

Microbiome Information for: ME/CFS with IBS

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

[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of ME/CFS with IBS

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
Alistipes	<i>genus</i>	High	239759
Bacteroides	<i>genus</i>	Low	816
Bifidobacterium	<i>genus</i>	Low	1678
Clostridium	<i>genus</i>	High	1485
Faecalibacterium	<i>genus</i>	Low	216851
Lactonifactor	<i>genus</i>	High	420345
Streptococcus	<i>genus</i>	High	1301
Anaerobutyricum hallii	<i>species</i>	Low	39488

Bacteria Name	Rank	Shift	Taxonomy ID
Anaerostipes caccae	<i>species</i>	High	105841
Blautia obeum	<i>species</i>	Low	40520
Coprococcus catus	<i>species</i>	Low	116085
Coprococcus comes	<i>species</i>	Low	410072
Dorea formicigenerans	<i>species</i>	Low	39486
Dorea longicatena	<i>species</i>	Low	88431
Enterocloster bolteae	<i>species</i>	High	208479
Faecalibacterium prausnitzii	<i>species</i>	Low	853
Roseburia inulinivorans	<i>species</i>	Low	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.

(RS)-2-(4-(2-methylpropyl)phenyl)propanoic acid {ibuprofen}

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

2H-1?6,2-benzothiazol-1,1,3-trione {Saccharin} 450 mg/day

Adeps suillus {Lard}

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

Ethyl alcohol {Grain alcohol}

Ferrum {Iron Supplements} 400 mg/day

high red meat

Tributyrin

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

bacillus,lactobacillus,streptococcus,saccharomyces probiotic

bifidobacterium

fructo-oligosaccharides

fruit

fruit/legume fibre

Human milk oligosaccharides (prebiotic, Holigos, Stachyose)

Lactobacillus plantarum {L. plantarum}

oligosaccharides {oligosaccharides}

pectin {pectin}

resistant starch

wheat

Sample of Literature Used

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

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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
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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