

Microbiome Information for: Breast Cancer

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/>)

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

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Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Breast Cancer

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
Christensenellaceae	family	Low	990719	Porphyromonas	genus	High	836
Chromobacteriaceae	family	Low	1499392	Proteus	genus	Low	583
Acidaminococcus	genus	High	904	Providencia	genus	High	586
Anaerofilum	genus	Low	52784	Pseudogulbenkiania	genus	High	568394
Bifidobacterium	genus	High	1678	Rhodanobacter	genus	High	75309
Coprococcus	genus	High	33042	Romboutsia	genus	Low	1501226
Dialister	genus	Low	39948	Ruminococcus	genus	Low	1263
Dokdonella	genus	High	323413	Succinimonas	genus	High	83768
Flavonifractor	genus	Low	946234	Tyzzereella	genus	High	1506577
Hungatella	genus	High	1649459	Candidatus Gastranaerophilales	order	Low	1906119
Lachnospirillum	genus	High	1506553	Coriobacteriales	order	Low	84999
Methylobacterium	genus	Low	407	Flavobacteriales	order	Low	200644
Mycoplasma	genus	High	2093	Escherichia coli	species	High	562
Peptoniphilus	genus	High	162289	Fusobacterium nucleatum	species	High	851
				Roseburia inulinivorans	species	High	360807

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->1)-beta-D-fructofuranan {Inulin}

32 gram/day

oligosaccharides {oligosaccharides}

wheat

fructo-oligosaccharides

15 gram/day

Retail Probiotics

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

jarrow formulas / bifidus balance® + fos
naturopathica (au) / gastrohealth fibrepro
naturopathica (au) / gastrohealth probiotic dairy free 50 billion
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
nature's way (au) / restore probiotic bowel & colon health 30s
nature's way (au) / restore probiotic daily health 90s
nature's way (au) / restore probiotic 30 billion 30s
blackmores (au) / probiotics + adults daily (90 capsules)
blackmores (au) / probiotics+ immune defence
blackmore (au) / probiotics+ eczema relief
blackmore (au) / probiotics+ daily health
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
Swiss BioEnergetics / Full Spectrum Probiotic Defence
Physician Choice /60 Billion Probiotics
Nutrition Essentials / Probiotic (900 BCFU)
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
ISCON Elegance/ Ochek Capsule 10
optibac / for every day
optibac / bifidobacteria & fibre
theramedix / probiotic

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}	Nigella sativa {black cumin}
chlorhexidine	Ocimum basilicum {Basil}
Cinnamomum zeylanicum {Ceylon Cinnamon}	Ocimum gratissimum {Clove basil}
Citrus aurantiifolia {Lime}	Olea europaea {Olive leaf}
Curcuma longa {Turmeric}	origanum vulgare {oregano}
D-(-)-Fructose {Fruit sugar}	Panax ... {Ginseng}
Diferuloylmethane {Curcumin}	Pistacia lentiscus {mastic gum}
eugenol {Eugenic acid}	Propolis {Bee glue}
Honey {Honey }	rosmarinus officinalis {rosemary}
Lavandula angustifolia {lavender}	Thymus vulgaris {thyme}
Metha family {Mint}	Vaccinium {Cranberry}
Moringa Oleifera	Zinc {Zinc Supplements}

Sample of Literature Used

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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
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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
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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