

Microbiome Information for: Gout

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 Gout

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
Anaerolineae	class	High	292625	Butyrificoccus	genus	Low	580596
Bacteroidia	class	High	200643	Clostridium	genus	Low	1485
Chloroflexia	class	High	32061	Collinsella	genus	Low	102106
Erysipelotrichia	class	High	526524	Coprococcus	genus	Low	33042
Negativicutes	class	High	909932	Desulfovibrio	genus	High	872
Ackermannviridae	family	Low	2169529	Enterococcus	genus	High	1350
Anaerolineaceae	family	High	292628	Erysipelatoclostridium	genus	High	1505663
Bacteroidaceae	family	High	815	Fusobacterium	genus	High	848
Bifidobacteriaceae	family	Low	31953	Helicobacter	genus	Low	209
Christensenellaceae	family	Low	990719	Lactobacillus	genus	Low	1578
Clostridiaceae	family	High	31979	Phascolarctobacterium	genus	High	33024
Demerecviridae	family	Low	2731690	Prevotella	genus	High	838
Erysipelotrichaceae	family	High	128827	Rhodococcus	genus	High	1827
Fusobacteriaceae	family	High	203492	Shigella	genus	Low	620
Lachnospiraceae	family	Low	186803	Streptococcus	genus	High	1301
Nocardiaceae	family	High	85025	Anaerolineales	order	High	292629
Porphyromonadaceae	family	High	171551	Bacteroidales	order	High	171549
Prevotellaceae	family	High	171552	Bifidobacteriales	order	Low	85004
Rikenellaceae	family	Low	171550	Erysipelotrichales	order	High	526525
Ruminococcaceae	family	High	541000	Selenomonadales	order	High	909929
Selenomonadaceae	family	High	1843491	Bacteroides caccae	species	High	47678
Victivallaceae	family	High	255528	Bacteroides xylanisolvens	species	High	371601
Anaerostipes	genus	Low	207244	Helicobacter pylori	species	High	210
Bacteroides	genus	High	816	Mycobacterium kansasii	species	High	1768
Bifidobacterium	genus	Low	1678	Pasteurella multocida	species	High	747
Bilophila	genus	High	35832	Staphylococcus aureus	species	High	1280

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
2H-1,6,2-benzothiazol-1,1,3-trione {Saccharin} 450 mg/day
Ethyl alcohol {Grain alcohol}
Ferrum {Iron Supplements} 400 mg/day

High-protein diet {Atkins low-carbohydrate diet}
Hydrastis canadensis {Goldenseal}
ketogenic diet
Poly[β-D-xylopyranose(1→4)] {Xylan}

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}
bifidobacterium longum {B.Longum }	Lactobacillus plantarum {L. plantarum}
Bovine Milk Products {Dairy}	Limosilactobacillus reuteri {L. Reuteri}
dietary fiber	oligosaccharides {oligosaccharides}
Fiber, total dietary	Propolis {Bee glue}
fructo-oligosaccharides	Slow digestible carbohydrates. {Low Glycemic}
fruit	synthetic disaccharide derivative of lactose {Lactulose}
Hordeum vulgare {Barley}	whole-grain diet
	yogurt

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

cdk15 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