

Microbiome Information for: Brain Trauma

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 Brain Trauma

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
Bifidobacteriaceae	family	High	31953
Enterobacteriaceae	family	High	543
Lachnospiraceae	family	High	186803
Peptococcaceae	family	High	186807
Prevotellaceae	family	Low	171552
Bacteroides	genus	Low	816
Collinsella	genus	High	102106
Desulfovibrio	genus	High	872
Enterobacter	genus	High	547
Eubacterium	genus	Low	1730
Faecalibacterium	genus	Low	216851
Lactobacillus	genus	Low	1578
Megasphaera	genus	High	906
Oscillibacter	genus	High	459786
Prevotella	genus	Low	838

Bacteria Name	Rank	Shift	Taxonomy ID
Roseburia	genus	Low	841
Ruminococcus	genus	Low	1263
Staphylococcus	genus	Low	1279
Streptococcus	genus	High	1301
Turicibacter	genus	Low	191303
Anaeroplasmatales	order	Low	186332
Bacteroidales	order	Low	171549
Eubacteriales	order	High	186802
Lactobacillales	order	Low	186826
Enterobacter hormaechei	species	High	158836
Faecalibacterium prausnitzii	species	Low	853
Klebsiella pneumoniae	species	High	573
Proteus mirabilis	species	High	584
Ruminococcus gauvreauii	species	High	438033
Staphylococcus aureus	species	High	1280

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-4-(methylthio)butanoic acid {Methionine} 5 gram/day

Adeps suillus {Lard}

Below normal temperature {Cold exposure}

Beta vulgaris {Beet}

Catechol {Catecholamines}

cholic,taurocholic ,chenodeoxycholic,glycocholic acids {Bile supplements}

Chrysanthemum × morifolium {Chrysanthemum}

Cichorium intybus {Chicory} 1800 mg/day

Decoction of Four Noble Drugs {Sijunzi Decoction (SJZD)}

Escherichia coli:DSM 16441-16448 {symbioflor-2}

high red meat

L-3-hydroxytrimethylaminobutanoate {carnitine}

Lactose {Milk Sugar}

microplastic {Microplastics}

N-(phosphonomethyl)glycine {glyphosate}

nicotinic acid {Vitamin B-3} 3000 mg/day

N-L-a-aspartyl-L-phenylalanine methyl ester {aspartame}

oligofructose-enriched inulin

Polyethylene oxide sorbitan mono-oleate {Polysorbate 80}

Sleep apnea {partial sleep deprivation}

Sodium Chloride {Salt}

synthetic disaccharide derivative of lactose {Lactulose}

Under cooked animal protein {Rare meat}

Retail Probiotics

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

symbiopharm / symbioflo 2

Wholesome Wellness / Raw 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.

bacillus

bacillus,lactobacillus,streptococcus,saccharomyces probiotic

Bovine Milk Products {Dairy}

Diferuloylmethane {Curcumin}

fruit

fruit/legume fibre

Grape Polyphenols {Grape Flavonoids}

grapes

Lactobacillus plantarum {L. plantarum}

lactobacillus rhamnosus gg,bifidobacterium animalis lactis

,lactobacillus paracasei {cvs maximum strength probiotic}

polyphenols

yogurt

Sample of Literature Used

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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
Vitiligo