

Microbiome Information for: Irritable Bowel Syndrome

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

[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Irritable Bowel Syndrome

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	High	28211	Lachnospirillum	genus	High	1506553
Bacilli	class	High	91061	Lachnospira	genus	Low	28050
Clostridia	class	High	186801	Lactobacillus	genus	Low	1578
Gammaproteobacteria	class	High	1236	Methylobacterium	genus	High	407
Methanobacteria	class	Low	183925	Microbacterium	genus	High	33882
Acidaminococcaceae	family	High	909930	Microvirgula	genus	Low	57479
Alcaligenaceae	family	Low	506	Moryella	genus	Low	437755
Bacteroidaceae	family	High	815	Oscillibacter	genus	High	459786
Clostridiaceae	family	Low	31979	Oxalobacter	genus	Low	846
Desulfovibrionaceae	family	High	194924	Paraprevotella	genus	High	577309
Enterobacteriaceae	family	High	543	Parasutterella	genus	Low	577310
Enterococcaceae	family	Low	81852	Parvimonas	genus	High	543311
Erysipelotrichaceae	family	High	128827	Peptostreptococcus	genus	High	1257
Lachnospiraceae	family	Low	186803	Phascolarctobacterium	genus	High	33024
Leuconostocaceae	family	Low	81850	Prevotella	genus	High	838
Microviridae	family	High	10841	Proteus	genus	High	583
Moraxellaceae	family	High	468	Proteus	genus	High	210425
Mycobacteriaceae	family	Low	1762	Pseudomonas	genus	High	286
Neisseriaceae	family	Low	481	Ralstonia	genus	Low	48736
Oscillospiraceae	family	High	216572	Roseburia	genus	Low	841
Peptostreptococcaceae	family	Low	186804	Ruminococcus	genus	High	1263
Prevotellaceae	family	High	171552	Salmonella	genus	High	590
Pseudomonadaceae	family	High	135621	Shigella	genus	High	620
Rikenellaceae	family	High	171550	Sporobacter	genus	Low	44748
Ruminococcaceae	family	Low	541000	Streptococcus	genus	High	1301
Sutterellaceae	family	High	995019	Subdoligranulum	genus	Low	292632
Veillonellaceae	family	High	31977	Sutterella	genus	Low	40544
Acidaminococcus	genus	High	904	Turidibacter	genus	Low	191303
Acinetobacter	genus	Low	469	Veillonella	genus	High	29465
Aeromonas	genus	High	642	Weissella	genus	Low	46255
Alistipes	genus	Low	239759	Eubacteriales	order	High	186802
Alloprevotella	genus	High	1283313	[Bacteroides] pectinophilus	species	Low	384638
Anaerostipes	genus	High	207244	[Clostridium] leptum	species	High	1535
Atopobium	genus	Low	1380	[Ruminococcus] torques	species	High	33039
Bacillus	genus	Low	1386	Akkermansia muciniphila	species	Low	239935
Bifidobacterium	genus	Low	1678	Alistipes putredinis	species	Low	28117
Blastocystis	genus	High	12967	Bacteroides caccae	species	High	47678
Blautia	genus	High	572511	Bacteroides fragilis	species	High	817
Burkholderia	genus	Low	32008	Bacteroides ovatus	species	Low	28116
Butyridimonas	genus	Low	574697	Bacteroides thetaiotaomicron	species	High	818
Butyrivibrio	genus	High	830	Bacteroides uniformis	species	Low	820

Bacteria Name	Rank	Shift	Taxonomy ID
Campylobacter	genus	High	194
Catenibacterium	genus	Low	135858
Citrobacter	genus	Low	544
Clostridium	genus	High	1485
Collinsella	genus	Low	102106
Coprobacter	genus	Low	1348911
Coprococcus	genus	Low	33042
Desulfovibrio	genus	High	872
Dialister	genus	Low	39948
Dorea	genus	High	189330
Eisenbergiella	genus	High	1432051
Enterobacter	genus	High	547
Enterococcus	genus	High	1350
Erysipelatoclostridium	genus	High	1505663
Escherichia	genus	High	561
Eubacterium	genus	Low	1730
Faecalibacterium	genus	Low	216851
Faecalitalea	genus	High	1573534
Fusicatenibacter	genus	High	1407607
Haemophilus	genus	High	724
Holdemanella	genus	Low	1573535
Hyphomicrobium	genus	Low	81
Klebsiella	genus	High	570

Bacteria Name	Rank	Shift	Taxonomy ID
Blastocystis hominis	species	High	12968
Campylobacter concisus	species	High	199
Collinsella aerofaciens	species	High	74426
Dialister invisus	species	High	218538
Escherichia coli	species	High	562
Eubacterium coprostanoligenes	species	Low	290054
Faecalibacterium prausnitzii	species	Low	853
Fusobacterium nucleatum	species	High	851
Gemella morbillorum	species	High	29391
Helicobacter pylori	species	High	210
Heyndrickxia coagulans	species	Low	1398
Mediterraneibacter gnavus	species	High	33038
Metamycoplasma hominis	species	High	2098
Methanobrevibacter smithii	species	High	2173
Oxalobacter formigenes	species	Low	847
Paraprevotella clara	species	Low	454154
Phocaeicola vulgatus	species	Low	821
Pseudomonas aeruginosa	species	High	287
Staphylococcus aureus	species	High	1280
Stenotrophomonas terrae	species	High	405446
Streptococcus gallolyticus	species	High	315405
Sutterella wadsworthensis	species	Low	40545
Veillonella parvula	species	High	29466

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.

Ferrum {Iron Supplements} 400 mg/day

high-fat diets

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

bacillus subtilis {B.Subtilis }

bacillus,lactobacillus,streptococcus,saccharomyces probiotic

Bovine Milk Products {Dairy}

dietary fiber

Fiber, total dietary

fruit

fruit/legume fibre

High-fibre diet {Whole food diet}

Hordeum vulgare {Barley}

Lactacaseibacillus casei {L. casei}

Lactobacillus plantarum {L. plantarum}

oligosaccharides {oligosaccharides}

Slow digestible carbohydrates. {Low Glycemic}

whole-grain diet

yogurt

Sample of Literature Used

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Available at: <https://microbiomeprescription.com/Library/PubMed>

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