

Microbiome Information for: Gastroesophageal reflux disease (Gerd) including Barrett's esophagus

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

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[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Gastroesophageal reflux disease (Gerd) including Barrett's esophagus

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
Clostridia	class	Low	186801	Rothia	genus	High	508215
Fusobacteriia	class	High	203490	Streptococcus	genus	Low	1301
Mollicutes	class	Low	31969	Veillonella	genus	High	29465
Spirochaetia	class	High	203692	Bifidobacteriales	order	Low	85004
Bifidobacteriaceae	family	Low	31953	Alistipes putredinis	species	High	28117
Lachnospiraceae	family	Low	186803	Anaerobutyricum hallii	species	Low	39488
Rikenellaceae	family	Low	171550	Anaerostipes hadrus	species	Low	649756
Alternaria	genus	High	5598	Bacteroides fragilis	species	High	817
Anaerobacillus	genus	High	704093	Bacteroides stercoris	species	High	46506
Aspergillus	genus	High	5052	Blautia obeum	species	Low	40520
Campylobacter	genus	High	194	Blautia wexlerae	species	Low	418240
Exserohilum	genus	High	91493	Faecalibacterium prausnitzii	species	High	853
Fusobacterium	genus	High	848	Fusicatenibacter saccharivorans	species	Low	1150298
Granulicatella	genus	High	117563	Fusobacterium nucleatum	species	High	851
Haemophilus	genus	High	724	Helicobacter pylori	species	High	210
Helicobacter	genus	Low	209	Lactobacillus gasseri	species	Low	1596
Lachnospira	genus	Low	28050	Limosilactobacillus fermentum	species	Low	1613
Methanobrevibacter	genus	Low	2172	Limosilactobacillus reuteri	species	Low	1598
Moraxella	genus	Low	475	Phocaeicola dorei	species	High	357276
Neisseria	genus	High	482	Phocaeicola vulgatus	species	High	821
Rothia	genus	High	32207	Streptococcus mitis	species	High	28037
				Veillonella dispar	species	Low	39778

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-Amino-5-(carbamoylamino)pentanoic acid {Citrulline}

Aloe vera {True Aloe}

Azadirachta indica {Neem} 120 mg/day

cellulose

Epicatechin {Green tea polyphenol}

Ethyl alcohol {Grain alcohol}

Ferum {Iron Supplements} 400 mg/day

high-fat diets

High-protein diet {Atkins low-carbohydrate diet}

Latilactobacillus sakei {Lactobacillus sakei}

low protein diet

low-fat diets

Mycotoxins {Home Dampness}

Phyllanthus emblica {Chinese gall}

red wine 250 ml/day

Sodium Bicarbonate {Baking Soda}

steviol glycosides {Stevia} 800 mg/day

Tobacco consumption {Smoking}

VANCOMYCIN (ANTIBIOTIC)[CFS]

vegetarians

Zingiber officinale Roscoe {ginger}

Retail Probiotics

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

Lanto Health / Lanto Sinus Probiotic Powder

NASOBIOTEX / L SAKEI POWDER

Lanto Sinus

Kimchi Power / Lactobacillus Sakei

Bulk Probiotics / L Sakei Probiotic Powder (Sinus 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.

(2->1)-beta-D-fructofuranan {Inulin}	Lactocaseibacillus casei {L. casei}
Avena sativa x Hordeum vulgare {barley,oat}	lactobacillus acidophilus {L. acidophilus}
bacillus	Lactobacillus plantarum {L. plantarum}
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	lactobacillus rhamnosus gg,bifidobacterium animalis lactis
Bifidobacterium animalis {B. animalis}	,lactobacillus paracasei {cvs maximum strength probiotic}
bifidobacterium longum {B.Longum }	Limosilactobacillus reuteri {L. Reuteri}
Bovine Milk Products {Dairy}	metronidazole [CFS]
clarithromycin [CFS]	oligosaccharides {oligosaccharides}
dietary fiber	Outer Layers of Triticum aestivum {Wheat Bran}
Fiber, total dietary	Saccharomyces cerevisiae var boulardii {S. boulardii}
fruit	Slow digestible carbohydrates. {Low Glycemic}
fruit/legume fibre	walnuts
High-fibre diet {Whole food diet}	wheat
Hordeum vulgare {Barley}	whole-grain diet
	yogurt
	Zinc {Zinc Supplements}

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