

Microbiome Information for: Ulcerative colitis

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 Ulcerative colitis

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	Negativibacillus	genus	High	1980693
Bacilli	class	High	91061	Neisseria	genus	High	482
Bacteroidia	class	Low	200643	Odoribacter	genus	Low	283168
Clostridia	class	Low	186801	Olsenella	genus	High	133925
Coriobacteriia	class	Low	84998	Oribacterium	genus	High	265975
Deferribacteres	class	High	68337	Oscillibacter	genus	High	459786
Gammaproteobacteria	class	High	1236	Oscillospira	genus	Low	119852
Negativicutes	class	Low	909932	Oxalobacter	genus	Low	846
Bacteroidaceae	family	Low	815	Pantoea	genus	High	53335
Bifidobacteriaceae	family	High	31953	Parabacteroides	genus	Low	375288
Christensenellaceae	family	Low	990719	Parvimonas	genus	Low	543311
Enterobacteriaceae	family	High	543	Peptoniphilus	genus	High	162289
Enterococcaceae	family	High	81852	Peptostreptococcus	genus	High	1257
Gemellaceae	family	High	539738	Phascolarctobacterium	genus	Low	33024
Lachnospiraceae	family	Low	186803	Porphyromonas	genus	High	836
Lactobacillaceae	family	High	33958	Prevotella	genus	High	838
Muribaculaceae	family	High	2005473	Roseburia	genus	Low	841
Prevotellaceae	family	Low	171552	Rothia	genus	High	32207
Rikenellaceae	family	High	171550	Rothia	genus	High	508215
Ruminococcaceae	family	Low	541000	Ruminococcus	genus	Low	1263
Streptococcaceae	family	High	1300	Shigella	genus	High	620
Acinetobacter	genus	High	469	Solobacterium	genus	High	123375
Actinomyces	genus	High	1654	Staphylococcus	genus	High	1279
Adlercreutzia	genus	Low	447020	Streptococcus	genus	High	1301
Aeromonas	genus	High	642	Subdoligranulum	genus	High	292632
Akkermansia	genus	Low	239934	Veillonella	genus	High	29465
Alistipes	genus	High	239759	Victivallis	genus	Low	172900
Alloprevotella	genus	Low	1283313	Weissella	genus	High	46255
Anaerofilum	genus	High	52784	Yersinia	genus	Low	629
Anaerostipes	genus	High	207244	Bacteroidales	order	Low	171549
Anaerotruncus	genus	High	244127	Bifidobacteriales	order	High	85004
Angelakisella	genus	Low	1935176	Coriobacteriales	order	High	84999
Atopobium	genus	High	1380	Enterobacterales	order	High	91347
Bacillus	genus	High	1386	Eubacteriales	order	Low	186802
Bacillus	genus	High	55087	Lactobacillales	order	High	186826
Bacteroides	genus	High	816	Methanomassiliicoccales	order	Low	1235850
Bifidobacterium	genus	High	1678	[Clostridium] innocuum	species	High	1522
Bilophila	genus	Low	35832	Acetivibrio ethanoligignens	species	High	290052
Blautia	genus	High	572511	Adlercreutzia equolifaciens	species	Low	446660
Bordetella	genus	High	517	Akkermansia muciniphila	species	Low	239935
Brevundimonas	genus	Low	41275				

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Butyricicoccus	genus	Low	580596	Alistipes putredinis	species	Low	28117
Butyricimonas	genus	Low	574697	Bacteroides acidifaciens	species	High	85831
Campylobacter	genus	High	194	Bacteroides ovatus	species	Low	28116
Candidatus Pelagibacter	genus	High	198251	Bacteroides thetaiotaomicron	species	Low	818
Catenibacterium	genus	Low	135858	Bacteroides uniformis	species	Low	820
Cedecea	genus	High	158483	Bifidobacterium animalis	species	Low	28025
Cetobacterium	genus	High	180162	Bifidobacterium bifidum	species	Low	1681
Clostridium	genus	Low	1485	Bifidobacterium longum	species	Low	216816
Coprobacillus	genus	High	100883	Blautia producta	species	Low	33035
Coprococcus	genus	Low	33042	Campylobacter concisus	species	High	199
Cutibacterium	genus	High	1912216	Clostridioides difficile	species	Low	1496
Dehalobacterium	genus	Low	51514	Clostridium butyricum	species	Low	1492
Desulfovibrio	genus	Low	872	Clostridium perfringens	species	High	1502
Dialister	genus	Low	39948	Corynebacterium durum	species	High	61592
Dorea	genus	High	189330	Enterococcus faecalis	species	High	1351
Eisenbergiella	genus	High	1432051	Enterococcus faecium	species	High	1352
Enterobacter	genus	Low	547	Enterococcus hirae	species	Low	1354
Enterococcus	genus	High	1350	Escherichia coli	species	High	562
Enterorhabdus	genus	High	580024	Eubacterium ventriosum	species	Low	39496
Escherichia	genus	High	561	Faecalibacterium prausnitzii	species	Low	853
Faecalibacterium	genus	Low	216851	Francisella tularensis	species	High	263
Fingoldia	genus	High	150022	Fusicatenibacter saccharivorans	species	Low	1150298
Flavonifractor	genus	High	946234	Fusobacterium nucleatum	species	High	851
Fusicatenibacter	genus	Low	1407607	Haemophilus parainfluenzae	species	High	729
Gemella	genus	High	1378	Helicobacter pylori	species	High	210
Gemmiger	genus	Low	204475	Lactiplantibacillus plantarum	species	Low	1590
Gordonibacter	genus	High	644652	Lactobacillus intestinalis	species	Low	151781
Granulicatella	genus	High	117563	Latilactobacillus sakei	species	Low	1599
Haemophilus	genus	High	724	Mucispirillum schaedleri	species	High	248039
Helicobacter	genus	High	209	Peptostreptococcus anaerobius	species	High	1261
Klebsiella	genus	High	570	Phascolarctobacterium succinatutens	species	High	626940
Lachnospira	genus	High	28050	Phocaeicola vulgatus	species	Low	821
Lacticaseibacillus	genus	High	2759736	Porphyromonas asaccharolytica	species	Low	28123
Lactobacillus	genus	High	1578	Proteus mirabilis	species	High	584
Lactococcus	genus	High	1357	Roseburia hominis	species	Low	301301
Massilia	genus	High	149698	Roseburia intestinalis	species	Low	166486
Megamonas	genus	Low	158846	Saccharomyces cerevisiae	species	High	4932
Methanobrevibacter	genus	Low	2172	Segatella copri	species	Low	165179
Methanosphaera	genus	Low	2316	Streptococcus gallolyticus	species	High	315405
Morganella	genus	High	581	Sutterella wadsworthensis	species	High	40545
Morganella	genus	High	108061	Thomasclavelia ramosa	species	High	1547
Morganella	genus	High	90690	Veillonella dispar	species	High	39778
				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.

2-Amino-4-(methylthio)butanoic acid {Methionine} 5 gram/day

Escherichia coli cryodesiccata {colinfant probiotics}

Ethyl alcohol {Grain alcohol}

Ferrum {Iron Supplements} 400 mg/day

high-fat diets

High-protein diet {Atkins low-carbohydrate diet}

proton-pump inhibitors (prescription) 60 mg/day

raffinose {sugar beet}

Sucralose {Splenda} 340 mg/day

synthetic disaccharide derivative of lactose {Lactulose}

Tobacco consumption {Smoking}

Under cooked animal protein {Rare meat}

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}
bacillus
bacillus,lactobacillus,streptococcus,saccharomyces probiotic
bifidobacterium longum {B.Longum }
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}
polyphenols
Propolis {Bee glue}
Slow digestible carbohydrates. {Low Glycemic}
Thymus vulgaris {thyme}
whole-grain diet
yogurt

Sample of Literature Used

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

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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