

Microbiome Sample for: tnt.polaris@gmail.com - Self

Lab: BiomeSight

Sample Date: 7/31/2023 12:00:00 AM

For non-prescribing Medical professionals Review

These suggestions 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 1,875,480 facts with backward chaining to sources of information. The typical sources are studies published on the US National Library of Medicine.

These are 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

Analysis Provided by Microbiome Prescription

A Microbiome Analysis Company

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Bacteria being targeted because of atypical values.

These bacteria were deemed atypical when compared to 2,376 other samples from the BiomeSight lab.

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Bacteroidia	class	High	200643	Actinomycetales	order	High	2037
Clostridia	class	Low	186801	Aeromonadales	order	High	135624
Epsilonproteobacteria	class	High	29547	Bacteroidales	order	High	171549
Gammaproteobacteria	class	High	1236	Campylobacterales	order	High	213849
Methanobacteria	class	Low	183925	Chromatiales	order	High	135613
Tissierella	class	Low	1737404	Enterobacterales	order	High	91347
Verrucomicrobiae	class	Low	203494	Eubacteriales	order	Low	186802
Acidaminococcaceae	family	High	909930	Natranaerobiales	order	Low	485256
Bacteroidaceae	family	Low	815	Rhodospirillales	order	Low	204441
Bifidobacteriaceae	family	High	31953	Streptosporangiales	order	High	85012
Campylobacteraceae	family	High	72294	Thermoanaerobacterales	order	Low	68295
Comamonadaceae	family	High	80864	Tissierellales	order	High	1737405
Coprobacillaceae Verbarq et al. 2014	family	High	2810280	Veillonellales	order	High	1843489
Dysgonomonadaceae	family	High	2005520	Verrucomicrobiales	order	Low	48461
Enterobacteriaceae	family	High	543	Acetivibrio straminisolvens	species	Low	253314
Eubacteriaceae	family	Low	186806	Akkermansia muciniphila	species	Low	239935
Lachnospiraceae	family	Low	186803	Anaerobranca zavarzinii	species	Low	436000
Lactobacillaceae	family	Low	33958	Bacteroides caccae	species	Low	47678
Leuconostocaceae	family	High	81850	Bacteroides cellulosilyticus	species	Low	246787
Odoribacteraceae	family	Low	1853231	Bacteroides denticanum	species	High	266833
Peptoniphilaceae	family	High	1570339	Bacteroides fragilis	species	Low	817
Peptostreptococcaceae	family	Low	186804	Bacteroides ovatus	species	Low	28116
Prevotellaceae	family	High	171552	Bacteroides rodentium	species	Low	691816
Proteinivoraceae	family	Low	1491775	Bacteroides thetaiotaomicron	species	Low	818
Selenomonadaceae	family	High	1843491	Bacteroides uniformis	species	Low	820
Streptococcaceae	family	Low	1300	Bifidobacterium gallicum	species	High	78342
Streptosporangiaceae	family	High	2004	Bifidobacterium indicum	species	High	1691
Succinivibrionaceae	family	High	83763	Bifidobacterium longum	species	Low	216816
Syntrophomonadaceae	family	Low	68298	Bifidobacterium pseudocatenulatum	species	Low	28026
Tannerellaceae	family	Low	2005525	Blautia coccoides	species	Low	1532
Veillonellaceae	family	High	31977	Blautia hydrogenotrophica	species	Low	53443
Akkermansia	genus	Low	239934	Blautia obeum	species	Low	40520
Anaerobranca	genus	Low	42447	Butyricimonas virosa	species	Low	544645
Anaerostipes	genus	Low	207244	Catonella morbi	species	Low	43997
Anaerotruncus	genus	Low	244127	Citrobacter freundii	species	High	546
Anaerovibrio	genus	High	82373	Clostridium frigidum	species	High	205327
Bacteroides	genus	Low	816	Coprococcus eutactus	species	Low	33043
Bilophila	genus	Low	35832	Dialister invisus	species	Low	218538
Blautia	genus	Low	572511	Dysgonomonas wimpennyi	species	High	286119
Butyrivibrio	genus	Low	830	Fusobacterium gonidiaformans	species	Low	849
Campylobacter	genus	High	194	Klebsiella oxytoca	species	High	571
Catenibacterium	genus	High	135858	Lachnospira pectinoschiza	species	Low	28052

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Catonella	genus	Low	43996	Methanobrevibacter smithii	species	Low	2173
Citrobacter	genus	High	544	Parabacteroides distasonis	species	Low	823
Coprobacillus	genus	Low	100883	Parabacteroides johnsonii	species	Low	387661
Coprococcus	genus	Low	33042	Parabacteroides merdae	species	Low	46503
Dysgonomonas	genus	High	156973	Peptoniphilus coxii	species	High	755172
Holdemania	genus	Low	61170	Phascolarctobacterium succinatutens	species	High	626940
Lachnobacterium	genus	High	140625	Phocaeicola coprocola	species	Low	310298
Lachnospira	genus	Low	28050	Phocaeicola dorei	species	Low	357276
Lactobacillus	genus	Low	1578	Phocaeicola massiliensis	species	Low	204516
Mediterraneibacter	genus	Low	2316020	Phocaeicola	species	Low	732242
Megasphaera	genus	High	906	paurosaccharolyticus	species	Low	732242
Methanobrevibacter	genus	Low	2172	Phocaeicola sartorii	species	Low	671267
Nonomuraea	genus	High	83681	Phocaeicola vulgatus	species	Low	821
Odoribacter	genus	Low	283168	Porphyromonas bennonis	species	Low	501496
Parabacteroides	genus	Low	375288	Prevotella copri	species	High	165179
Peptoniphilus	genus	High	162289	Prevotella corporis	species	Low	28128
Phascolarctobacterium	genus	High	33024	Prevotella stercorea	species	High	363265
Phocaeicola	genus	Low	909656	Roseburia faecis	species	Low	301302
Porphyromonas	genus	High	836	Sedimentibacter	species	Low	29345
Prevotella	genus	High	838	hydroxybenzoicus	species	Low	29345
Roseburia	genus	Low	841	Sphingobacterium shayense	species	Low	626343
Ruminiclostridium	genus	Low	1508657	Streptococcus australis	species	Low	113107
Sphingobacterium	genus	Low	28453	Streptococcus parasanguinis	species	Low	1318
Succinivibrio	genus	High	83770	Succinivibrio dextrinosolvens	species	High	83771
Thermoclostridium	genus	Low	2304691	Sutterella stercoricanis	species	Low	234908
Thiomonas	genus	High	32012	Thermoclostridium caenicola	species	Low	659425
Weissella	genus	High	46255	Thiomonas thermosulfata	species	High	40991
Burkholderiales Genera incertae sedis	norank	High	224471	Veillonella criceti	species	Low	103891
Eubacteriales incertae sedis	norank	Low	538999	Citrobacter freundii complex	species group	High	1344959
Acidaminococcales	order	High	1843488	Bifidobacterium	strain	High	1447716
				kashiwanohense PV20-2			
				Bifidobacterium catenulatum subsp. kashiwanohense	subspecies	High	630129
				Archaea	superkingdom	Low	2157

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.

The recommended process to obtain a *persistent shift* of the microbiome is:

Generate 4 lists from the suggestions with nothing repeated on another list

Emphasize one list each week

After 8 weeks (2 cycles), retest the microbiome to obtains the next set of *course corrections*

This approach allows the microbiome to stabilize towards normal.

Pick only as many suggestions that suits you; there is no need to do all of them. Suggestions are based on your specific bacteria and not marketing concepts such as 'healthy choices'.

(+)-catechin

barley 60 gram/day

bifidobacterium bifidum (probiotics) 1 BCFU/day

chicory (prebiotic) 1800 mg/day

cholic acid (bile acid)

choline 1 g/day

chrysanthemum morifolium

clostridium butyricum (probiotics), Miya, Miyarisan 1 gram/day

Curcumin 3 gram/day

epicatechin

inula viscosa, false yellowhead

inulin (prebiotic) 32 gram/day

ku ding cha tea

lactobacillus brevis (probiotics) 10 BCFU/day

Lactobacillus Johnsonii (probiotic) 10 BCFU/day

mastic gum (prebiotic) 1000 mg/day

olea europaea, olive leaf 700 mg/day

rare meat

refined wheat breads

resistant starch

saccharomyces cerevisiae (probiotics)

Slippery Elm

sugar

triphala 9000 mg/day

whole-grain wheat

xylitol

Retail Probiotics

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

V-BIOTEX / PURE L CRISPATUS PROBIOTIC

Pendulum / akkermansia muciniphila

SuperSmart / Akkermansia Muciniphila Postbiotic (pasturized)

Metabolics / Lactobacillus Helveticus Powder

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.

Baking Soda, Sodium Bicarbonate

Cacao

camelina seed

carbohydrates

cellulose (prebiotic)

Cranberry

ginko

heme

hydrogenated palm oil

lactobacillus gasseri (probiotics)

lactobacillus sakei (probiotics)

linseed(flaxseed)

marijuana

navy bean

Pumpkin

sodium stearyl lactylate

Sample of Literature Used

The following are the most significant of the 1294 studies used to generate these suggestions.

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