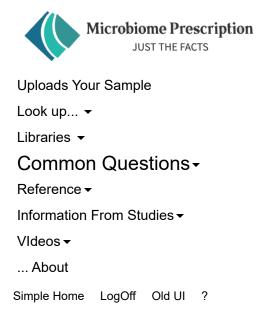
This site may require a log-in in the near future. We are constantly being swamped by Al agents. If they continue to take down the site, we will be changing to requiring logins to access any item.



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

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- Symptoms Entry
- Food Menu Planner
- Consensus Report

Bacteria Targets

Show 10 ✓ entries

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	

Search:

Bacteria	Rank	Shift	
Moraxellales	order	High	_
Rikenellaceae	family	High	
Showing 1 to 10 of 22 entries	Previous	1 2 3 Next	

If you want to compare the above suggestions to what various Al 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	Туре	Weight	Suggestion	Туре	Weight
Azadirachta indica {Neem}		621.4	Saccharomyces cerevisiae var	Probiotics	-393.9
Propolis {Bee glue}	Food (excluding seasonings)	589.7	boulardii {S. boulardii}	Flavonoids,	
Zingiber officinale Roscoe	Herb or Spice	517.8	quebracho	Polyphenols etc	-307.5
{ginger}	•		whole-grain diet	Diet Style	-257.4
Thymus vulgaris {thyme} allium sativum {garlic}	Herb or Spice Herb or Spice	515.8 456	Pulvis ledebouriellae compositae	Herb or Spice	-253.9
Ocimum tenuiflorum {Tulsi	•	435	{Bofutsushosan}	Food (excluding	-251.4
Ligilactobacillus salivarius			amaranthus {amaranth}	seasonings)	-231.4
{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	-245.6
trachyspermum ammi	Harb or Spice	110 1		seasonings) Prebiotics and	
{Ajwain}	Herb or Spice	418.1	arabinogalactan {arabinogalactan}	similar	-238.8
Menta × piperita	Herb or Spice	405.5	Vsl#3 {Visibiome}	Probiotics Vitamins, Minerals	-225.1
{peppermint}			ascorbic acid {Vitamin C}	and similar	-220.6
rosmarinus officinalis {rosemary}	Herb or Spice	403.9	naringenin {grapefruit}	Flavonoids, Polyphenols etc	-220.6
syzygium aromaticum			Ulmus rubra {slippery elm}	Herb or Spice	-218.2
{clove}	Herb or Spice	400.5	Heyndrickxia coagulans {B. coagulans}		-215.9
Cymbopogon citratus	Harb or Spice	200 5	lactobacillus rhamnosus gg	Probiotics	-211.1
{Lemongrass}	Herb or Spice	389.5	2-Methyl-5-(1-methylethyl)phenol	Flavonoids, Polyphenols etc	-209.7
Rhus coriaria (Sumac)	Herb or Spice	389.5	{Carvacrol}	Vitamins, Minerals	-209.3
Pistacia lentiscus (mastic	Prebiotics and similar	378.1	Zinc {Zinc Supplements}	and similar Food (excluding	
gum}	Food (excluding	200 0	Oryza sativa {Rice}	seasonings)	-208.4
Carica papaya {papaya}	seasonings) Food (excluding	366.8	Avena sativa x Hordeum vulgare	Food (excluding seasonings)	-202.6
Eucalyptus {Gum Tree}	seasonings)	366.1	{barley,oat}	Food (excluding	222.4
Ayurvedic herbal formula	Herb or Spice	360.6	Whole Cow milk {Whole Milk}	seasonings)	-202.4
{Triphala}			refined wheat breads	Food (excluding seasonings)	-199.8
Terminalia chebula {Haritaki}	Herb or Spice	348.7	Plantago {Psyllium}	Prebiotics and similar	-199.3
Amorphophallus konjac	Food (excluding		Myrciaria dubia {Camu camu}	Herb or Spice	-195.5
{Konjaku flour}	seasonings)	348.6	D-glucose {Glucose}	Sugar and similar	-195.4
Metha family {Mint}	Herb or Spice	344.8	bacillus subtilis {B.Subtilis }	Probiotics	-190.7
Vaccinium (Cranberry)	Food (excluding seasonings)	335.9	Lithium carbonate {Lithium}	Vitamins, Minerals and similar	-189.6
Prunus mume {Umeboshi}	Food (excluding seasonings)	327.3	Morinda citrifolia (Noni)	Herb or Spice	-188.5
Pimpinella anisum {Anise}	Herb or Spice	325.7	Orange Juice	Food (excluding	-181.6
Artemisia absinthium	Herb or Spice	225	Decoction of Four Noble Drugs {Sijunzi	seasonings)	
{wormwood}	Herb of Spice	325	Decoction (SJZD)}	Herb or Spice	-179.5
Lacticaseibacillus	Probiotics	323.4	A dairy product produced by	Facel (avelodina	
rhamnosus (l. rhamnosus)			coagulation of the milk protein casein	Food (excluding seasonings)	-177.6
Phyllanthus emblica {Chinese gall}	Herb or Spice	322.7	{Cheese}	Prebiotics and	
	Food (excluding	307.5	Dextrin	similar	-175
green tea	seasonings) Flavonoids,				
red wine polyphenols	Polyphenols etc	298.2			
Olea europaea {Olive leaf}	Herb or Spice	294.4			

No Probiotics without some adverse risks could not be identified.

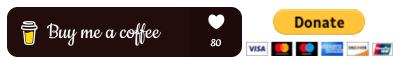
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Suggestion Language: English 🗸

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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.

Special thanks to David F Morrison and Geert Van Houcke for doing Quality Assurance.

Special thanks to PrecisionBiome.EU for providing localizations of modifiers

Special thanks to Vitract and BiomeSight for spot checking the coding of data from the US National Library of Medicine

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This is an Academic site. It generates theoretical models of what may benefit a specific microbiome results.

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