

Microbiome Information for: Type 2 Diabetes

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 Type 2 Diabetes

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	Morganella	genus	High	108061
Bacteroidia	class	High	200643	Morganella	genus	High	90690
Deltaproteobacteria	class	Low	28221	Odoribacter	genus	High	283168
Negativicutes	class	High	909932	Oribacterium	genus	Low	265975
Verrucomicrobiia	class	High	203494	Oscillibacter	genus	Low	459786
Bacteroidaceae	family	High	815	Oxalobacter	genus	High	846
Bifidobacteriaceae	family	High	31953	Paenibacillus	genus	Low	44249
Clostridiaceae	family	Low	31979	Pantoea	genus	High	53335
Comamonadaceae	family	High	80864	Paraprevotella	genus	Low	577309
Coriobacteriaceae	family	High	84107	Parasutterella	genus	Low	577310
Enterobacteriaceae	family	High	543	Parvimonas	genus	Low	543311
Erysipelotrichaceae	family	High	128827	Pediococcus	genus	Low	1253
Lachnospiraceae	family	High	186803	Peptococcus	genus	Low	2740
Leuconostocaceae	family	Low	81850	Peptostreptococcus	genus	High	1257
Odoribacteraceae	family	Low	1853231	Phocaeicola	genus	High	909656
Peptostreptococcaceae	family	Low	186804	Phocaea	genus	High	1926663
Prevotellaceae	family	High	171552	Porphyromonas	genus	High	836
Ruminococcaceae	family	Low	541000	Prevotella	genus	High	838
Streptococcaceae	family	Low	1300	Propionibacterium	genus	Low	1743
Veillonellaceae	family	High	31977	Pseudoflavonifractor	genus	High	1017280
Verrucomicrobiaceae	family	High	203557	Pyramidobacter	genus	High	638847
Acidaminococcus	genus	High	904	Rhodococcus	genus	High	1661425
Actinomyces	genus	High	1654	Rhodococcus	genus	High	1827
Adlercreutzia	genus	High	447020	Romboutsia	genus	Low	1501226
Agathobacter	genus	High	1766253	Roseburia	genus	Low	841
Akkermansia	genus	Low	239934	Ruminococcus	genus	High	1263
Alistipes	genus	High	239759	Sellimonas	genus	Low	1769710
Alloprevotella	genus	High	1283313	Shigella	genus	High	620
Anaerotruncus	genus	High	244127	Solobacterium	genus	High	123375
Bacteroides	genus	Low	816	Streptococcus	genus	High	1301
Bifidobacterium	genus	Low	1678	Subdoligranulum	genus	High	292632
Bilophila	genus	High	35832	Sutterella	genus	High	40544
Blautia	genus	High	572511	Turicibacter	genus	Low	191303
Butyricicoccus	genus	Low	580596	Veillonella	genus	Low	29465
Butyricimonas	genus	High	574697	Vibrio	genus	High	662
Butyrivibrio	genus	Low	830	Weissella	genus	High	46255
Caecibacter	genus	High	1980685	Bacteroidales	order	High	171549
Campylobacter	genus	High	194	Eubacteriales	order	High	186802
Clostridium	genus	Low	1485	Rhodospirillales	order	High	204441
Collinsella	genus	High	102106	Verrucomicrobiales	order	High	48461
Coprobacillus	genus	High	100883				

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Desulfovibrio	genus	High	872	[Clostridium] methylpentosum	species	High	84026
Dialister	genus	Low	39948	Akkermansia muciniphila	species	Low	239935
Dorea	genus	High	189330	Bacteroides caccae	species	High	47678
Eggerthella	genus	High	84111	Bacteroides fragilis	species	High	817
Elusimicrobium	genus	Low	423604	Bacteroides intestinalis	species	High	329854
Enterococcus	genus	High	1350	Bacteroides stercoris	species	High	46506
Enterorhabdus	genus	High	580024	Bacteroides thetaiotaomicron	species	Low	818
Escherichia	genus	High	561	Bacteroides uniformis	species	Low	820
Eubacterium	genus	Low	1730	Barnesiella intestinihominis	species	Low	487174
Faecalibacterium	genus	Low	216851	Bifidobacterium adolescentis	species	Low	1680
Finegoldia	genus	Low	150022	Bifidobacterium animalis	species	Low	28025
Flavonifractor	genus	High	946234	Bifidobacterium bifidum	species	High	1681
Fusobacterium	genus	High	848	Bifidobacterium pseudolongum	species	Low	1694
Gemmiger	genus	High	204475	Blastocystis hominis	species	High	12968
Gordonibacter	genus	High	644652	Butyrivibrio crossotus	species	High	45851
Haemophilus	genus	Low	724	Clostridium butyricum	species	Low	1492
Holdemania	genus	High	61170	Enterocloster bolteae	species	High	208479
Klebsiella	genus	High	570	Escherichia coli	species	High	562
Lachnoclostridium	genus	High	1506553	Eubacterium coprostanoligenes	species	High	290054
Lacticaseibacillus	genus	Low	2759736	Eubacterium oxidoreducens	species	Low	1732
Lactobacillus	genus	High	1578	Faecalibacterium prausnitzii	species	Low	853
Lactococcus	genus	High	1357	Fusobacterium nucleatum	species	High	851
Leuconostoc	genus	Low	1243	Klebsiella pneumoniae	species	High	573
Ligilactobacillus	genus	High	2767887	Lactobacillus intestinalis	species	High	151781
Malassezia	genus	High	55193	Ligilactobacillus ruminis	species	High	1623
Megamonas	genus	High	158846	Mediterraneibacter gnavus	species	High	33038
Megasphaera	genus	High	906	Phascolarctobacterium faecium	species	Low	33025
Mesosutterella	genus	High	2494213	Porphyromonas gingivalis	species	High	837
Methanobrevibacter	genus	High	2172	Staphylococcus aureus	species	High	1280
Mitsuokella	genus	High	52225	Anaerobutyricum hallii DSM 3353	strain	Low	411469
Morganella	genus	High	581	Clostridium beijerinckii NCIMB 8052	strain	Low	290402
				Clostridium beijerinckii NRRL B-598	strain	Low	1428454
				Bifidobacterium longum subsp. infantis	subspecies	Low	1682

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-4-(methylthio)butanoic acid {Methionine} 5 gram/day
 cholic,taurocholic ,chenodeoxycholic,glycocholic acids {Bile supplements}

Escherichia coli cryodesiccata {colinfant probiotics}

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

Ethyl alcohol {Grain alcohol}

fat

Ferrum {Iron Supplements} 400 mg/day

High glycemic diet {High-sugar diet (HSD)}

high red meat

high-fat diets

High-protein diet {Atkins low-carbohydrate diet}

Nitrogen Oxide x Particulate Matter {Urban air pollutant}

N-L-a-aspartyl-L-phenylalanine methyl ester {aspartame}

Polyethylene oxide sorbitan mono-oleate {Polysorbate 80}

proton-pump inhibitors (prescription) 60 mg/day

Sleep apnea {partial sleep deprivation}

Sucralose {Splenda} 340 mg/day

Tobacco consumption {Smoking}

Under cooked animal protein {Rare meat}

Retail Probiotics

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

symbiopharm / symbioflo 2

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.

(2->1)-beta-D-fructofuranan {Inulin}

bacillus

bacillus,lactobacillus,streptococcus,saccharomyces probiotic

dietary fiber

Diferuloylmethane {Curcumin}

Fiber, total dietary

fruit

fruit/legume fibre

green tea

High-fibre diet {Whole food diet}

Lactaseibacillus casei {L. casei}

Lactobacillus plantarum {L. plantarum}

oligosaccharides {oligosaccharides}

Propolis {Bee glue}

Slow digestible carbohydrates. {Low Glycemic}

Thymus vulgaris {thyme}

whole-grain diet

yogurt

Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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Additional APriori Analysis Available

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