

Microbiome Information for: erectile dysfunction

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

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Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of erectile dysfunction

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
Erysipelotrichaceae	family	High	128827
Lachnospiraceae	family	High	186803
Oscillospiraceae	family	Low	216572
Ruminococcaceae	family	Low	541000
Actinomyces	genus	High	1654
Alistipes	genus	Low	239759
Bacteroides	genus	High	816
Bifidobacterium	genus	Low	1678
Clostridium	genus	High	1485
Escherichia	genus	High	561
Fusobacterium	genus	High	848
Lachnospiraceae	genus	High	1506553

Bacteria Name	Rank	Shift	Taxonomy ID
Lactococcus	genus	Low	1357
Megamonas	genus	High	158846
Oscillibacter	genus	High	459786
Senegalimassilia	genus	High	1473205
Shigella	genus	High	620
Tyzerella	genus	High	1506577
[Clostridium] nexile	species	High	29361
[Eubacterium] siraeum	species	High	39492
Bacteroides intestinalis	species	Low	329854
Helicobacter pylori	species	High	210
Mediterraneibacter gnavus	species	High	33038
Streptococcus anginosus	species	High	1328
Thomasclavelia ramosa	species	High	1547

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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine} 1.5 gram/day
 α-Amino-3-indolepropionic acid {Tryptophan} 3 gram/day
 Abstention from eating {Fasting}
 alpha-tocopherol {Vitamin E} 60 IU/day
 Brassica oleracea var. italica {Broccoli}
 cholic,taurocholic,chenodeoxycholic,glycocholic acids {Bile supplements}
 D-ribofuranoside {Ribose} 10 gram/day
 Ferrum {Iron Supplements} 400 mg/day
 Hericium erinaceus {Lion's Mane Mushroom }
 Hordeum vulgare {Barley} 60 gram/day
 Hydrastis canadensis {Goldenseal}
 Lactaseibacillus rhamnosus {L. rhamnosus} 48 BCFU/day

long-term, moderate-intensity exercise {exercise}
 Outer Layers of Triticum aestivum {Wheat Bran}
 pectin {pectin}
 Pentahydroxypentane {Xylitol}
 Poly[β-D-xylopyranose(1->4)] {Xylan}
 Rheum × hybridum {Rhubarb}
 Sleep apnea {partial sleep deprivation}
 Sodium alginate 3000 mg/day
 β-glucan {Beta-Glucan} 500 mg/day
 Ulmus rubra {slippery elm}
 walnuts 75 gram/day
 wheat

Retail Probiotics

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

custom probiotics / d-lactate free probiotics powder
 jarow formulas / fem dophilus
 jarow formulas / jarro-dophilus mood
 spain (es) / ns florabiotic instant
 spain (es) / aquilea intimus
 spain (es) / muvagyn probiotico
 bio-k+
 optibac / for women
 optibac / for those on antibiotics
 just for tummies / live bacteria
 bravo europe / freeze-dried bravo
 jarow formulas / fem-dophilus®
 naturopathica (au)/ gastrohealth probiotic daily care
 naturopathica (au) / gastrohealth probiotic adults 50+
 naturopathica (au) / gastrohealth women's probiotic with cranberry
 blackmore (au) / probiotics+ eczema relief
 blackmore (au) / probiotics+ womens flora balance
 CustomProbiotics.com / L. Rhamnosus Probiotic Powder
 Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
 Sash Vitality /Bio-Cultures Probiotics for Adults
 RepHresh /Pro-B Probiotic Supplement for Women
 Metabolics / Lactobacillus Rhamnosus Powder
 JGL / Lactogyn
 Bromatech (IT) / Lautoselle
 Bromatech (IT) / Psicobrain
 Bromatech (IT) / Ramnoselle
 Bromatech (IT) / Serobiome
 Biorela® Daily
 Ombre / Restore
 Ombre / Harmony
 CVSHealth / Daily Probiotic
 SuperSmart / Oral Health
 SuperSmart / Vaginal Health
 Pregnancy Care Probiotic
 ProGoes® Forte
 Bioflora(MX) / Woman
 Bulk Probiotics / L. Rhamnosus Probiotic Powder

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.

bacillus subtilis {B.Subtilis }	origanum vulgare {oregano}
Bifidobacterium animalis subsp. lactis {B. Lactis}	polyphenols
bifidobacterium bifidum {B. bifidum}	Probiotic Mixture 1 {Japanese Vet Probiotic}
Bovine Milk Products {Dairy}	Probiotic Mixture 2 {Vetafarm Probiotic}
D-(-)-Fructose {Fruit sugar}	resveratrol-pterostilbene {grapes, blueberries}
enterococcus faecium {E. faecium}	resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}
Epicatechin {Green tea polyphenol}	soy
green tea	synthetic disaccharide derivative of lactose {Lactulose}
Lactobacillus plantarum {L. plantarum}	Thymus vulgaris {thyme}
Lavandula angustifolia {lavender}	yogurt
Metha family {Mint}	Zingiber officinale Roscoe {ginger}
	β-lactoglobulin {Whey}

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
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