

## Microbiome Information for: Psoriasis

### For 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 *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/>)

Thome (<https://www.thome.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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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Psoriasis

*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	Bacteria Name	Rank	Shift	Taxonomy ID
Actinomycetia	class	High	1760	Peptostreptococcus	genus	High	1257
Bacilli	class	High	91061	Phascolarctobacterium	genus	High	33024
Negativicutes	class	High	909932	Prevotella	genus	High	838
Verrucomicrobiae	class	Low	203494	Propionibacterium	genus	High	1743
Veillonellaceae	family	High	31977	Pseudobutyrvibrio	genus	Low	46205
Akkermansia	genus	High	239934	Romboutsia	genus	Low	1501226
Alistipes	genus	Low	239759	Roseburia	genus	Low	841
Bacteroides	genus	Low	816	Ruminococcus	genus	High	1263
Bifidobacterium	genus	High	1678	Streptococcus	genus	High	1301
Blautia	genus	High	572511	Veillonella	genus	High	29465
Clostridium	genus	High	1485	Selenomonadales	order	High	909929
Coprobacillus	genus	Low	100883	Verrucomicrobiales	order	Low	48461
Coprococcus	genus	Low	33042	Akkermansia muciniphila	species	Low	239935
Dialister	genus	Low	39948	Bacteroides fragilis	species	High	817
Enterococcus	genus	High	1350	Collinsella aerofaciens	species	High	74426
Faecalibacterium	genus	High	216851	Dorea formicigenerans	species	High	39486
Lactobacillus	genus	High	1578	Escherichia coli	species	High	562
Megamonas	genus	High	158846	Parabacteroides distasonis	species	Low	823
Methanobrevibacter	genus	High	2172	Prevotella copri	species	Low	165179
Oscillibacter	genus	Low	459786	Staphylococcus aureus	species	High	1280
Parabacteroides	genus	Low	375288	Streptococcus danieliae	species	High	747656
Paraprevotella	genus	Low	577309	Streptococcus pyogenes	species	High	1314

## 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.

Antibiotics annotated with [CFS] have been used with various degree of success with Myalgic Encephalomyelitis, Chronic Fatigue Syndrome, Chronic Lyme, Chronic Q-Fever and Long COVID conditions. Rotation of antibiotics with 3 weeks off between courses is recommended.

apple		inulin (prebiotic)	32 gram/day
arabinogalactan (prebiotic)	21 gram/day	jerusalem artichoke (prebiotic)	40 gram/day
bacillus coagulans (probiotics)	10 BCFU/day	lactulose	
bacillus subtilis (probiotics)	10 BCFU/day	oligosaccharides (prebiotic)	
barley	60 gram/day	pomegranate	1 gram/day
Cacao	20 gram/day	proton-pump inhibitors (prescription)	60 mg/day
Exercise		raffinose(sugar beet)	
fasting		resveratrol (grape seed/polyphenols/red wine)	2 gram/day
fish oil	4 gram/day	saccharomyces cerevisiae (probiotics)	
fructo-oligosaccharides (prebiotic)	15 gram/day	Shen Ling Bai Zhu San	
high fiber diet		soy	25 gram/day
		vsl#3 (probiotics)	

## Retail Probiotics

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

theramedix / probiotic  
 Global Healing Center / FloraTrex  
 Realdose  
 BIO-BOTANICAL RESEARCH / Megacidin  
 reserveage nutrition / beautiflora  
 Physician Choice / 60 Billion Probiotics  
 enviromedica terrafloa sbo probiotic  
 probiotic pur (de) / realdose nutrition  
 Wholesome Wellness / Raw Probiotic  
 jarow formulas / bifidus balance® + fos  
 organic 3 / primal soil  
 vitamin angels / just thrive  
 Jetson / FIT  
 corebiotic  
 Nutrition Essentials / Probiotic (900 BCFU)  
 mwsb / candida yeast support  
 microbiome labs/ megasporebiotic  
 klair labs / biospora  
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion  
 perfect pass / perfect pass probiotic bacillus spore  
 global health trax / threelac  
 bio-botanical research / proflora4r restorative probiotic  
 nature's instincts / ultra spore probiotic  
 nature's way (au) / restore probiotic 100 billion  
 powerlabs (au) / ultra blend  
 blackmore (au) / probiotics+ daily health  
 Eden's / 3-in-1 Synbiotic Superblend  
 nature's way (au) / restore probiotic 30 billion 30s  
 spain (es) / axiboulardi  
 Dr.Max / ProtectMax ATB  
 naturopathica (au)/ gastrohealth probiotic daily care  
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)  
 thome / bacillus coagulansvet 60 caps  
 Energybalance / ColoBiotica 28 Colon Support  
 microbiome labs / hu58  
 naturopathica (au) / gastrohealth probiotics  
 optibac / bifidobacteria & fibre  
 blackmores (au) / probiotics+ immune defence  
 ISCON Elegance/ Ochek Capsule 10  
 1 md / complete probiotics platinum  
 optibac / for every day  
 Prescript-Assist®/SBO Probiotic  
 Thryve Inside/ L.Reu,Rham,Casi; B.Lactis  
 vita miracle / ultra-30 probiotics  
 source naturals / durafloa  
 nature's way (au) / restore probiotic daily health 90s  
 Sun Wave Pharma/Bio Sun Instant  
 naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion  
 nature's way (au) / adult vita gummies daily probiotic 80s  
 microbiome labs / restorflora  
 LiveWell Nutrition / Pro-45  
 INVIVO THERAPEUTICS / Bio.Me IB +  
 align / align  
 SuperSmart / Bacillus Subtilis

aor / probiotic-3  
Swiss BioEnergetics / Full Spectrum Probiotic Defence  
blackmores (au) / probiotics + adults daily (90 capsules)  
Jetson (US) / Mood Probiotics  
schiff / digestive advantage  
daiichi sankyo healthcare (jp) / panlacmin tablet  
spain (es) / ultralevura  
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu  
biospec / probiotic-5  
amy meyers / primal earth probiotic  
Jetson / Gut Prep  
nature's way (au) / restore probiotic bowel & colon health 30s  
garden of life / primal defense  
naturopathica (au) / gastrohealth fibrepro  
blackmore (au) / probiotics+ eczema relief

**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.

ampicillin (antibiotic)s[CFS]  
benzylpenicillin sodium (antibiotic)  
cinnamon (oil, spice)  
ciprofloxacin (antibiotic)s[CFS]  
Curcumin  
fluoroquinolone (antibiotic)s  
gentamicin (antibiotic)s  
glycyrrhizic acid (licorice)  
imipenem (antibiotic)s  
meropenem (antibiotic)s

minocycline (antibiotic)s[CFS]  
piperacillin-tazobactam (antibiotic)s  
rosmarinus officinalis, rosemary  
syzygium aromaticum (clove)  
thyme (thymol, thyme oil)  
tigecycline (antibiotic)s  
tobramycin (antibiotic)s  
trimethoprim (antibiotic)s  
triphala  
vancomycin (antibiotic)[CFS]

## Sample of Literature Used

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Acne  
 ADHD  
 Allergic Rhinitis (Hay Fever)  
 Allergies  
 Alopecia (Hair Loss)  
 Alzheimer's disease  
 Amyotrophic lateral sclerosis (ALS) Motor Neuron  
 Ankylosing spondylitis  
 Anorexia Nervosa  
 Antiphospholipid syndrome (APS)  
 Asthma  
 Atherosclerosis  
 Autism  
 Autoimmune Disease  
 Barrett esophagus cancer  
 Bipolar Disorder  
 Brain Trauma  
 Carcinoma  
 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  
Colorectal Cancer  
Constipation  
Coronary artery disease  
COVID-19  
Crohn's Disease  
cystic fibrosis  
deep vein thrombosis  
Depression  
Dermatomyositis  
Eczema  
Endometriosis  
Eosinophilic Esophagitis  
Epilepsy  
Fibromyalgia  
Functional constipation / chronic idiopathic constipation  
gallstone disease (gsd)  
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus  
Generalized anxiety disorder  
Gout  
Graves' disease  
Hashimoto's thyroiditis  
Hidradenitis Suppurativa  
Histamine Issues From Ubiome  
Histamine Issues, Mast Cell Issue, DAO Insufficiency  
hypercholesterolemia (High Cholesterol)  
hyperglycemia  
Hyperlipidemia (High Blood Fats)  
hypersomnia  
hypertension (High Blood Pressure)  
Hypoxia  
IgA nephropathy (IgAN)  
Inflammatory Bowel Disease  
Insomnia  
Intelligence  
Irritable Bowel Syndrome  
Juvenile idiopathic arthritis  
Liver Cirrhosis  
Long COVID  
Lung Cancer  
ME/CFS with IBS  
ME/CFS without IBS  
Menopause  
Metabolic Syndrome  
Mood Disorders  
Multiple Sclerosis  
Multiple system atrophy (MSA)  
Neuropathy (all types)  
neuropsychiatric disorders (PANDAS, PANS)  
Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic  
NonCeliac Gluten Sensitivity  
Obesity  
obsessive-compulsive disorder  
Osteoarthritis  
Osteoporosis  
Parkinson's Disease  
Postural orthostatic tachycardia syndrome  
Premenstrual dysphoric disorder

**Psoriasis**  
**rheumatoid arthritis (RA), Spondyloarthritis (SpA)**  
**Rosacea**  
**Schizophrenia**  
**Sjögren syndrome**  
**Sleep Apnea**  
**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**