

Microbiome Information for: Multiple Sclerosis

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 Sclerosis

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
Actinomycetes	class	High	1760	Pedobacter	genus	High	84567
Bacteroidia	class	Low	200643	Porphyromonas	genus	High	836
Clostridia	class	High	186801	Prevotella	genus	Low	838
Coriobacteriia	class	High	84998	Pseudomonas	genus	High	286
Barnesiellaceae	family	Low	2005519	Psychrobacter	genus	High	497
Chlamydiaceae	family	High	809	Romboutsia	genus	High	1501226
Christensenellaceae	family	High	990719	Roseburia	genus	Low	841
Clostridiaceae	family	High	31979	Shigella	genus	High	620
Desulfovibrionaceae	family	High	194924	Sporobacter	genus	High	44748
Erysipelotrichaceae	family	Low	128827	Streptococcus	genus	High	1301
Lachnospiraceae	family	Low	186803	Sutterella	genus	Low	40544
Lactobacillaceae	family	Low	33958	Turidibacter	genus	Low	191303
Methanobacteriaceae	family	High	2159	[Clostridium] leptum	species	High	1535
Oscillospiraceae	family	High	216572	[Clostridium] nexile	species	High	29361
Oxalobacteraceae	family	High	75682	[Clostridium] scindens	species	High	29347
Peptostreptococcaceae	family	High	186804	[Lactobacillus] rogosae	species	Low	706562
Ruminococcaceae	family	Low	541000	Agathobacter rectalis	species	Low	39491
Verrucomicrobiaceae	family	High	203557	Akkermansia muciniphila	species	High	239935
Acinetobacter	genus	High	469	Alistipes onderdonkii	species	High	328813
Adlercreutzia	genus	Low	447020	Anaerostipes hadrus	species	Low	649756
Akkermansia	genus	High	239934	Bacteroides fragilis	species	Low	817
Alistipes	genus	High	239759	Bacteroides stercoris	species	Low	46506
Anaerofustis	genus	High	264995	Bifidobacterium longum	species	High	216816
Anaerostipes	genus	Low	207244	Blautia wexlerae	species	Low	418240
Anaerotruncus	genus	High	244127	Butyricimonas virosa	species	Low	544645
Bacteroides	genus	Low	816	Candida albicans	species	High	5476
Bifidobacterium	genus	Low	1678	Chlamydia pneumoniae	species	High	83558
Bilophila	genus	High	35832	Collinsella aerofaciens	species	High	74426
Blautia	genus	High	572511	Dorea formicigenerans	species	Low	39486
Borrelia	genus	High	138	Eggerthella lenta	species	High	84112
Butyricoccus	genus	Low	580596	Eisenbergiella tayi	species	High	1432052
Butyricimonas	genus	Low	574697	Faecalibacterium prausnitzii	species	Low	853
Campylobacter	genus	High	194	Fusobacterium nucleatum	species	High	851
Candidatus Soleaferrea	genus	High	1470353	Holdemanella biformis	species	Low	1735
Chlamydia	genus	High	810	Hungatella hathewayi	species	High	154046
Clostridium	genus	Low	1485	Lachnospira eligens	species	Low	39485
Coprobacillus	genus	Low	100883	Limosilactobacillus fermentum	species	Low	1613
Coprococcus	genus	Low	33042	Megamonas funiformis	species	Low	437897
Cryptococcus	genus	High	5206				
Desulfovibrio	genus	High	872	Methanobrevibacter smithii	species	High	2173
Dorea	genus	High	189330	Mycobacterium avium	species	High	1764

Bacteria Name	Rank	Shift	Taxonomy ID
Eggerthella	<i>genus</i>	High	84111
Erwinia	<i>genus</i>	High	551
Escherichia	<i>genus</i>	High	561
Faecalibacterium	<i>genus</i>	Low	216851
Flavobacterium	<i>genus</i>	High	237
Fusobacterium	<i>genus</i>	High	848
Gemmiger	<i>genus</i>	Low	204475
Intestinibacter	<i>genus</i>	Low	1505657
Lachnoanaerobaculum	<i>genus</i>	High	1164882
Lachnospira	<i>genus</i>	Low	28050
Methanobrevibacter	<i>genus</i>	High	2172
Mycoplana	<i>genus</i>	High	13159
Mycoplasma	<i>genus</i>	High	2093
Olsenella	<i>genus</i>	High	133925
Parabacteroides	<i>genus</i>	Low	375288

Bacteria Name	Rank	Shift	Taxonomy ID
Parabacteroides distasonis	<i>species</i>	Low	823
Phocaeicola coprocola	<i>species</i>	Low	310298
Phocaeicola coprophilus	<i>species</i>	Low	387090
Phocaeicola vulgatus	<i>species</i>	High	821
Porphyromonas gingivalis	<i>species</i>	High	837
Roseburia inulinivorans	<i>species</i>	Low	360807
Ruthenibacterium lactatiformans	<i>species</i>	High	1550024
Segatella copri	<i>species</i>	Low	165179
Staphylococcus aureus	<i>species</i>	High	1280
Streptococcus anginosus	<i>species</i>	High	1328
Streptococcus parasanguinis	<i>species</i>	High	1318
Streptococcus salivarius	<i>species</i>	High	1304
Streptococcus thermophilus	<i>species</i>	High	1308
Sutterella wadsworthensis	<i>species</i>	Low	40545
Acinetobacter calcoaceticus/baumannii complex	<i>species group</i>	High	909768
Leishmania	<i>subgenus</i>	High	38568

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.

chitosan oligomers {chitooligosaccharides} 600 mg/day

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

Adeps suillus {Lard}

Akkermansia muciniphila {Pendulum Probiotic} 10 BCFU/day

Below normal temperature {Cold exposure}

Bifidobacterium breve {B. breve} 15 BCFU/day

cranberry bean flour

Epicatechin {Green tea polyphenol}

grape seed extract 6 gram/day

high red meat

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2

gram/day

Inonotus obliquus {Chaga Mushroom}

Lentilactobacillus kefir {Kefibios}

Lycium barbarum x Lycium chinense, {Goji Fruit, Juice}

Morus {Mulberry }

Oryza sativa {Rice}

Pleurotus ostreatus {Oyster mushroom}

Polyethylene oxide sorbitan mono-oleate {Polysorbate 80}

Tudca

Vaccinium vitis-idaea {lingonberries}

Whole Cow milk {Whole Milk}

Zinc {Zinc Supplements} 300 mg/day

Retail Probiotics

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

CustomProbiotics.com / B. Breve Probiotic Powder
Pendulum / Pendulum Glucose Control
Lab One / N ° 1 SportBiotic
PIANETA FARIMA/KefiBios
Pendulum / akkermansia muciniphila
SuperSmart / Akkermansia Muciniphila Postbiotic (pasturized)
PharmExtracta (IT) / Brevicillin Stick
Maple Life Science™ / Bifidobacterium breve
Bulk Probiotics / B. Breve Probiotic Powder
Pendulum / Metabolic Daily
Codeage, GLP-1 Probiotic+
Pendulum GLP-1 Probiotic
natviehealthcare.com/Renewbiome Akkermansia

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}	Lactobacillus plantarum {L. plantarum}
2,3-dihydroxypropyl dodecanoate {Monolaurin}	Metha family {Mint}
allium sativum {garlic}	Moringa Oleifera
arabinogalactan {arabinogalactan}	oligosaccharides {oligosaccharides}
Azadirachta indica {Neem}	origanum vulgare {oregano}
bacillus subtilis {B.Subtilis }	Outer Layers of Triticum aestivum {Wheat Bran}
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	pectin {pectin}
bifidobacterium longum {B.Longum }	Propolis {Bee glue}
Cinnamomum zeylanicum {Ceylon Cinnamon}	Punica granatum {pomegranate}
D(-)-Fructose {Fruit sugar}	resistant starch
Diferuloylmethane {Curcumin}	Saccharomyces cerevisiae var boulardii {S. boulardii}
fruit	soy
fruit/legume fibre	β-glucan {Beta-Glucan}
Ganoderma sichuanense {Reishi Mushroom}	Thymus vulgaris {thyme}
Hericum erinaceus {Lion's Mane Mushroom }	walnuts
Honey {Honey }	wheat
Lactacaseibacillus casei {L. casei}	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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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