

Microbiome Information for: Hypothyroidism

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 Hypothyroidism

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
Alcaligenaceae	family	Low	506	Fusicatenibacter	genus	Low	1407607
Lachnospiraceae	family	Low	186803	Holdemania	genus	High	61170
Ruminococcaceae	family	High	541000	Hungatella	genus	High	1649459
Acinetobacter	genus	High	469	Intestinimonas	genus	High	1392389
Akkermansia	genus	High	239934	Paraprevotella	genus	High	577309
Anaerostipes	genus	Low	207244	Prevotella	genus	High	838
Bacteroides	genus	High	816	Proteus	genus	High	583
Bifidobacterium	genus	Low	1678	Pseudomonas	genus	High	286
Blautia	genus	Low	572511	Ruminiclostridium	genus	High	1508657
Borrelia	genus	High	138	Serratia	genus	High	613
Butyricicoccus	genus	Low	580596	Subdoligranulum	genus	Low	292632
Butyrivibrio	genus	Low	830	[Eubacterium] brachy	species	High	35517
Coprococcus	genus	Low	33042	Helicobacter pylori	species	High	210
Cryptococcus	genus	High	5206	Prevotella intermedia	species	High	28131
Eggerthella	genus	Low	84111	Pseudomonas aeruginosa	species	High	287
Escherichia	genus	High	561	Staphylococcus aureus	species	High	1280
Faecalibacterium	genus	Low	216851	Streptococcus anginosus	species	High	1328
Flavonifractor	genus	High	946234	Streptococcus pyogenes	species	High	1314

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-5-(carbamoylamino)pentanoic acid {Citrulline}

Camellia Linnaeus {camellia}

Crataegus {Hawthorn}

Ethyl alcohol {Grain alcohol}

Ferrum {Iron Supplements} 400 mg/day

Glycine max {Doenjang}

henopodium quinoa {Quinoa}

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

resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}

Sodium 2-stearoyllactate {sodium stearoyl lactylate}

Sucralose {Splenda} 340 mg/day

Thiamine {Vitamin B1} 1.8 gram/day

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}

bacillus,lactobacillus,streptococcus,saccharomyces probiotic

bifidobacterium

bifidobacterium longum {B.Longum }

Bovine Milk Products {Dairy}

Diferuloylmethane {Curcumin}

fruit

Hordeum vulgare {Barley}

Lactocaseibacillus casei {L. casei}

Lactobacillus plantarum {L. plantarum}

Limosilactobacillus reuteri {L. Reuteri}

long-term, moderate-intensity exercise {exercise}

oligosaccharides {oligosaccharides}

Propolis {Bee glue}

Thymus vulgaris {thyme}

wheat

yogurt

Sample of Literature Used

The following are the most significant of the studies used to generate these suggestions.

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Curcumin consumption reduces gut microbial diversity among patients with colorectal adenomas

The FASEB Journal , Volume: 26 Issue: 1 2012 Apr 1

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Additional APriori Analysis Available

Available at: <https://microbiomeprescription.com/Library/PubMed>

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
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