

This site may require a log-in in the near future. We are constantly being swamped by AI agents. If they continue to take down the site, we will be changing to requiring logins to access any item.



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Simple Home LogOff Old UI ?

Microba:2020-01-01 10/24/2022 4:49:11 PM  

Uploaded: 10/24/2022 11:49:11 PM 10/24/2022 4:49:11 PM

- Symptoms Entry
-  Food Menu Planner 
- Consensus Report

Bacteria Targets

Show entries

Search:

Bacteria	Rank	Shift
Acinetobacter	genus	High
Anaerotignum	genus	High
Barnesiella	genus	High
Bombiscardovia	genus	Low
Faecalibacterium	genus	Low
Heliobacteriaceae	family	High
Heliobacteriaceae	family	High
Moraxellaceae	family	High

Bacteria	Rank	Shift
Moraxellales	order	High
Rikenellaceae	family	High

Showing 1 to 10 of 22 entries

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If you want to compare the above suggestions to what various AI would suggest (use below at your own risk)

You may need to be logged in first

[Ask Perplexity](#) [Ask ChatGPT](#)

Or copy the following into your favorite AI

What diet should I do to lower these bacteria: Acinetobacter, Anaerotignum, Barnesiella, Ruminococcus, Streptococcus, Subdoligranulum, Subdoligranulum and increase these bacteria: Acinetobacter, Anaerotignum, Barnesiella, Ruminococcus, Streptococcus, Subdoligranulum, Subdoligranulum?


Suggestions


To Take or Increase

To Avoid or Decrease

Suggestion	Type	Weight	Suggestion	Type	Weight
Azadirachta indica {Neem}	Herb or Spice	621.4	Saccharomyces cerevisiae var	Probiotics	-393.9
Propolis {Bee glue}	Food (excluding seasonings)	589.7	boulardii {S. boulardii}	Flavonoids, Polyphenols etc	-307.5
Zingiber officinale Roscoe {ginger}	Herb or Spice	517.8	quebracho	Diet Style	-257.4
Thymus vulgaris {thyme}	Herb or Spice	515.8	whole-grain diet		
allium sativum {garlic}	Herb or Spice	456	Pulvis ledebouriellae compositae {Bofutsushosan}	Herb or Spice	-253.9
Ocimum tenuiflorum {Tulsi}	Herb or Spice	435	amaranthus {amaranth}	Food (excluding seasonings)	-251.4
Ligilactobacillus salivarius {L. salivarius}	Probiotics	422.8	Agaricus bisporus {White button mushrooms}	Food (excluding seasonings)	-249.2
steviol glycosides {Stevia}	Sugar and similar	419.2	Hordeum vulgare {Barley}	Food (excluding seasonings)	-245.6
trachyspermum ammi {Ajwain}	Herb or Spice	418.1	arabinogalactan {arabinogalactan}	Prebiotics and similar	-238.8
Menta x piperita {peppermint}	Herb or Spice	405.5	Vsl#3 {Visibiome}	Probiotics	-225.1
rosmarinus officinalis {rosemary}	Herb or Spice	403.9	ascorbic acid {Vitamin C}	Vitamins, Minerals and similar	-220.6
syzygium aromaticum {clove}	Herb or Spice	400.5	naringenin {grapefruit}	Flavonoids, Polyphenols etc	-220.6
Cymbopogon citratus {Lemongrass}	Herb or Spice	389.5	Ulmus rubra {slippery elm}	Herb or Spice	-218.2
Rhus coriaria {Sumac}	Herb or Spice	389.5	Heyndrickxia coagulans {B. coagulans}	Probiotics	-215.9
Pistacia lentiscus {mastic gum}	Prebiotics and similar	378.1	lactobacillus rhamnosus gg	Probiotics	-211.1
Carica papaya {papaya}	Food (excluding seasonings)	366.8	2-Methyl-5-(1-methylethyl)phenol {Carvacrol}	Flavonoids, Polyphenols etc	-209.7
Eucalyptus {Gum Tree}	Food (excluding seasonings)	366.1	Zinc {Zinc Supplements}	Vitamins, Minerals and similar	-209.3
Ayurvedic herbal formula {Triphala}	Herb or Spice	360.6	Oryza sativa {Rice}	Food (excluding seasonings)	-208.4
Terminalia chebula {Haritaki}	Herb or Spice	348.7	Avena sativa x Hordeum vulgare {barley,oat}	Food (excluding seasonings)	-202.6
Amorphophallus konjac {Konjaku flour}	Food (excluding seasonings)	348.6	Whole Cow milk {Whole Milk}	Food (excluding seasonings)	-202.4
Metha family {Mint}	Herb or Spice	344.8	refined wheat breads	Food (excluding seasonings)	-199.8
Vaccinium {Cranberry}	Food (excluding seasonings)	335.9	Plantago {Psyllium}	Prebiotics and similar	-199.3
Prunus mume {Umeboshi}	Food (excluding seasonings)	327.3	Myrciaria dubia {Camu camu}	Herb or Spice	-195.5
Pimpinella anisum {Anise}	Herb or Spice	325.7	D-glucose {Glucose}	Sugar and similar	-195.4
Artemisia absinthium {wormwood}	Herb or Spice	325	bacillus subtilis {B.Subtilis }	Probiotics	-190.7
Lactacaseibacillus rhamnosus {l. rhamnosus}	Probiotics	323.4	Lithium carbonate {Lithium}	Vitamins, Minerals and similar	-189.6
Phyllanthus emblica {Chinese gall}	Herb or Spice	322.7	Morinda citrifolia {Noni}	Herb or Spice	-188.5
green tea	Food (excluding seasonings)	307.5	Orange Juice	Food (excluding seasonings)	-181.6
red wine polyphenols	Flavonoids, Polyphenols etc	298.2	Decoction of Four Noble Drugs {Sijunzi Decoction (SJZD)}	Herb or Spice	-179.5
Olea europaea {Olive leaf}	Herb or Spice	294.4	A dairy product produced by coagulation of the milk protein casein {Cheese}	Food (excluding seasonings)	-177.6
			Dextrin	Prebiotics and similar	-175


No Probiotics without some adverse risks could not be identified.

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Suggestion Language: English 

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Recent Enhancements [June 22, 2024]

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All suggestions are computed *solely* on their predicted microbiome impact. Safety, side-effects etc *must be evaluated by your medical professionals* before starting. Some items suggests have significant risk of adverse consequences for some people.

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