

Microbiome Information for: multiple chemical sensitivity [MCS]

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 multiple chemical sensitivity [MCS]

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	Low	128827
Actinomyces	genus	High	1654
Akkermansia	genus	High	239934
Blautia	genus	Low	572511
Dialister	genus	High	39948

Bacteria Name	Rank	Shift	Taxonomy ID
Lactobacillus	genus	High	1578
Streptococcus	genus	High	1301
Veillonella	genus	High	29465
Faecalibacterium prausnitzii	species	Low	853
Streptococcus salivarius	species	High	1304
Streptococcus thermophilus	species	High	1308

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

(2->1)-beta-D-fructofuranan {Inulin} 32 gram/day

3,3',4',5,7-pentahydroxyflavone {Quercetin} 2 gram/day

Abstention from eating {Fasting}

Avena sativa {Oats}

Avena sativa x Hordeum vulgare {barley,oat}

bacillus subtilis {B.Subtilis } 10 BCFU/day

fruit

fruit/legume fibre

Grape Polyphenols {Grape Flavonoids}

Hordeum vulgare {Barley} 60 gram/day

lactobacillus acidophilus {L. acidophilus} 20 BCFU/day

Lactobacillus plantarum {L. plantarum} 60 BCFU/day

laminaria digitata {Oarweed}

long-term, moderate-intensity exercise {exercise}

Malus domestica {apple}

oligosaccharides {oligosaccharides}

Panax ... {Ginseng} 2000 mg/day

polyphenols 3 gram/day

resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}

synthetic disaccharide derivative of lactose {Lactulose}

β-lactoglobulin {Whey} 60 gram/day

Retail Probiotics

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

Global Healing Center / FloraTrex

Realdose

Physician Choice / 60 Billion Probiotics

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

probiotic pur (de) / realdose nutrition

theramedix / probiotic

garden of life / primal defense

hyperbiotics / pro-15

jarrow formula / jarro-dophilus original

jarrow formula / ideal bowel support® lp299v®

elixa / probiotic

1 md / complete probiotics platinum

renew life / ultimate flora

douglas laboratories / multi probiotic 40 billion

vinco / probiotic eight 65

zint nutrition / probiotic collagen +

visbiome

young living/life 9

organic 3 / primal gut

powerlabs (au) / ultra blend

up4 / ultra

up4 / adult

up4 / women's

custom probiotics / four strain lactobacilli

custom probiotics / six strain probiotic powder

renew life men's probiotic - ultimate

lifted naturals / mood boosting probiotic

vita miracle / ultra-30 probiotics

bioray / cytoflora

seed / male version

quantum wellness / restora flora

nature's bounty / probioti 10

solaray / mycrobioime probiotic colon formula

ferring / vsl#3

udo's choice /super 8 gold

spain (es) / vivomixx

nature's way (au) / restore probiotic 100 billion

nature's way (au) / restore probiotic daily health 90s

bioglan bio (au) / happy probiotic 50

bioglan bio (au) / happy probiotic 100

jarrow formulas / jarro-dophilus® ultra

newrhythm / probiotics 20 stains

nature's way (au) / restore probiotic 30 billion 30s

blackmores (au) / probiotics + adults daily (90 capsules)

blackmores (au) / probiotics+ immune defence

naturopathica (au) / gastrohealth fibrepro

naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion

blackmore (au) / probiotics+ daily health

ASEA VIA / BIOME

Garden of Life / Dr. Formulated Once Daily Women's

NaturalPharma / Profit Probiotics

Advanced Bio-Cultures / Advance Multi Strain Probiotics

Bio Schwartz / Advance Strength Probiotics (40 BCFU)
Bromatech (IT) / Adomelle
7 AM Ultra Probiotics
LiveWell Nutrition / Pro-45
Physis / Advance Probiotics
Swiss BioEnergetics / Full Spectrum Probiotic Defence
Windlove Probiotics / Ecologic®825
Jetson / FIT
OMNI-BiOTIC®/ 10 AAD
OMNI-BiOTIC®/ TRAVEL
Ombre / Healthy Gut
Invivo / Bio.Me Femme UT
Dr. Mercola / Complete Probiotics
Lake Avenue Nutrition / Probiotics 10 Strain Blend
MegaFood / MegaFlora
ProbioMax® Daily DF
Resbiotic /resB® Lung Support
SuperSmart / Full Spectrum Probiotic Formula
SuperSmart / Candalb
Bromatech(IT) / FEMELLE
Northwest Natural Products / PB8
HMF Metabolic
Symprove™
Wakunaga / Max Probiotic
SuperSmart / Probio Forte
Next Generation
natviehealthcare.com/Renewbiome Mega
Steris Pharma(IN)/OXABACTOR
natviehealthcare.com/Renewbiome Bacillus
SuperSmart / Bacillus Subtilis
Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains
Bioflora(MX) / Woman
Bulk Probiotics / L. Plantarum Probiotic Powder
Bulk Probiotics / L. Acidophilus Probiotic Powder
Bulk Probiotics / Bacillus Subtilis Probiotic
UltraFlora® Balance
UltraFlora® Immune Booster
UltraFlora® Intensive Care
UltraFlora® Restore
Maple Life Science™ / Lactobacillus plantarum
Immune Defense Daily Chewable Probiotic
Nature's Lab Cardio
Nature's Lab Intensive GI
Probiotic 10 Billion Active Cells Daily Maintenance
Schiff® Digestive Advantage® Advanced Probiotics Multi-Strain Support
Purica Probiotic Cardio
Purica Probiotic Intensive GI
Law of Nature / Best Days Formula
Floradapt Cardio
Floradapt Gut Comfort
FloraVantage® Balance
HMF Forte
HMF IBS Relief
HMF Intensive
SuperSmart / Derma Relief
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
SuperSmart / Lactoxira

SuperSmart / Vaginal Health
ISCON Elegance/ Ochek Capsule 10
VSL Pharmaceuticals / Oxadrop
PharmExtracta (IT) / FG5 Forte In Sachets
Schwabe Pharma Italia / EnteroDophilus
Bromatech / ENTERELLE PLUS
Energybalance / ColoBiotica 28 Colon Support
CVSHealth / Daily Probiotic
ImmuneBiotech Medical Sweden AB / GutMagnific®
Bromatech (IT) / Acronelle
Ombre / Metabolic Booster
Ombre / Heart Health
Ombre / Ultimate Immunity
Ombre / Harmony
INVIVO THERAPEUTICS / Bio.Me IB +
BIO-BOTANICAL RESEARCH / Megacidin
NOW FOODS / Clinical GI Probiotic
Krauterhaus / Lactopro
Thyve Inside/ L.Reu,Rham,Casi; B.Lactis
Thyve LPCasei Th1, LPCasei Th2,L.Ferm IBF1, Lacidoph
Jetson (US) / Mood Probiotics
Jetson (US) / Immunity Probiotics
Jetson / Gut Prep
ecology_allergycare
Sash Vitality /Bio-Cultures Probiotics for Adults
Nu U (uk) /Bio-Cultures Complex
Bromatech (IT) / Aflugenex
Bromatech (IT) / Citogenex
Bromatech (IT) / Enterelle
Bromatech (IT) / Lautoselle
Bromatech (IT) / Milonet
Bromatech (IT) / Pilorex
Bromatech (IT) / Psicobrain
Bromatech (IT) / Ramnoselle
Smidge /Sensitive Probiotic
Biorela® Daily
Ombre / Mood Enhancer
Nature's Bounty / Acidophilus Probiotic
Prescript-Assist®/SBO Probiotic
Metabolics / Lactobacillus Acidophilus
Metabolics / Lactobacillus Plantarum Powder
Wholesome Wellness / Raw Probiotic
Seeking Health / Probiota HistaminX
CustomProbiotics.com / L. Acidophilus Probiotic Powder
CustomProbiotics.com / L. Plantarum Probiotic Powder
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS
HLH BIOPHARMA(DE) / LACTOBACT ® AAD
HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
naturopathica (au) / gastrohealth probiotic adults 50+
naturopathica (au) / gastrohealth women's probiotic with cranberry
blackmore (au) / probiotics+ bowel support
blackmore (au) / probiotics+ eczema relief
corebiotic
trubiotics / one a day
bioglan bio (au/ happy probiotic 25
bioglan (au) / healthy kids probiotic choc balls 50s

quality health (au) / fridge free* probiotic 60s
 quality health(au)/ fridge free probiotic 25b
 nature's way (au) / restore probiotic choc balls 60s
 spain (es) / profaes4 edad escolar
 bio-k+
 genestra brands® hm
 goodbelly drink
 gnc / ultra probiotic complex
 klair labs / biospora
 spain (es) / l3.1
 spain (es) / profaes4 viajeros
 fairvital / microflora basic
 fürstenmed / lacto-bifido
 jarro formulas / jarro-dophilus eps
 klair labs / target gb-x
 cytoplan(uk) / dentavital bifidophilus
 jamieson (can) / probiotic 10 bcfu
 mwsb / candida yeast support
 speer labs / emuaid first defense
 enviromedica terraflora sbo probiotic
 nature's instincts / ultra spore probiotic
 natren / healthy trinity probiotic
 natren / megadophilus
 vitamin angels / just thrive
 microbiome labs/ megasporebiotic
 perfect pass / perfect pass probiotic bacillus spore
 seed / female version
 global health trax / threelac
 aor / probiotic-3
 bayer / trubiotics daily probiotic
 solgar / advanced multi-billion dophilus
 solgar / advanced 40+ acidophilus
 solgar / advanced acidophilus plus
 shin biofermin (jp) /s
 organic 3 / primal soil
 optibac / for every day
 optibac / for every day max
 optibac / for your cholesterol
 optibac / for those on antibiotics
 microbiome labs / hu58
 microbiome labs / restorflora
 organic 3 / gutpro
 bio-botanical research / profiora4r restorative probiotic
 reserveage nutrition / beautiflora
 just for tummies / live bacteria
 bravo europe / starter and complex
 bravo europe / freeze-dried bravo
 biospec / probiotic-5
 anabolic laboratories / probiotic complete
 amy meyers / primal earth probiotic
 jarro formulas / bifidus balance® + fos

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.

Artemisia absinthium {wormwood}	N-(phosphonomethyl)glycine {glyphosate}
Azadirachta indica {Neem}	Ocimum tenuiflorum {Tulsi}
Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}	Pentahydroxypentane {Xylitol}
chlorhexidine	Propolis {Bee glue}
Ethyl alcohol {Grain alcohol}	Prunus mume {Umeboshi}
Ferrum {Iron Supplements}	Rhus coriaria {Sumac}
Hericium erinaceus {Lion's Mane Mushroom }	Sodium Chloride {Salt}
Menta × piperita {peppermint}	Thymus vulgaris {thyme}
Metha family {Mint}	trachyspermum ammi {Ajwain}
	Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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

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Additional APriori Analysis Available

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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