

Microbiome Information for: Allergy to milk products

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 Allergy to milk products

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
Bacteroidia	class	High	200643	Clostridium	genus	High	1485
Acidaminococcaceae	family	Low	909930	Collinsella	genus	High	102106
Bifidobacteriaceae	family	Low	31953	Coprococcus	genus	High	33042
Burkholderiaceae	family	High	119060	Enterobacter	genus	High	547
Dietziaceae	family	Low	85029	Escherichia	genus	Low	561
Enterobacteriaceae	family	Low	543	Faecalibacterium	genus	High	216851
Enterococcaceae	family	Low	81852	Granulicatella	genus	Low	117563
Flavobacteriaceae	family	High	49546	Haemophilus	genus	High	724
Lachnospiraceae	family	Low	186803	Klebsiella	genus	High	570
Methylophilaceae	family	Low	32011	Parabacteroides	genus	Low	375288
Nannocystaceae	family	High	224463	Prevotella	genus	High	838
Oscillospiraceae	family	High	216572	Ruminococcus	genus	High	1263
Prevotellaceae	family	Low	171552	Staphylococcus	genus	High	1279
Ruminococcaceae	family	High	541000	Subdoligranulum	genus	High	292632
Shewanellaceae	family	High	267890	Turicibacter	genus	Low	191303
Streptococcaceae	family	Low	1300	Lactobacillales	order	Low	186826
Thermomonosporaceae	family	High	2012	Akkermansia muciniphila	species	High	239935
Actinobacillus	genus	High	713	Blautia coccooides	species	High	1532
Atopobium	genus	High	1380	Coprococcus catus	species	Low	116085
Bifidobacterium	genus	Low	1678	Escherichia coli	species	High	562
Christensenella	genus	High	990721	Lacrimispora celerecrescens	species	High	29354
				Oscillibacter valericigenes	species	High	351091

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.

ascophyllum nodosum {Rockweed}

Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}

Disodium fumarate {Fumaric acid disodium salt}

Ferrum {Iron Supplements} 400 mg/day

Heyndrickxia coagulans {B. coagulans} 10 BCFU/day

Panax ... {Ginseng} 2000 mg/day

Saccharomyces cerevisiae var boulardii {S. boulardii} 6 BCFU/day

Sus domesticus {Pork}

vegetarians

Zinc {Zinc Supplements} 300 mg/day

Retail Probiotics

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

nature's instincts / ultra spore probiotic
 Eden's / 3-in-1 Synbiotic Superblend
 Schwabe Pharma Italia / AxiBoulardi
 Bromatech / ENTERELLE PLUS
 Law of Nature / Best Days Formula
 Biomed / Bacillus Coagulans
 Maple Life Science™ / Streptococcus faecalis butyricum mesentericus sporogenes
 Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains
 Bulk Probiotics / Saccharomyces boulardii Probiotic Powder (Digestive Support)
 Bulk Probiotics / Bacillus Coagulans Probiotic
 natviehealthcare.com/Renewbiome Bacillus
 Steris Pharma(IN)/OXABACTOR
 Steris Pharma(IN)/PYLODIGEST PRO
 global health trax / threelac
 vitamin angels / just thrive
 microbiome labs/ megasporebiotic
 perfect pass / perfect pass probiotic bacillus spore
 enviromedica terraflora sbo probiotic
 florastor / florastor
 schiff / digestive advantage
 mwsb / candida yeast support
 source naturals / durafflora
 klair labs / biospora
 spain (es) / axiboulardi
 spain (es) / ultralevura
 optibac / saccharomyces boulardii
 microbiome labs / restorflora
 organic 3 / primal soil
 organic 3 / yeastbiotic
 daiichi sankyo healthcare (jp) / panlacmin tablet
 thorne / bacillus coagulansvet 60 caps
 bio-botanical research / proflora4r restorative probiotic
 reserveage nutrition / beautiflora
 corebiotic
 nature's way (au) / adult vita gummies daily probiotic 80s
 Jetson / FIT
 Sun Wave Pharma/Bio Sun Instant
 Bromatech (IT) / Enterelle
 Ombre / Metabolic Booster
 Ombre / Endless Energy
 BIO-BOTANICAL RESEARCH / Megacidin
 imagilin / NutriLots Replenish
 SuperSmart / Saccharomyces Boulardii

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.

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

Bifidobacterium animalis {B. animalis}

Bovine Milk Products {Dairy}

fructo-oligosaccharides

fruit

fruit/legume fibre

Human milk oligosaccharides (prebiotic, Holigos, Stachyose)

lactobacillus paracasei, lactobacillus acidophilus, bifidobacterium animalis

Lactobacillus plantarum {L. plantarum}

oligosaccharides {oligosaccharides}

synthetic disaccharide derivative of lactose {Lactulose}

yogurt

Sample of Literature Used

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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
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