

Microbiome Information for: Endometriosis

For non-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 Endometriosis

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
Erysipelotrichia	class	High	526524	Olsenella	genus	High	133925
Negativicutes	class	High	909932	Oscillospira	genus	High	119852
Coriobacteriaceae	family	High	84107	Parabacteroides	genus	High	375288
Enterobacteriaceae	family	High	543	Paraprevotella	genus	Low	577309
Lactobacillaceae	family	Low	33958	Porphyromonas	genus	High	836
Alishewanella	genus	High	111142	Prevotella	genus	High	838
Anaerococcus	genus	High	165779	Pseudomonas	genus	High	286
Anaerotruncus	genus	High	244127	Roseburia	genus	Low	841
Atopobium	genus	Low	1380	Ruminococcus	genus	Low	1263
Bacteroides	genus	High	816	Senegalimassilia	genus	Low	1473205
Bifidobacterium	genus	High	1678	Shigella	genus	High	620
Blautia	genus	High	572511	Sneathia	genus	Low	168808
Campylobacter	genus	High	194	Streptococcus	genus	High	1301
Candida	genus	High	5475	Turidibacter	genus	Low	191303
Corynebacterium	genus	High	1716	Veillonella	genus	Low	29465
Cytomegalovirus	genus	High	10358	Bacteroidales	order	Low	171549
Dorea	genus	High	189330	Burkholderiales	order	High	80840
Enterococcus	genus	High	1350	Eubacteriales	order	Low	186802
Enterorhabdus	genus	High	580024	Selenomonadales	order	High	909929
Escherichia	genus	High	561	Sphingomonadales	order	High	204457
Eubacterium	genus	High	1730	Escherichia coli	species	High	562
Ezakiella	genus	High	1582879	Eubacterium ruminantium	species	Low	42322
Faecalibacterium	genus	High	216851	Eubacterium xylanophilum	species	High	39497
Finegoldia	genus	Low	150022	Faecalibacterium prausnitzii	species	High	853
Flavobacterium	genus	High	237	Gardnerella vaginalis	species	High	2702
Gardnerella	genus	High	2701	Haemophilus parainfluenzae	species	High	729
Gemella	genus	Low	1378	Lactobacillus crispatus	species	Low	47770
Lachnospira	genus	Low	28050	Prevotella bivia	species	High	28125
Lactobacillus	genus	Low	1578	Pseudomonas aeruginosa	species	High	287
Methanobrevibacter	genus	High	2172	Staphylococcus aureus	species	High	1280
Mobiluncus	genus	High	2050	Streptococcus sp. 1643	species	High	2576376
Odoribacter	genus	Low	283168	Ureaplasma urealyticum	species	High	2130

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.

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

Abstinence from eating {Fasting}

amaranthus {amaranth}

arabinogalactan {arabinogalactan} 21 gram/day

Escherichia coli cryodesiccata {colinfant probiotics}

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

Ethyl alcohol {Grain alcohol}

Ferrum {Iron Supplements} 400 mg/day

long-term, moderate-intensity exercise {exercise}

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

non-starch polysaccharides

Perna canaliculus {Green-lipped mussel}

Phaseolus vulgaris {Boston bean}

Pulses, Beans

Pulvis ledebouriellae compositae {Bofutsushosan}

pyrrolidine-2-carboxylic acid {proline}

Quercetin-3-O-rutinoside {Rutin} 60 mg/day

raffinose {sugar beet}

Sleep apnea {partial sleep deprivation}

Sodium Chloride {Salt}

β -glucan {Beta-Glucan} 500 mg/day

Sucralose {Splenda} 340 mg/day

synthetic disaccharide derivative of lactose {Lactulose}

Theobroma cacao {Cacao} 20 gram/day

Tobacco consumption {Smoking}

Tributylin

Vsl#3 {Visibiome}

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.

allium sativum {garlic}

bacillus

bacillus,lactobacillus,streptococcus,saccharomyces probiotic

Bovine Milk Products {Dairy}

Cinnamomum zeylanicum {Ceylon Cinnamon}

Curcuma longa {Turmeric}

Diferuloylmethane {Curcumin}

fruit

fruit/legume fibre

Lactocaseibacillus casei {L. casei}

lactobacillus paracasei,lactobacillus acidophilus,bifidobacterium animalis

Lactobacillus plantarum {L. plantarum}

lactobacillus rhamnosus gg,bifidobacterium animalis lactis

,lactobacillus paracasei {cvs maximum strength probiotic}

origanum vulgare {oregano}

polyphenols

Probiotic Mixture 1 {Japanese Vet Probiotic}

Probiotic Mixture 2 {Vetafarm Probiotic}

Propolis {Bee glue}

Thymus vulgaris {thyme}

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

cdk15 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