

Microbiome Information for: Long COVID

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 Long COVID

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
Acidimicrobiia	class	High	84992	Holdemania	genus	High	61170
Actinomycetes	class	High	1760	Howardella	genus	Low	404402
Bacilli	class	High	91061	Hydrogenophaga	genus	Low	47420
Clostridia	class	Low	186801	Intestinibacter	genus	High	1505657
Fusobacteriia	class	High	203490	Intestinimonas	genus	Low	1392389
Gammaproteobacteria	class	High	1236	Klebsiella	genus	Low	570
Negativicutes	class	Low	909932	Kluyvera	genus	Low	579
Acidaminococcaceae	family	Low	909930	Lachnoanaerobaculum	genus	High	1164882
Actinomycetaceae	family	High	2049	Lachnoclostridium	genus	Low	1506553
Barnesiellaceae	family	Low	2005519	Lactobacillus	genus	Low	1578
Bifidobacteriaceae	family	High	31953	Lactonifactor	genus	Low	420345
Campylobacteraceae	family	High	72294	Megamonas	genus	High	158846
Camobacteriaceae	family	High	186828	Megasphaera	genus	Low	906
Clostridiaceae	family	High	31979	Mitsuokella	genus	Low	52225
Comamonadaceae	family	Low	80864	Mogibacterium	genus	Low	86331
Coriobacteriaceae	family	High	84107	Monoglobus	genus	Low	2039302
Corynebacteriaceae	family	Low	1653	Morganella	genus	High	90690
Desulfovibrionaceae	family	Low	194924	Morganella	genus	High	108061
Eggerthellaceae	family	High	1643826	Morganella	genus	High	581
Enterobacteriaceae	family	High	543	Neisseria	genus	High	482
Enterococcaceae	family	High	81852	Neomegalonema	genus	Low	356797
Erysipelotrichaceae	family	Low	128827	Oscillibacter	genus	Low	459786
Fusobacteriaceae	family	High	203492	Parasutterella	genus	High	577310
Lachnospiraceae	family	Low	186803	Pediococcus	genus	High	1253
Lactobacillaceae	family	High	33958	Peptococcus	genus	Low	2740
Leuconostocaceae	family	Low	81850	Peptoniphilus	genus	High	162289
Marinifilaceae	family	Low	1573805	Peptostreptococcus	genus	High	1257
Methylobacteriaceae	family	Low	119045	Phascolarctobacterium	genus	Low	33024
Micrococcaceae	family	High	1268	Prevotella	genus	Low	838
Muribaculaceae	family	Low	2005473	Propionispira	genus	High	84034
Neisseriaceae	family	High	481	Proteus	genus	High	210425
Oscillospiraceae	family	Low	216572	Proteus	genus	High	583
Pasteurellaceae	family	High	712	Pseudobutyrvibrio	genus	Low	46205
Peptococcaceae	family	Low	186807	Pseudoflavonifractor	genus	High	1017280
Peptoniphilaceae	family	High	1570339	Pyramidobacter	genus	Low	638847
Porphyromonadaceae	family	High	171551	Raoultella	genus	High	160674
Prevotellaceae	family	Low	171552	Robinsoniella	genus	High	588605
Rhodospirillaceae	family	Low	41295	Romboutsia	genus	Low	1501226
Rikenellaceae	family	Low	171550	Roseburia	genus	Low	841
Ruminococcaceae	family	Low	541000	Rothia	genus	High	32207
Streptococcaceae	family	High	1300	Rothia	genus	High	508215

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Sutterellaceae	family	High	995019	Ruminococcus	genus	Low	1263
Synergistaceae	family	Low	649777	Ruthenibacterium	genus	High	1905344
Tannerellaceae	family	Low	2005525	Salmonella	genus	High	590
Verrucomicrobiaceae	family	High	203557	Scardovia	genus	High	196081
Victivallaceae	family	High	255528	Siccibacter	genus	High	1649298
Acetanaerobacterium	genus	High	258514	Sporobacter	genus	Low	44748
Acidaminococcus	genus	Low	904	Streptococcus	genus	High	1301
Actinomyces	genus	High	1654	Subdoligranulum	genus	Low	292632
Agathobacter	genus	High	1766253	Sutterella	genus	Low	40544
Alistipes	genus	Low	239759	Terrisporobacter	genus	High	1505652
Allisonella	genus	Low	209879	Turicibacter	genus	High	191303
Anaerofilum	genus	High	52784	Veillonella	genus	High	29465
Anaerostipes	genus	Low	207244	Victivallis	genus	High	172900
Anaerotruncus	genus	High	244127	Weissella	genus	Low	46255
Asaccharobacter	genus	High	553372	Bacillales	order	High	1385
Atopobium	genus	High	1380	Bacteroidales	order	Low	171549
Bacteroides	genus	High	816	Bifidobacteriales	order	High	85004
Barnesiella	genus	Low	397864	Coriobacteriales	order	High	84999
Bifidobacterium	genus	Low	1678	Enterobacterales	order	High	91347
Bilophila	genus	Low	35832	Eubacteriales	order	High	186802
Butyricicoccus	genus	Low	580596	Lactobacillales	order	High	186826
Butyridimonas	genus	Low	574697	Micrococcales	order	High	85006
Butyrivibrio	genus	Low	830	Mycobacteriales	order	Low	85007
Campylobacter	genus	High	194	Tissierellales	order	High	1737405
Candidatus Microthrix	genus	High	41949	[Clostridium] innocuum	species	High	1522
Catenibacterium	genus	High	135858	Actinomyces naeslundii	species	High	1655
Cetobacterium	genus	Low	180162	Anaerobutyricum hallii	species	Low	39488
Christensenella	genus	Low	990721	Aspergillus flavus	species	High	5059
Cloacibacillus	genus	Low	508459	Bacteroides caccae	species	High	47678
Colidextribacter	genus	Low	1980681	Bacteroides thetaiotaomicron	species	Low	818
Collinsella	genus	Low	102106	Bifidobacterium adolescentis	species	Low	1680
Coprobacillus	genus	High	100883	Bifidobacterium dentium	species	High	1689
Coprobacter	genus	High	1348911	Bifidobacterium longum	species	Low	216816
Coprococcus	genus	Low	33042	Bifidobacterium pseudocatenulatum	species	Low	28026
Cronobacter	genus	High	413496	Blautia obeum	species	Low	40520
Desulfovibrio	genus	Low	872	Collinsella aerofaciens	species	Low	74426
Dialister	genus	Low	39948	Coprococcus comes	species	High	410072
Dorea	genus	Low	189330	Enterocloster bolteae	species	High	208479
Dysgonomonas	genus	High	156973	Eubacterium coprostanoligenes	species	Low	290054
Eggerthella	genus	High	84111	Eubacterium ventriosum	species	Low	39496
Eisenbergiella	genus	High	1432051	Faecalibacterium prausnitzii	species	Low	853
Enterococcus	genus	High	1350	Flavonifractor plautii	species	High	292800
Erysipelatoclostridium	genus	High	1505663	Gemmiger fornicilis	species	Low	745368
Escherichia	genus	High	561	Hungatella hathewayi	species	High	154046
Faecalibacterium	genus	Low	216851	Lachnospira eligens	species	Low	39485
Faecalicoccus	genus	High	1573536	Ligilactobacillus ruminis	species	High	1623
Flavonifractor	genus	High	946234				

Bacteria Name	Rank Shift	Taxonomy ID	Bacteria Name	Rank Shift	Taxonomy ID
Fusicatenibacter	<i>genus</i> Low	<i>1407607</i>	Mediterraneibacter gnavus	<i>species</i> High	<i>33038</i>
Gemella	<i>genus</i> High	<i>1378</i>	Phocaeicola dorei	<i>species</i> Low	<i>357276</i>
Gemmiger	<i>genus</i> High	<i>204475</i>	Phocaeicola massiliensis	<i>species</i> Low	<i>204516</i>
Granulicatella	<i>genus</i> High	<i>117563</i>	Phocaeicola vulgatus	<i>species</i> High	<i>821</i>
Haemophilus	<i>genus</i> High	<i>724</i>	Ruminococcus bromii	<i>species</i> Low	<i>40518</i>
			Thomasclavelia ramosa	<i>species</i> High	<i>1547</i>
			Tropheryma whipplei	<i>species</i> High	<i>2039</i>

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.

candida albicans (prescription)

d-galactose {milk sugar}

Ethyl alcohol {Grain alcohol}

Ferrum {Iron Supplements} 400 mg/day

High-protein diet {Atkins low-carbohydrate diet}

low carbohydrate diet

macrolide ()

METRONIDAZOLE [CFS]

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

proton-pump inhibitors (prescription) 60 mg/day

Sucralose {Splenda} 340 mg/day

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.

(2->1)-beta-D-fructofuranan {Inulin}	Hordeum vulgare {Barley}
bacillus	Lactocaseibacillus casei {L. casei}
bacillus subtilis {B.Subtilis }	Lactobacillus plantarum {L. plantarum}
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	long-term, moderate-intensity exercise {exercise}
bifidobacterium	oligosaccharides {oligosaccharides}
bifidobacterium longum {B.Longum }	resistant starch
dietary fiber	Saccharomyces cerevisiae var boulardii {S. boulardii}
Fiber, total dietary	Slow digestible carbohydrates. {Low Glycemic}
fruit	β-glucan {Beta-Glucan}
fruit/legume fibre	wheat
High-fibre diet {Whole food diet}	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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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