

Microbiome Information for: Obesity

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 Obesity

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
Actinomycetes	class	High	1760	Parasutterella	genus	High	577310
Bacteroidia	class	Low	200643	Peptoclostridium	genus	High	1481960
Clostridia	class	Low	186801	Porphyromonas	genus	Low	836
Deferribacteres	class	High	68337	Propionibacterium	genus	High	1743
Deltaproteobacteria	class	Low	28221	Riemerella	genus	Low	34084
Fusobacteriia	class	High	203490	Rikenella	genus	Low	28138
Gammaproteobacteria	class	High	1236	Romboutsia	genus	High	1501226
Acidaminococcaceae	family	Low	909930	Rothia	genus	Low	508215
Bacteroidaceae	family	Low	815	Ruminiclostridium	genus	Low	1508657
Bifidobacteriaceae	family	Low	31953	Ruminococcus	genus	High	1263
Burkholderiaceae	family	High	119060	Sanguibacteroides	genus	Low	1635148
Christensenellaceae	family	Low	990719	Shigella	genus	High	620
Clostridiaceae	family	Low	31979	Slackia	genus	High	84108
Coriobacteriaceae	family	High	84107	Solobacterium	genus	High	123375
Desulfovibrionaceae	family	High	194924	Staphylococcus	genus	High	1279
Enterobacteriaceae	family	High	543	Streptobacillus	genus	Low	34104
Erysipelotrichaceae	family	High	128827	Streptococcus	genus	High	1301
Gemellaceae	family	High	539738	Actinomycetes incertae sedis	no rank	Low	1643818
Lachnospiraceae	family	High	186803	Burkholderiales	order	High	80840
Lactobacillaceae	family	Low	33958	Desulfovibrionales	order	Low	213115
Muribaculaceae	family	Low	2005473	Eubacteriales	order	Low	186802
Odoribacteraceae	family	Low	1853231	Pseudomonadales	order	High	72274
Oscillospiraceae	family	Low	216572	[Ruminococcus] torques	species	High	33039
Paludibacteraceae	family	Low	2005523	Actinobaculum massiliense	species	Low	202789
Peptococcaceae	family	Low	186807	Actinomyces graevenitzii	species	Low	55565
Porphyromonadaceae	family	Low	171551	Akkermansia muciniphila	species	Low	239935
Prevotellaceae	family	High	171552	Akkermansia sp.	species	Low	1872421
Rikenellaceae	family	Low	171550	Alistipes inops	species	High	1501391
Ruminococcaceae	family	Low	541000	Alistipes obesi	species	Low	1118061
Selenomonadaceae	family	High	1843491	Alistipes putredinis	species	Low	28117
Streptococcaceae	family	High	1300	Anaerostipes hadrus	species	Low	649756
Veillonellaceae	family	High	31977	Bacillus sp. (in: firmicutes)	species	Low	1409
Actinobacillus	genus	High	713	Bacillus velezensis	species	Low	492670
Actinomyces	genus	Low	1654	Bacteroides caccae	species	High	47678
Adlercreutzia	genus	High	447020	Bacteroides fragilis	species	Low	817
Aggregatibacter	genus	High	416916	Bacteroides sp.	species	Low	29523
Akkermansia	genus	Low	239934	Bacteroides stercoris	species	Low	46506
Alistipes	genus	Low	239759	Bifidobacterium adolescentis	species	Low	1680
Alkaliphilus	genus	Low	114627	Bifidobacterium animalis	species	Low	28025
Allisonella	genus	High	209879	Bifidobacterium bifidum	species	Low	1681
Allobaculum	genus	High	174708	Bifidobacterium breve	species	High	1685

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Alloprevotella	genus	Low	1283313	Blautia coccoides	species	Low	1532
Anaerostipes	genus	Low	207244	Blautia wexlerae	species	High	418240
Angelakisella	genus	High	1935176	Clostridium sp.	species	High	1506
Atopobium	genus	Low	1380	Clostridium sp. CAG:58	species	High	1262824
Bacillus	genus	Low	1386	Collinsella aerofaciens	species	High	74426
Bacillus	genus	Low	55087	Dialister succinatiphilus	species	High	487173
Bacteroides	genus	Low	816	Dorea formicigenerans	species	High	39486
Barnesiella	genus	Low	397864	Dysosmobacter welbionis	species	High	2093857
Bifidobacterium	genus	Low	1678	Enterobacter cloacae	species	High	550
Bilophila	genus	High	35832	Enterococcus faecium	species	High	1352
Blautia	genus	High	572511	Escherichia coli	species	High	562
Brevundimonas	genus	High	41275	Eubacterium sp.	species	Low	142586
Burkholderia	genus	High	32008	Faecalibacterium prausnitzii	species	Low	853
Butyrivibrio	genus	Low	574697	Faecalibacterium sp.	species	Low	1971605
Catenibacterium	genus	High	135858	Fingoldia magna	species	High	1260
Centipeda	genus	Low	82202	Firmicutes bacterium CAG:94	species	High	1262989
Centipeda	genus	Low	82283	Flavonifractor plautii	species	High	292800
Christensenella	genus	Low	990721	Fusobacterium nucleatum	species	Low	851
Clostridium	genus	High	1485	Fusobacterium sp.	species	Low	68766
Colidextribacter	genus	Low	1980681	Haemophilus parainfluenzae	species	Low	729
Collinsella	genus	High	102106	Helicobacter pylori	species	High	210
Coprococcus	genus	Low	33042	Klebsiella oxytoca	species	High	571
Desulfovibrio	genus	High	872	Klebsiella pneumoniae	species	High	573
Dialister	genus	Low	39948	Lactocaseibacillus paracasei	species	Low	1597
Dorea	genus	High	189330	Lactiplantibacillus plantarum	species	Low	1590
Eggerthella	genus	Low	84111	Lactobacillus taiwanensis	species	Low	508451
Enterobacter	genus	High	547	Latilactobacillus sakei	species	Low	1599
Enterococcus	genus	High	1350	Lawsonibacter asaccharolyticus	species	High	2108523
Enterorhabdus	genus	High	580024	Limosilactobacillus reuteri	species	High	1598
Erysipelatoclostridium	genus	Low	1505663	Mediterraneibacter ghavus	species	High	33038
Escherichia	genus	High	561	Methanobrevibacter smithii	species	Low	2173
Faecalibacterium	genus	Low	216851	Moraxella catarrhalis	species	High	480
Faecalibaculum	genus	High	1729679	Odoribacter splanchnicus	species	High	28118
Faecalitalea	genus	High	1573534	Oribacterium asaccharolyticum	species	Low	1501332
Flavobacterium	genus	Low	237	Oscillibacter sp.	species	Low	1945593
Flavonifractor	genus	High	946234	Parabacteroides distasonis	species	High	823
Flintibacter	genus	High	1918454	Peptostreptococcus sp.	species	Low	1262
Fusicatenibacter	genus	High	1407607	Phascolarctobacterium faecium	species	Low	33025
Fusobacterium	genus	High	848	Phocaeicola dorei	species	High	357276
Gemmiger	genus	Low	204475	Prevotella bivia	species	Low	28125
Gordonibacter	genus	High	644652	Prevotella corporis	species	High	28128
Haemophilus	genus	High	724	Proteus mirabilis	species	High	584
Helicobacter	genus	High	209	Pseudomonas aeruginosa	species	High	287
Holdemania	genus	High	61170	Rhodotorula mucilaginosa	species	Low	5537
Intestinibacter	genus	Low	1505657	Romboutsia ilealis	species	Low	1115758
Intestinimonas	genus	High	1392389	Roseburia hominis	species	High	301301
Klebsiella	genus	High	570	Roseburia sp. CAG:309	species	Low	1262945

Bacteria Name	Rank	Shift	Taxonomy ID
Kosakonia	genus	High	1330547
Lachnospirillum	genus	High	1506553
Lactobacillus	genus	High	1578
Lambdavirus	genus	Low	186765
Megamonas	genus	High	158846
Methanobrevibacter	genus	High	2172
Methanosphaera	genus	High	2316
Morganella	genus	High	581
Muribaculum	genus	High	1918540
Neisseria	genus	Low	482
Odoribacter	genus	High	283168
Oribacterium	genus	Low	265975
Oscillospira	genus	Low	119852
Paenibacillus	genus	Low	44249
Pantoea	genus	High	53335
Parabacteroides	genus	High	375288

Bacteria Name	Rank	Shift	Taxonomy ID
Rothia dentocariosa	species	Low	2047
Ruminiclostridium sp.	species	Low	2053608
Ruminococcus bicirculans (ex Wegman et al. 2014)	species	Low	1160721
Ruminococcus sp.	species	Low	41978
Segatella copri	species	High	165179
Streptococcus dysgalactiae	species	High	1334
Streptococcus pneumoniae	species	High	1313
Streptococcus salivarius	species	Low	1304
Sutterella sp.	species	High	1981025
Turicibacter sanguinis	species	Low	154288
Tyzzera sp.	species	Low	2053632
uncultured Ligilactobacillus sp.	species	High	2837633
Veillonella rogosae	species	High	423477
Weissella cibaria	species	Low	137591
Bifidobacterium animalis subsp. lactis	subspecies	Low	302911
Bifidobacterium longum subsp. infantis	subspecies	High	1682
Bifidobacterium longum subsp. longum	subspecies	Low	1679

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.

Ethyl alcohol {Grain alcohol}		high-fat diets	
Ferrum {Iron Supplements}	400 mg/day	Sucralose {Splenda}	340 mg/day

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}

dietary fiber

Diferuloylmethane {Curcumin}

Fiber, total dietary

fruit

fruit/legume fibre

Grape Polyphenols {Grape Flavonoids}

grapes

High-fibre diet {Whole food diet}

Human milk oligosaccharides (prebiotic, Holigos, Stachyose)

Lactobacillus plantarum {L. plantarum}

metformin (prescription)

oligosaccharides {oligosaccharides}

polyphenols

Slow digestible carbohydrates. {Low Glycemic}

whole-grain diet

Sample of Literature Used

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

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Alopecia (Hair Loss)
Alzheimer's disease
Amyotrophic lateral sclerosis (ALS) Motor Neuron
Ankylosing spondylitis
Anorexia Nervosa
Antiphospholipid syndrome (APS)
Asthma
Atherosclerosis
Atrial fibrillation
Autism
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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
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Slow gastric motility / Gastroparesis
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Tic Disorder
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