Microbiome Information for: Alopecia (Hair Loss)

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

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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

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Our Facebook Discussion Page

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Alopecia (Hair Loss)

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
Acidaminococcaceae	*family*	**Low**	*909930*
Eggerthellaceae	*family*	**High**	*1643826*
Erysipelotrichaceae	*family*	**High**	*128827*
Lachnospiraceae	*family*	**High**	*186803*
Ruminococcaceae	*family*	**High**	*541000*
Anaerofilum	*genus*	**Low**	*52784*
Anaerostipes	*genus*	**High**	*207244*
Blautia	*genus*	**High**	*572511*
Butyricimonas	*genus*	**Low**	*574697*
Collinsella	*genus*	**High**	*102106*
Dorea	*genus*	**High**	*189330*
Enterorhabdus	*genus*	**Low**	*580024*
Eubacterium	*genus*	**High**	*1730*
Megasphaera	*genus*	**High**	*906*
Olsenella	*genus*	**High**	*133925*
Phascolarctobacterium	*genus*	**Low**	*33024*
Phyllobacterium	*genus*	**High**	*28100*
Pseudomonas	*genus*	**High**	*286*
Ruminiclostridium	*genus*	**Low**	*1508657*
Sphingomonas	*genus*	**High**	*13687*
Bacteroides eggerthii	*species*	**High**	*28111*
Eubacterium xylanophilum	*species*	**Low**	*39497*
Helicobacter pylori	*species*	**High**	*210*
Holdemania filiformis	*species*	**High**	*61171*
Ligilactobacillus murinus	*species*	**High**	*1622*
Parabacteroides distasonis	*species*	**High**	*823*
Parabacteroides johnsonii	*species*	**High**	*387661*
Ruminococcus bicirculans (ex Wegman et al. 2014)	*species*	**Low**	*1160721*
Leishmania	*subgenus*	**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.

(2->1)-beta-D-fructofuranan {Inulin} 32 gram/day
arabinogalactan {arabinogalactan} 21 gram/day
bacillus
bacillus,lactobacillus,streptococcus,saccharomyces probiotic
bifidobacterium
Bifidobacterium animalis {B. animalis}
bifidobacterium longum {B.Longum } 10 BCFU/day
Bovine Milk Products {Dairy}
Hordeum vulgare {Barley} 60 gram/day
lactobacillus rhamnosus gg,bifidobacterium animalis lactis ,lactobacillus paracasei {cvs maximum strength probiotic}
Limosilactobacillus reuteri {L. Reuteri} 22 BCFU/day
long-term, moderate-intensity exercise {exercise}
resistant starch
wheat
yogurt

Retail Probiotics

Over 260 retail probiotics were evaluted with the following deem beneficial with no known adverse risks.

Next Generation
natviehealthcare.com/Renewbiome Mega
SuperSmart / Full Spectrum Probiotic Formula
Global Healing Center / FloraTrex
Bioflora(MX) / Woman
naturopathica (au) / gastrohealth probiotic dairy free 50 billion
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
Bromatech (IT) / Rotanelle plus
Bromatech (IT) / Serobiome
Ombre / Metabolic Booster
SuperSmart / Oral Health
Probiotic 10 Billion Active Cells Daily Maintenance
fairvital / microflora basic
vita miracle / ultra-30 probiotics
bioray / cytoflora
seed / female version
seed / male version
elixa / probiotic
nature's way (au) /restore probiotic bowel & colon health 30s
nature's way (au) / restore probiotic 100 billion
theramedix / probiotic
hyperbiotics / pro-15
newrhythm / probiotics 20 stains
Swiss BioEnergetics / Full Spectrum Probiotic Defence
Advanced Bio-Cultures / Advance Multi Strain Probiotics
Physician Choice /60 Billion Probiotics
Garden of Life / Dr. Formulated Once Daily Women's
Wholesome Wellness / Raw Probiotic
RepHresh /Pro-B Probiotic Supplement for Women
InnovixLabs / Mood Probiotic
Metabolics / Bifidobacterium Longum Powder
JGL / Lactogyn
Genesis Bifidobacterium Complex BB Probiotic
Bromatech (IT) / Bifiselle
Bromatech (IT) / Lautoselle
Bromatech (IT) / Psicobrain
naturopathica (au) / gastrohealth fibrepro
naturopathica (au)/ gastrohealth probiotic daily care
naturopathica (au) / gastrohealth probiotic adults 50+
naturopathica (au) / gastrohealth women's probiotic with cranberry
naturopathica (au) /gastrohealth probiotic ultimate daily care 100billion
jarrow formulas / fem-dophilus®
jarrow formulas / bifidus balance® + fos
bravo europe / starter and complex
nature's way (au) / restore probiotic daily health 90s
nature's way (au) / restore probiotic 30 billion 30s
blackmores (au) / probiotics + adults daily (90 capsules)
blackmores (au) / probiotics+ immune defence
blackmore (au) / probiotics+ bowel support
blackmore (au) / probiotics+ eczema relief
blackmore (au) / probiotics+ womens flora balance
blackmore (au) / probiotics+ daily health
Realdose
Jetson (US) / Immunity Probiotics

ASEA VIA / BIOME
Seeking Health / Probiota HistaminX
CustomProbiotics.com / L. Reuteri Probiotic Powder
CustomProbiotics.com / B. Longum Probiotic Powder
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
HLH BIOPHARMA(DE) / LACTOBACT ® AAD
OMNi-BiOTiC®/ 10 AAD
1 md / complete probiotics platinum
renew life / ultimate flora
garden of life / primal defense
custom probiotics / d-lactate free probiotics powder
custom probiotics / five strain bifidobacteria
renew life men's probiotic - ultimate
lifted naturals / mood boosting probiotic
quantum wellness / restora flora
align / align
jarrow formulas / fem dophilus
klaire labs / ther-biotic factor 4
solaray / mycrobiome probiotic colon formula
jamieson (can) / probiotic 10 bcfu
fürstenmed / lacto-bifido
jarrow formulas / jarro-dophilus mood
cytoplan(uk) /dentavital bifidophilus
udo's choice /super 8 gold
spain (es) / casenbiotic
spain (es) / gum periobalance
spain (es) / gastrus
spain (es) / reuteri gotas
spain (es) / vivomixx
spain (es) / aquilea intimus
canada (ca) / calmbiotic
visbiome
young living/life 9
optibac / for women
optibac / for every day
probiotic pur (de) / realdose nutrition
philips / colon health
organic 3 / gutpro
organic 3 / primal gut
wakamoto (jp) / wakamoto pharmaceutical intestinal drug
up4 / ultra
up4 / adult
douglas laboratories / multi probiotic 40 billion
Probiotic Sticks
Seeking Health / Probiota Bifidobacterium
Maple Life Science™ / Bifidobacterium longum
Maple Life Science™ / Lactobacillus reuteri
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
Wakunaga / Max Probiotic
Wakunaga / Pro+ Synbiotic
Wakunaga / Daily Probiotic
Wakunaga / 50+
Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
Microbiome Labs / MEGA Genesis
Microbiome Labs / ZENBIOME Dual
PrecisionBiotics / Zenflore
PrecisionBiotics / Immune

PharmExtracta / Bowell
PharmExtracta (IT) / Gliadines buccal stickpacks
Schwabe Pharma Italia / MegaStress
Schwabe Pharma Italia / EnteroDophilus
Botica Alternativa / Lactobacilos Reuteri
Northwest Natural Products / PB8
Align® Extra Strength
Align / Align® Chewables
Microbiome Plus+™ Gastrointestinal
Ombre / Heart Health
Ombre / Restore
NOW FOODS / Clinical GI Probiotic
Krauterhaus / Lactopro
Dr. Mercola / Complete Probiotics
Lake Avenue Nutrition / Probiotics 10 Strain Blend
CVSHealth / Daily Probiotic
MegaFood / MegaFlora
BioGaia / BioGaia Osfortis
BioGaia / BioGaia Products
PoolPharma (IT) / ProbioTKMIO
ProbioMax® Daily DF
Smidge /Sensitive Probiotic
Ombre / Mood Enhancer
Sanogermina / AB-Kolicare
LiveWell Nutrition / Pro-45
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
bioglan bio (au) / happy probiotic 100
Bulk Probiotics / L. Reuteri Probiotic Powder
Bulk Probiotics / B. Longum Probiotic Powder
Physis / Advance Probiotics
SuperSmart / H. Pylori Fight
SuperSmart / Lactobacillus reuteri
SuperSmart / Lactoxira

Note: Some of these are only available regionally – search the web for sources.

Substance to Consider Reducing or Eliminating

These are the most signigicant 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.

Brassica oleracea {cabbage}
Carrageenans {Carrageenan}
cranberry bean flour
Crataegus {Hawthorn}
Echinacea Moench {Echinacea}
Ethyl alcohol {Grain alcohol}
Flavan-3-ols {Epicatechin}
foeniculum vulgare,fennel
glycyrrhizic acid {licorice}
Grape Polyphenols {Grape Flavonoids}
grapes
henopodium quinoa {Quinoa}
Linum usitatissimum {Flaxseed}
Metha family {Mint}
Morus {Mulberry }
N-(aminoiminomethyl)-N methyl glycine {Creatine}
Plantago {Psyllium}
resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}
Sucralose {Splenda}
Sulforaphane {Dark Greens}
tomato powder
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