seeking Health / Probiota HistaminX
 CustomProbiotics.com / L. Plantarum Probiotic Powder
 HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
 HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
 OMNI-BIOTIC®/ 10 AAD
 OMNI-BIOTIC®/ TRAVEL
 Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
 7 AM Ultra Probiotics
 LiveWell Nutrition / Pro-45
 nature's way (au) / restore probiotic 100 billion
 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+ eczema relief
 blackmore (au) / probiotics+ daily health
 bioglan bio (au) / happy probiotic 100
 bioglan bio (au) / happy probiotic 50
 jarrow formulas / bifidus balance® + fos
 jarrow formulas / jarro-dophilus® ultra
 newrhythm / probiotics 20 stains
 corebiotic
 naturopathica (au) / gastrohealth fibrepro
 naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
 biospec / probiotic-5
 zint nutrition / probiotic collagen +
 bio-botanical research / profiora4r restorative probiotic
 reserveage nutrition / beautiflora
 elixa / probiotic
 amy meyers / primal earth probiotic
 1 md / complete probiotics platinum
 renew life / ultimate flora
 microbiome labs / hu58
 microbiome labs / restorflora
 organic 3 / gutpro
 organic 3 / primal gut
 organic 3 / primal soil
 powerlabs (au) / ultra blend

up4 / ultra
up4 / adult
up4 / women's
douglas laboratories / multi probiotic 40 billion
vinco / probiotic eight 65
custom probiotics / four strain lactobacilli
custom probiotics / six strain probiotic powder
renew life men's probiotic - ultimate
lifted naturals / mood boosting probiotic
aor / probiotic-3
vita miracle / ultra-30 probiotics
global health trax / threelac
bioray / cytoflora
seed / female version
seed / male version
vitamin angels / just thrive
microbiome labs/ megasporebiotic
perfect pass / perfect pass probiotic bacillus spore
quantum wellness / restora flora
enviromedica terraflora sbo probiotic
nature's instincts / ultra spore probiotic
nature's bounty / probioti 10
solaray / microbiome probiotic colon formula
mwsb / candida yeast support
ferring / vsl#3
fairvital / microflora basic
fürstenmed / lacto-bifido
jarrow formulas / jarro-dophilus eps
udo's choice /super 8 gold
klaire labs / biospora
spain (es) / I3.1
spain (es) / vivomixx
goodbelly drink
visbiome
young living/life 9
optibac / for your cholesterol
Garden of Life / Dr. Formulated Once Daily Women's
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
Prescript-Assist®/SBO Probiotic
Metabolics / Lactobacillus Plantarum Powder
Invivo / Bio.Me Femme UT
ImmuneBiotech Medical Sweden AB / GutMagnific®
Bromatech (IT) / Adomelle
Smidge / Sensitive Probiotic
Ombre / Mood Enhancer
Ombre / Healthy Gut
Ombre / Heart Health
Ombre / Ultimate Immunity
INVIVO THERAPEUTICS / Bio.Me IB +
BIO-BOTANICAL RESEARCH / Megacidin
Krauterhaus / Lactopro
Dr. Mercola / Complete Probiotics
Lake Avenue Nutrition / Probiotics 10 Strain Blend
MegaFood / MegaFlora
ProbioMax® Daily DF
Resbiotic /resB® Lung Support
Energybalance / ColoBiotica 28 Colon Support
SuperSmart / Probio Forte

SuperSmart / Bacillus Subtilis
SuperSmart / Full Spectrum Probiotic Formula
SuperSmart / Candalb
SuperSmart / Derma Relief
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
SuperSmart / Lactoxira
Bromatech(IT) / FEMELLE
Northwest Natural Products / PB8
Law of Nature / Best Days Formula
Floradapt Cardio
Floradapt Gut Comfort
HMF Metabolic
Immune Defense Daily Chewable Probiotic
Nature's Lab Cardio
Nature's Lab Intensive GI
Purica Probiotic Cardio
Purica Probiotic Intensive GI
Symprove™
UltraFlora® Immune Booster
UltraFlora® Intensive Care
Maple Life Science™ / Lactobacillus plantarum
Wakunaga / Max Probiotic
Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
Bulk Probiotics / L. Plantarum Probiotic Powder
Bulk Probiotics / Bacillus Subtilis Probiotic
Next Generation
natviehealthcare.com/Renewbiome Bacillus
natviehealthcare.com/Renewbiome Mega
hyperbiotics / pro-15
jarro formula / jarro-dophilus original
Physis / Advance Probiotics
Swiss BioEnergetics / Full Spectrum Probiotic Defence
NaturalPharma / Profit Probiotics
Advanced Bio-Cultures / Advance Multi Strain Probiotics

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.

amoxicillin [CFS]	meropenem
ampicillin [CFS]	Metha family {Mint}
Artemisia absinthium {wormwood}	minocycline [CFS]
Azadirachta indica {Neem}	Ocimum tenuiflorum {Tulsi}
benzylpenicillin sodium (antibiotic)	Pentahydroxypentane {Xylitol}
chloramphenicol	piperacillin-tazobactam
chlorhexidine	Propolis {Bee glue}
ciprofloxacin [CFS]	Prunus mume {Umeboshi}
clindamycin [CFS]	Rhus coriaria {Sumac}
doxycycline [CFS]	rifaximin
Ethyl alcohol {Grain alcohol}	Sodium Chloride {Salt}
Ferrum {Iron Supplements}	Sodium Fluoride {Toothpaste fluoride}
gentamicin	tetracycline
Hericium erinaceus {Lion's Mane Mushroom }	Thymus vulgaris {thyme}
imipenem	tobramycin
low protein diet	trachyspermum ammi {Ajwain}
Menta × piperita {peppermint}	vancomycin (antibiotic)[CFS]
	Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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

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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