

Microbiome Information for: Anorexia Nervosa

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 Anorexia Nervosa

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
Bacilli	class	High	91061	Clostridium	genus	Low	1485
Clostridia	class	Low	186801	Eubacterium	genus	Low	1730
Gammaproteobacteria	class	Low	1236	Faecalibacterium	genus	Low	216851
Actinomycetaceae	family	High	2049	Haemophilus	genus	Low	724
Bifidobacteriaceae	family	High	31953	Lachnospira	genus	Low	28050
Christensenellaceae	family	High	990719	Odoribacter	genus	Low	283168
Enterobacteriaceae	family	High	543	Parabacteroides	genus	High	375288
Oxalobacteraceae	family	Low	75682	Roseburia	genus	Low	841
Pasteurellaceae	family	Low	712	Ruminococcus	genus	Low	1263
Peptostreptococcaceae	family	High	186804	Streptococcus	genus	Low	1301
Porphyromonadaceae	family	High	171551	Weissella	genus	Low	46255
Streptococcaceae	family	High	1300	Bifidobacteriales	order	High	85004
Agathobacter	genus	Low	1766253	Lactobacillales	order	High	186826
Alistipes	genus	High	239759	Pasteurellales	order	Low	135625
Anaerostipes	genus	Low	207244	[Eubacterium] nodatum	species	Low	35518
Bacteroides	genus	Low	816	Bacteroides fragilis	species	Low	817
Bifidobacterium	genus	High	1678	Faecalibacterium prausnitzii	species	Low	853
Blautia	genus	Low	572511	Methanobrevibacter smithii	species	High	2173
Borrelia	genus	High	138	Mycoplasmoides pneumoniae	species	High	2104
				Roseburia inulinivorans	species	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.

alpha-linolenic acid {Omega-3} 4 gram/day

Bifidobacterium animalis subsp. lactis {B. Lactis} 1 BCFU/day

Carrageenans {Carrageenan}

Chrysanthemum × morifolium {Chrysanthemum}

Ethyl alcohol {Grain alcohol}

Galacto-oligosaccharides {GOS}

Grape Polyphenols {Grape Flavonoids}

grapes

green tea

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2 gram/day

Latilactobacillus sakei {Lactobacillus sakei}

Menta × piperita {peppermint}

oligosaccharides {oligosaccharides}

polyphenols 3 gram/day

resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}

rosmarinus officinalis {rosemary}

β-(1?4)-linked D-glucosamine and N-acetyl-D-glucosamine {Chitosan} 3 gram/day

synthetic disaccharide derivative of lactose {Lactulose}

Thymus vulgaris {thyme}

Tobacco consumption {Smoking}

β-lactoglobulin {Whey} 60 gram/day

Retail Probiotics

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

nature's bounty / probioti 10
ferring / vsl#3
klair labs / target gb-x
spain (es) / profaes4 viajeros
spain (es) / ns defenbiotic kids
spain (es) / profaes4 edad escolar
Activia®
genestra brands® hm
optibac / for every day max
optibac / bifidobacteria & fibre
quality health(au)/ fridge free probiotic 25b
blackmores (au) / probiotics+ immune defence
blackmore (au) / probiotics+ bowel support
HLH BIOPHARMA(DE) / LACTOBACT ® FORTE
Optibac Probiotics / Bifidobacterium lactis HN019
Lanto Health / Lanto Sinus Probiotic Powder
NASOBIOTEX / L. SAKEI POWDER
FloraVantage® Balance
FloraVantage® Control
HMF Forte
HMF IBS Relief
HMF Intensive
HMF Metabolic
UltraFlora® Control
Maple Life Science™ / Bifidobacterium Animalis
Lanto Sinus
Kimchi Power / Lactobacillus Sakei
Bulk Probiotics / L. Sakei Probiotic Powder (Sinus 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}	nuts
2-Methyl-5-(1-methylethyl)phenol {Carvacrol}	olive oil {olive oil}
Abstention from eating {Fasting}	Orange Juice
alpha-tocopherol {Vitamin E}	Outer Layers of Triticum aestivum {Wheat Bran}
arabinogalactan {arabinogalactan}	Panax ... {Ginseng}
Avena sativa x Hordeum vulgare {barley,oat}	pectin {pectin}
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	pediococcus acidilactic {RBB9 PEDIOCOCCLUS ACIDILACTI}
bifidobacterium	Pediococcus pentosaceus {P. pentosaceus}
bifidobacterium longum {B.Longum }	Pentadigalloylglucose {Tannic Acid}
Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}	Plantago {Psyllium}
cholic,taurocholic ,chenodeoxycholic,glycocholic acids {Bile supplements}	Poly[β-D-xylopyranose(1->4)] {Xylan}
Dextrin	Pulses, Beans
Diferuloylmethane {Curcumin}	refined wheat breads
Disodium fumarate {Fumaric acid disodium salt}	Saccharomyces cerevisiae var boulardii {S. boulardii}
Ferrum {Iron Supplements}	Salvia hispanica {Chia Seeds}
fruit	sodium butyrate
Ganoderma sichuanense {Reishi Mushroom}	Sodium Chloride {Salt}
gliadin, glutenin etc {Gluten}	Solanum tuberosum {Potatoes}
Hericium erinaceus {Lion's Mane Mushroom }	β-glucan {Beta-Glucan}
Heyndrickxia coagulans {B. coagulans}	Sus domesticus {Pork}
Hordeum vulgare {Barley}	Ulmus rubra {slippery elm}
Hydrastis canadensis {Goldenseal}	vegetarians
lactobacillus rhamnosus gg	walnuts
laminaria digitata {Oarweed}	wheat
long-term, moderate-intensity exercise {exercise}	Zea mays {maize}

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
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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