

Microbiome Information for: Chronic Lyme

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 Chronic Lyme

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
Enterobacteriaceae	family	High	543	Chlamydia	genus	High	810
Bacteroides	genus	Low	816	Roseburia	genus	Low	841
Bartonella	genus	High	773	Clostridioides difficile	species	High	1496
Borrelia	genus	High	138	Mycoplasma pneumoniae	species	High	2104
				Yersinia enterocolitica	species	High	630

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.

(2E,4E)-5-(1,3-Benzodioxol-5-yl)-1-(1-piperidinyl)-2,4-pentadien-1-one (Piperine)	diosmin {diosmin} 1500 mg/day
(RS)-2-(4-(2-methylpropyl)phenyl)propanoic acid {ibuprofen}	Echinacea Moench {Echinacea} 4 gram/day
115 different soil based taxa {General Biotics Equilibrium}	Escherichia coli cryodesiccata {colinfant probiotics}
2-Amino-4-(methylthio)butanoic acid {Methionine} 5 gram/day	Escherichia coli:DSM 16441-16448 {symbioflor-2}
2-aminoacetic acid {glycine} 15 gram/day	Euterpe oleracea {Acai}
2-hydroxyethyltrimethylazanium {choline} 1 g/day	Glycerol guaiacolate {Guaifenesin}
alpha-linolenic acid {Omega-3} 4 gram/day	Lactobacillus gasseri {L.gasseri} 10 BCFU/day
Arctostaphylos uva-ursi {Bearberry}	Lactobacillus mucosae
Below normal temperature {Cold exposure}	lidocaine hydrochloride,(prescription)
Beta vulgaris {Beet}	Lithium carbonate {Lithium}
Bifidobacterium longum subsp. longum BB536 {BB536}	microplastic {Microplactics}
bifidobacterium pseudocatenulatum li09,bifidobacterium catenulatum li10	Monascus purpureus x Oryza sativa {Red yeast rice}
Biotin {Vitamin B7} 300 mg/day	N-L-a-aspartyl-L-phenylalanine methyl ester {aspartame}
Brassica oleracea {cabbage}	omeprazole,(prescription)
Camel Milk	Piper nigrum {black pepper}
Catechol {Catecholamines}	pyrrolidine-2-carboxylic acid {proline}
cetirizine dihydrochloride,(prescription)	Sucralose {Splenda} 340 mg/day
Decoction of Four Noble Drugs {Sijunzi Decoction (SJZD)}	synthetic disaccharide derivative of lactose {Lactulose}
D-glucose {Glucose}	α-Aminoglutaric acid {L-glutamic acid}

Retail Probiotics

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

symbiopharm / symbioflo 2

CustomProbiotics.com / L. Gasseri Probiotic Powder

SuperSmart / Lactobacillus Gasseri

SuperSmart / Bifidobacterium longum (BB536)

Bulk Probiotics /L. Gasseri Probiotic Powder (Weight & Fat Loss Support)

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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}	Human milk oligosaccharides (prebiotic, Holigos, Stachyose)
(2->1)-beta-D-fructofuranan {Inulin}	Lactobacillus casei {L. casei}
2-(3,4-Dihydroxyphenyl)-5,7-dihydroxy-4H-chromen-4-one {Luteolin}	Lactobacillus paracasei {L. paracasei}
2,3-dihydroxypropyl dodecanoate {Monolaurin}	Lactobacillus rhamnosus {L. rhamnosus}
3,5,7-trihydroxy-2-(4-hydroxyphenyl)chromen-4-one {kaempferol}	lactobacillus acidophilus {L. acidophilus}
Abstention from eating {Fasting}	Lactobacillus plantarum {L. plantarum}
arabinogalactan {arabinogalactan}	lactobacillus rhamnosus gg
Avena sativa x Hordeum vulgare {barley,oat}	lactobacillus rhamnosus gg,bifidobacterium animalis lactis
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	,lactobacillus paracasei {cvs maximum strength probiotic}
bifidobacterium longum {B. Longum }	laminaria digitata {Oarweed}
Bovine Milk Products {Dairy}	long-term, moderate-intensity exercise {exercise}
Clostridium butyricum MIYAIRI 588 {Miyarisan}	Malus domestica {apple}
Diferuloylmethane {Curcumin}	oligosaccharides {oligosaccharides}
Epicatechin {Green tea polyphenol}	origanum vulgare {oregano}
fruit	Outer Layers of Triticum aestivum {Wheat Bran}
fruit/legume fibre	pectin {pectin}
fucoidan {Brown Algae Extract}	Poly[β-D-xylopyranose(1->4)] {Xylan}
Ganoderma sichuanense {Reishi Mushroom}	Punica granatum {pomegranate}
green tea	Saccharomyces cerevisiae var boulardii {S. boulardii}
henopodium quinoa {Quinoa}	β-glucan {Beta-Glucan}
Heyndrickxia coagulans {B. coagulans}	tea
Hordeum vulgare {Barley}	vitamin d
	wheat
	yogurt

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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