

# Kyoto Encyclopedia of Genes and Genomes derived Suggestions

## Review Overview

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 almost 2 million facts with backward chaining to sources of information. The typical sources are studies published on the US National Library of Medicine. Note: That many of the bacteria species used are *NOT* reported on many tests.

These are suggestions that are predicted to independently Decreasing Methane | CH4 CH4 by impacting the bacteria listed on [KEGG: Kyoto Encyclopedia of Genes and Genomes](#). 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

This is an experimental feature – manual validations is recommended. For background, see this [post](#)

There is a separate report for probiotics. That report use the enzymes in probiotic species.

## Analysis Provided by Microbiome Prescription

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## Bacteria being targeted by suggestions.

These bacteria levels were deemed atypical

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Methylococcus capsulatus	species		414	Nitrosococcus watsonii	species		473531
Methylomonas methanica	species		421	Mycobacterium dioxanotrophicus	species		482462
Methylosinus trichosporium	species		426	Candidatus Methylococcus	species		511746
Methylovulum microbium buryatense	species		95641	Candidatus Nitrosococcus	species		553981
Methylomonas sp. LW13	species		107637	Candidatus Methylomonas oxyfera	species		671143
Methylocystis heyeri	species		391905	Methylomonas koyamae	species		702114
Methylocystis bryophila	species		655015	Methylomonas paludis	species		1173101
Methylococcus marinus	species		1432792	Nitrosospira lacus	species		1288494
Methylomagus ishizawai	species		1760988	Methylogaea oryzae	species		1295382
Candidatus Methylospora mobilis	species		1808979	Nitrosomonas stercoris	species		1444684
Methylocystis parvus	species		134	Methylomonas denitrificans	species		1538553
Nitrosomonas europaea	species		915	Candidatus Nitrosoglobus terrae	species		1630141
Nitrosomonas eutropha	species		916	Methylovulum psychrotolerans	species		1704499
Nitrosococcus oceanii	species		1229	Candidatus Nitrosopira inopinata	species		1715989
Nitrosospira multififormis	species		1231	Methylomonas sp. DH-1	species		1727196
Mycobacterium chubuense	species		1800	Nitrosococcus wardiae	species		1814290
Mycobacterium rhodesiae	species		36814	Azoarcus sp. DD4	species		2027405
Nitrosomonas communis	species		44574	Nocardia tengchongensis	species		2055889
Nitrosomonas ureae	species		44577	Burkholderia sp. JP2-270	species		2217913
Hydrogenophaga pseudoflava	species		47421	Burkholderia thailandensis	species		57975
Nitrosococcus halophilus	species		133539	Pseudomonas fluorescens	species		294
Mycobacterium holsaticum	species		152142	Ralstonia pickettii	species		329
Nitrosomonas sp. AL212	species		153948	Stutzerimonas stutzeri	species		316
Methylocystis rosea	species		173366	Shigella boydii	species		621
Methylocystis sp. SC2	species		187303	Desulfovibrio desulfuricans	species		876
Methylocella silvestris	species		199596	Clostridium pasteurianum	species		1501
Methylocella tundrae	species		227605	Marinobacter nauticus	species		2743
Nitrosomonas sp. Is79A3	species		261292	Rhodococcus opacus	species		37919
Methylovulum microbium alcaliphilum	species		271065	Pandora phenomena	species		93220
Methylococcus kamchatkense	species		431057	Variovorax paradoxus	species		34073

## 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 stablize 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'.

cinnamon (oil, spice) 6 gram/day

coriander oil

Curcumin 3 gram/day

foeniculum vulgare,fennel

ginger

*lactobacillus casei* (probiotics) 48 BCFU/day

*lactobacillus plantarum* (probiotics) 60 BCFU/day

nigella sativa seed (black cumin) 1000 mg/day

oregano (origanum vulgare, oil) |

rosmarinus officinalis,rosemary

schinus molle (herb)

syzygium aromaticum (clove)

thyme (thymol, thyme oil)

trachyspermum ammi, Ajwain

triphalala 9000 mg/day

## Retail Probiotics

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

theramedix / probiotic  
newrhythm / probiotics 20 stains  
Lake Avenue Nutrition / Probiotics 10 Strain Blend  
Windcove Probiotics / Ecologic®825  
ASEA VIA / BIOME  
HLH BIOPHARMA(DE) / LACTOBACT® METABOLIC  
jarrow formula / jarro-dophilus original  
HLH BIOPHARMA(DE) / LACTOBACT® PREMIUM  
fürstenmed / lacto-bifido  
udo's choice /super 8 gold  
Krauterhaus / Lactopro  
Advanced Bio-Cultures / Advance Multi Strain Probiotics  
elixa / probiotic  
bioray / cytoflora  
Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains  
bioglan bio (au) / happy probiotic 100  
Global Healing Center / FloraTrex  
SuperSmart / Lactoxira  
douglas laboratories / multi probiotic 40 billion  
renew life / ultimate flora  
up4 / ultra  
visbiome  
garden of life / primal defense  
renew life men's probiotic - ultimate  
SuperSmart / Full Spectrum Probiotic Formula  
7 AM Ultra Probiotics  
quantum wellness / restora flora  
vita miracle / ultra-30 probiotics  
jarrow formula / ideal bowel support® lp299v®  
HLH BIOPHARMA(DE) / LACTOBACT® 60PLUS  
Northwest Natural Products / PB8  
jarrow formulas / jarro-dophilus eps  
SuperSmart / Probio Forte  
seed / female version  
jarrow formulas / jarro-dophilus® ultra  
Physician Choice /60 Billion Probiotics  
1 md / complete probiotics platinum  
nature's bounty / probioti 10  
SuperSmart / Derma Relief  
fairvital / microflora basic  
MegaFood / MegaFlora  
Invivo / Bio.Me Femme UT  
OMNI-BIOTIC®/ TRAVEL  
organic 3 / primal gut  
Physis / Advance Probiotics  
Dr. Mercola / Complete Probiotics  
Garden of Life / Dr. Formulated Once Daily Women's  
vinco / probiotic eight 65  
hyperbiotics / pro-15  
nature's way (au) / restore probiotic 100 billion  
bioglan bio (au) / happy probiotic 50  
HLH BIOPHARMA(DE) / LACTOBACT® LDL-CONTROL  
Immune Defense Daily Chewable Probiotic  
seed / male version

solaray / microbiome probiotic colon formula  
Maple Life Science™ / Lactobacillus plantarum  
lifted naturals / mood boosting probiotic  
NOW FOODS / Clinical GI Probiotic  
Purica Probiotic Cardio  
ecology\_allergycare  
Floradapt Cardio  
HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS  
PharmExtracta (IT) / INatal Sachets  
NaturalPharma / Profit Probiotics  
Bio Schwartz / Advance Strength Probiotics (40 BCFU)  
UltraFlora® Intensive Care  
Wakunaga / Max Probiotic  
UltraFlora® Immune Booster  
OMNI-BIOTIC®/ 10 AAD  
up4 /women's  
young living/life 9  
Bromatech (IT) / Adomelle  
goodbelly drink  
Ombre / Heart Health  
Symprove™  
custom probiotics / six strain probiotic powder  
Bromatech (IT) / Citogenex  
ImmuneBiotech Medical Sweden AB / GutMagnific®  
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu  
biospec / probiotic-5  
HMF Metabolic  
CustomProbiotics.com / L. Plantarum Probiotic Powder  
Ombre / Healthy Gut  
just for tummies / live bacteria  
organic 3 / gutpro  
Sash Vitality /Bio-Cultures Probiotics for Adults  
SuperSmart / Vaginal Health  
naturopathica (au) / gastrohealth probiotic dairy free 50 billion  
Probiotic 10 Billion Active Cells Daily Maintenance  
Seeking Health / Probiota HistaminX  
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis  
klair labs / target gb-x  
ferring / vsl#3  
Resbiotic/resB® Lung Support  
spain (es) / I3.1  
optibac / for your cholesterol  
Ombre / Mood Enhancer  
up4 / adult  
nature's way (au) /restore probiotic bowel & colon health 30s  
Realdose  
Nature's Lab Intensive GI  
ProbioMax® Daily DF  
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)  
Floradapt Gut Comfort  
Purica Probiotic Intensive GI  
Ombre / Ultimate Immunity  
LiveWell Nutrition / Pro-45  
Metabolics / Lactobacillus Plantarum Powder  
Nature's Lab Cardio  
Jetson (US) / Immunity Probiotics  
spain (es) / vivomixx  
zint nutrition / probiotic collagen +

Smidge / Sensitive Probiotic  
probiotic pur (de) / realdose nutrition  
SuperSmart / Candalb  
custom probiotics / four strain lactobacilli  
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion  
CustomProbiotics.com / L. Casei Probiotic Powder  
Bromatech(IT) / FEMELLE  
Wholesome Wellness / Raw Probiotic  
bio-k+

**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.

aspartame (sweetner)

iron

Slippery Elm

## Sample of Literature Used

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