

Microbiome Information for: Osteoporosis

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 Osteoporosis

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	Intestinibacter	genus	High	1505657
Deferribacteres	class	Low	68337	Klebsiella	genus	High	570
Erysipelotrichaceae	family	Low	128827	Lactobacillus	genus	High	1578
Oxalobacteraceae	family	High	75682	Olsenella	genus	High	133925
Peptostreptococcaceae	family	High	186804	Phascolarctobacterium	genus	High	33024
Prevotellaceae	family	High	171552	Pseudomonas	genus	Low	286
Rikenellaceae	family	Low	171550	Rhodococcus	genus	High	1827
Ruminococcaceae	family	Low	541000	Roseburia	genus	High	841
Actinomyces	genus	High	1654	Ruminococcus	genus	High	1263
Alcaligenes	genus	Low	507	Shigella	genus	High	620
Alistipes	genus	Low	239759	Streptococcus	genus	Low	1301
Alloprevotella	genus	Low	1283313	Subdoligranulum	genus	Low	292632
Anaerostipes	genus	Low	207244	Turicibacter	genus	Low	191303
Bifidobacterium	genus	Low	1678	Veillonella	genus	High	29465
Blautia	genus	Low	572511	Burkholderiales	order	Low	80840
Butyricicoccus	genus	Low	580596	Acetivibrio cellulolyticus	species	Low	35830
Candidatus Soleaferrea	genus	High	1470353	Akkermansia muciniphila	species	Low	239935
Clostridium	genus	High	1485	Bacteroides stercoris	species	Low	46506
Cupriavidus	genus	High	106589	Bifidobacterium animalis	species	High	28025
Dialister	genus	High	39948	Bifidobacterium breve	species	Low	1685
Dorea	genus	Low	189330	Carnobacterium mobile	species	High	2750
Eggerthella	genus	High	84111	Citrobacter amalonaticus	species	Low	35703
Enterococcus	genus	High	1350	Lachnospira eligens	species	High	39485
Escherichia	genus	High	561	Lactiplantibacillus plantarum	species	High	1590
Faecalibacterium	genus	High	216851	Methanobrevibacter smithii	species	High	2173
Faecalibaculum	genus	Low	1729679	Staphylococcus aureus	species	High	1280
Helicobacter	genus	High	209	Staphylococcus simulans	species	High	1286

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}

Abstention from eating {Fasting}

Arachis hypogaea {Peanut}

Arthrospira platensis {Spirulina}

Avena sativa {Oats}

candida albicans (prescription)

d-galactose {milk sugar}

Echinacea Moench {Echinacea} 4 gram/day

Enterococcus faecalis {Streptococcus faecalis}

Escherichia coli cryodesiccata {colinfant probiotics}

Escherichia coli:DSM 16441-16448 {symbioflor-2}

fat

Fermented Brassica oleracea {Sauerkraut}

Ferrum {Iron Supplements} 400 mg/day

henopodium quinoa {Quinoa}

high-fat diets

High-protein diet {Atkins low-carbohydrate diet}

high-saturated fat diet

ketogenic diet

Linum usitatissimum {Flaxseed} 30 mg/day

N-(aminoiminomethyl)-N methyl glycine {Creatine}

Nitrogen Oxide x Particulate Matter {Urban air pollutant}

non-starch polysaccharides

Plantago {Psyllium} 6.8 gram/day

Plant-based diet {Vegetarian diet}

Poly[β-D-xylopyranose(1→4)] {Xylan}

raffinose {sugar beet}

red wine 250 ml/day

red wine polyphenols 600 mg/day

resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}

Sodium 2-stearoyllactate {sodium stearoyl lactylate}

Sucralose {Splenda} 340 mg/day

Sus domesticus {Pork}

Tobacco consumption {Smoking}

Trichosanic acid {pomegranate seed oil}

Ulmus rubra {slippery elm}

vegetarians

Retail Probiotics

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

symbiopharm / symbioflo 2

Maple Life Science™ / Streptococcus faecalis butyricum mesentericus sporogenes

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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}
 (2->1)-beta-D-fructofuranan {Inulin}
 2-Methyl-5-(1-methylethyl)phenol {Carvacrol}
 bacillus
 bacillus,lactobacillus,streptococcus,saccharomyces probiotic
 bifidobacterium
 Bifidobacterium animalis {B. animalis}
 bifidobacterium bifidum {B. bifidum}
 bifidobacterium longum {B.Longum }
 Bovine Milk Products {Dairy}
 Cinnamomum zeylanicum {Ceylon Cinnamon}
 ciprofloxacin [CFS]
 Coffee
 dietary fiber
 Diferuloylmethane {Curcumin}
 Epicatechin {Green tea polyphenol}
 green tea
 High-fibre diet {Whole food diet}
 Lactocaseibacillus casei {L. casei}
 Lactocaseibacillus rhamnosus {L. rhamnosus}
 lactobacillus paracasei,lactobacillus acidophilus,bifidobacterium animalis

Lactobacillus plantarum {L. plantarum}
 lactobacillus rhamnosus gg,bifidobacterium animalis lactis ,lactobacillus paracasei {cvs maximum strength probiotic}
 Limosilactobacillus fermentum {L. fermentum}
 Limosilactobacillus reuteri {L. Reuteri}
 Metha family {Mint}
 Moringa Oleifera
 oligosaccharides {oligosaccharides}
 organum vulgare {oregano}
 Probiotic Mixture 1 {Japanese Vet Probiotic}
 Probiotic Mixture 2 {Vetafarm Probiotic}
 Propolis {Bee glue}
 rosmarinus officinalis {rosemary}
 Saccharomyces cerevisiae var boulardii {S. boulardii}
 Slow digestible carbohydrates. {Low Glycemic}
 Sodium Chloride {Salt}
 β-(1?4)-linked D-glucosamine and N-acetyl-D-glucosamine {Chitosan}
 Thymus vulgaris {thyme}
 wheat
 yogurt
 Zinc {Zinc Supplements}
 Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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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