

Microbiome Information for: benign prostatic hyperplasia

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 benign prostatic hyperplasia

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			
Oscillospiraceae	family	Low	216572	Escherichia	genus	High	561
Bacteroides	genus	Low	816	Faecalibacterium	genus	Low	216851
Corynebacterium	genus	High	1716	Shigella	genus	High	620
Eisenbergiella	genus	Low	1432051	Staphylococcus	genus	High	1279

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

Ceratonia siliqua {carob}

Citrus polymethoxyflavone {Nobiletin (oranges and lemons)}

D-ribofuranoside {Ribose} 10 gram/day

Escherichia coli cryodesiccata {colinfant probiotics}

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

Ferrum {Iron Supplements} 400 mg/day

Glycine max {Doenjang}

high red meat

Lactobacillus mucosae

Lentilactobacillus kefir {Kefibios}

Monascus purpureus x Oryza sativa {Red yeast rice}

Morus {Mulberry }

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

Sodium 2-stearoyllactate {sodium stearoyl lactylate}

Sucralose {Splenda} 340 mg/day

Tobacco consumption {Smoking}

Under cooked animal protein {Rare meat}
vegetable

Retail Probiotics

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

symbiopharm / symbioflo 2
PIANETA FARIMA/KefiBios

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}
 allium sativum {garlic}
 arabinogalactan {arabinogalactan}
 bacillus
 bacillus subtilis {B.Subtilis }
 bacillus,lactobacillus,streptococcus,saccharomyces probiotic
 bifidobacterium
 bifidobacterium bifidum {B. bifidum}
 bifidobacterium longum {B.Longum }
 Bovine Milk Products {Dairy}
 Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}
 Cinnamomum zeylanicum {Ceylon Cinnamon}
 Curcuma longa {Turmeric}
 D-(-)-Fructose {Fruit sugar}
 Diferuloylmethane {Curcumin}
 fruit
 fruit/legume fibre
 fucoidan {Brown Algae Extract}
 Ganoderma sichuanense {Reishi Mushroom}
 green tea
 Heyndrickxia coagulans {B. coagulans}
 Honey {Honey }

Hordeum vulgare {Barley}
 Lactacaseibacillus casei {L. casei}
 Lactacaseibacillus paracasei {L.paracasei}
 lactobacillus acidophilus {L. acidophilus}
 Lactobacillus plantarum {L. plantarum}
 lactobacillus rhamnosus gg,bifidobacterium animalis lactis
 ,lactobacillus paracasei {cvs maximum strength probiotic}
 laminaria digitata {Oarweed}
 Limosilactobacillus reuteri {L. Reuteri}
 long-term, moderate-intensity exercise {exercise}
 Malus domestica {apple}
 Moringa Oleifera
 oligosaccharides {oligosaccharides}
 organum vulgare {oregano}
 pectin {pectin}
 Probiotic Mixture 1 {Japanese Vet Probiotic}
 Probiotic Mixture 2 {Vetafarm Probiotic}
 Propolis {Bee glue}
 resistant starch
 Saccharomyces cerevisiae var boulardii {S. boulardii}
 β-glucan {Beta-Glucan}
 Thymus vulgaris {thyme}
 wheat
 yogurt
 β-lactoglobulin {Whey}

Sample of Literature Used

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Allergies

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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)
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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)
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Systemic Lupus Erythematosus
Tic Disorder

Tourette syndrome
Type 1 Diabetes
Type 2 Diabetes
Ulcerative colitis
Unhealthy Ageing
Vitiligo