

Microbiome Information for: Hashimoto's thyroiditis

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

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Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Hashimoto's thyroiditis

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
Alphaproteobacteria	class	Low	28211	Lachnospira	genus	Low	28050
Erysipelotrichia	class	High	526524	Lactobacillus	genus	Low	1578
Alcaligenaceae	family	Low	506	Lactonifactor	genus	High	420345
Bacillaceae	family	Low	186817	Megamonas	genus	Low	158846
Desulfovibrionaceae	family	Low	194924	Mycobacterium	genus	High	1763
Lachnospiraceae	family	High	186803	Phascolarctobacterium	genus	High	33024
Lactobacillaceae	family	Low	33958	Ralstonia	genus	High	48736
Pasteurellaceae	family	Low	712	Romboutsia	genus	High	1501226
Peptococcaceae	family	Low	186807	Roseburia	genus	High	841
Verrucomicrobiaceae	family	Low	203557	Ruminococcus	genus	High	1263
Alistipes	genus	High	239759	Subdoligranulum	genus	High	292632
Anaerostipes	genus	High	207244	Sutterella	genus	High	40544
Bacillus	genus	High	55087	Turicibacter	genus	High	191303
Bacteroides	genus	High	816	Veillonella	genus	High	29465
Bifidobacterium	genus	Low	1678	Victivallis	genus	Low	172900
Bilophila	genus	Low	35832	Lachnospiraceae incertae sedis	no rank	High	2840493
Blautia	genus	High	572511	Desulfovibrionales	order	Low	213115
Butyrivibrio	genus	Low	830	Pasteurellales	order	Low	135625
Dorea	genus	High	189330	Verrucomicrobiales	order	Low	48461
Enterococcus	genus	High	1350	Anaerobutyricum hallii	species	High	39488
Faecalibacterium	genus	Low	216851	Bacteroides fragilis	species	High	817
Fusicatenibacter	genus	High	1407607	Blastocystis hominis	species	High	12968
Fusobacterium	genus	High	848	Faecalibacterium prausnitzii	species	Low	853
Gemella	genus	High	1378	Helicobacter pylori	species	High	210
Intestinimonas	genus	High	1392389	Klebsiella pneumoniae	species	High	573
Klebsiella	genus	Low	570	Mycobacterium avium	species	High	1764
Lachnospiraceae	genus	Low	1506553	Yersinia enterocolitica	species	High	630

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	Ferrum {Iron Supplements}	400 mg/day
Ethyl alcohol {Grain alcohol}		high-fat diets	
		N-(phosphonomethyl)glycine {glyphosate}	

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}

bacillus subtilis {B.Subtilis }

bacillus,lactobacillus,streptococcus,saccharomyces probiotic

Bifidobacterium animalis subsp. lactis {B. Lactis}

Bovine Milk Products {Dairy}

dietary fiber

Fiber, total dietary

fructo-oligosaccharides

fruit

fruit/legume fibre

High-fibre diet {Whole food diet}

Hordeum vulgare {Barley}

Lactobacillus plantarum {L. plantarum}

oligosaccharides {oligosaccharides}

polyphenols

Slow digestible carbohydrates. {Low Glycemic}

synthetic disaccharide derivative of lactose {Lactulose}

whole-grain diet

yogurt

Sample of Literature Used

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Additional APriori Analysis Available

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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