

Microbiome Information for: Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic

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 *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 Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic

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	Low	200643	Odoribacter	genus	Low	283168
Fusobacteriia	class	High	203490	Oscillibacter	genus	Low	459786
Gammaproteobacteria	class	High	1236	Oscillospira	genus	Low	119852
Bacillaceae	family	Low	186817	Parasutterella	genus	Low	577310
Coriobacteriaceae	family	Low	84107	Peptococcus	genus	High	2740
Enterobacteriaceae	family	High	543	Peptoniphilus	genus	High	162289
Erysipelotrichaceae	family	High	128827	Proteus	genus	Low	210425
Lachnospiraceae	family	High	186803	Proteus	genus	Low	583
Lactobacillaceae	family	High	33958	Rhodococcus	genus	High	1827
Muribaculaceae	family	Low	2005473	Rhodotorula	genus	High	5533
Prevotellaceae	family	Low	171552	Robinsoniella	genus	High	588605
Rikenellaceae	family	Low	171550	Romboutsia	genus	High	1501226
Ruminococcaceae	family	Low	541000	Ruminococcus	genus	Low	1263
Streptococcaceae	family	High	1300	Sarcina	genus	High	1266
Veillonellaceae	family	High	31977	Shigella	genus	High	620
Victivallaceae	family	Low	255528	Sphingobium	genus	Low	165695
Akkermansia	genus	Low	239934	Stenotrophomonas	genus	Low	40323
Allobaculum	genus	Low	174708	Streptococcus	genus	High	1301
Alloprevotella	genus	Low	1283313	Subdoligranulum	genus	Low	292632
Anaerobacter	genus	High	69207	Succinivibrio	genus	High	83770
Anaerococcus	genus	High	165779	Sutterella	genus	High	40544
Aspergillus	genus	Low	5052	Terrisporobacter	genus	Low	1505652
Bacteroides	genus	Low	816	Thermus	genus	High	270
Barnesiella	genus	Low	397864	Turidibacter	genus	High	191303
Bifidobacterium	genus	Low	1678	Tyzzereella	genus	Low	1506577
Bosea	genus	High	169215	Actinomycetales	order	Low	2037
Bradyrhizobium	genus	High	374	Enterobacterales	order	High	91347
Candida	genus	High	1535326	Flavobacteriales	order	High	200644
Catenibacterium	genus	Low	135858	Mycobacteriales	order	High	85007
Caulobacter	genus	High	75	Pseudomonadales	order	High	72274
Chryseobacterium	genus	High	59732	Sphingomonadales	order	High	204457
Citrobacter	genus	High	544	[Clostridium] leptum	species	Low	1535
Clostridium	genus	High	1485	[Clostridium] symbiosum	species	High	1512
Colidextribacter	genus	High	1980681	Agathobacter rectalis	species	Low	39491
Collinsella	genus	High	102106	Akkermansia muciniphila	species	Low	239935
Coprococcus	genus	Low	33042	Bacteroides ovatus	species	High	28116
Desulfovibrio	genus	High	872	Bifidobacterium adolescentis	species	Low	1680
Dorea	genus	High	189330	Bifidobacterium bifidum	species	Low	1681
Eisenbergiella	genus	Low	1432051	Bifidobacterium longum	species	Low	216816
Enterobacter	genus	High	547	Blautia obeum	species	Low	40520
Enterococcus	genus	High	1350	Blautia sp.	species	Low	1955243

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Enterorhabdus	genus	Low	580024	Cutibacterium acnes	species	High	1747
Erysipelatoclostridium	genus	High	1505663	Enterobacter cloacae	species	High	550
Escherichia	genus	High	561	Enterococcus faecium	species	High	1352
Eubacterium	genus	Low	1730	Escherichia coli	species	High	562
Faecalibacterium	genus	Low	216851	Faecalibacterium prausnitzii	species	Low	853
Flavobacterium	genus	Low	237	Faecalitalea cylindroides	species	Low	39483
Fusicatenibacter	genus	Low	1407607	Gardnerella vaginalis	species	Low	2702
Fusobacterium	genus	High	848	Helicobacter pylori	species	High	210
Gallibacterium	genus	High	155493	Hoylella buccalis	species	High	28127
Gardnerella	genus	Low	2701	Klebsiella pneumoniae	species	High	573
Gemmiger	genus	High	204475	Lactocaseibacillus zeae	species	High	57037
Helicobacter	genus	High	209	Levilactobacillus brevis	species	High	1580
Ileibacterium	genus	High	1937007	Ligilactobacillus ruminis	species	High	1623
Klebsiella	genus	High	570	Limosilactobacillus mucosae	species	High	97478
Lachnospira	genus	Low	28050	Limosilactobacillus vaginalis	species	High	1633
Lactobacillus	genus	High	1578	Mycoplasmoides pneumoniae	species	High	2104
Lawsonella	genus	Low	1847725	Porphyromonas benzonis	species	Low	501496
Mitsuokella	genus	High	52225	Porphyromonas gingivalis	species	High	837
Mogibacterium	genus	Low	86331	Segatella copri	species	High	165179
Murdochella	genus	High	1161127	Thomasclavelia ramosa	species	High	1547

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

Ceratonia siliqua {carob}

Escherichia coli cryodesiccata {colinfant probiotics}

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

Ethyl alcohol {Grain alcohol}

Ferrum {Iron Supplements} 400 mg/day

high red meat

Perna canaliculus {Green-lipped mussel}

Sucralose {Splenda} 340 mg/day

Tobacco consumption {Smoking}

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

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}

bacillus

bacillus,lactobacillus,streptococcus,saccharomyces probiotic

bifidobacterium

Bovine Milk Products {Dairy}

Diferuloylmethane {Curcumin}

fruit

fruit/legume fibre

grapes

green tea

Lactocaseibacillus casei {L. casei}

lactobacillus paracasei,lactobacillus acidophilus,bifidobacterium animalis

Lactobacillus plantarum {L. plantarum}

lactobacillus rhamnosus gg,bifidobacterium animalis lactis

,lactobacillus paracasei {cvs maximum strength probiotic}

oligosaccharides {oligosaccharides}

polyphenols

Probiotic Mixture 1 {Japanese Vet Probiotic}

Probiotic Mixture 2 {Vetafarm Probiotic}

Thymus vulgaris {thyme}

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