

## Microbiome Information for: rheumatoid arthritis (RA),Spondyloarthritis (SpA)

### 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

892 Lake Samish Rd, Bellingham WA 98229

Email: [Research@MicrobiomePrescription.com](mailto:Research@MicrobiomePrescription.com)

## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of rheumatoid arthritis (RA),Spondyloarthritis (SpA)

*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				
Epsilonproteobacteria	class	High	29547	Lachnospira	genus	High	28050
Verrucomicrobiae	class	High	203494	Lactobacillus	genus	Low	1578
Bacteroidaceae	family	High	815	Lactococcus	genus	Low	1357
Barnesiellaceae	family	Low	2005519	Megamonas	genus	Low	158846
Bifidobacteriaceae	family	High	31953	Methanobrevibacter	genus	High	2172
Deferribacteraceae	family	High	191394	Mucispirillum	genus	High	248038
Desulfovibrionaceae	family	High	194924	Mycobacterium	genus	High	1763
Enterobacteriaceae	family	High	543	Odoribacter	genus	Low	283168
Enterococcaceae	family	Low	81852	Oscillibacter	genus	High	459786
Gracilibacteraceae	family	High	541019	Oscillospira	genus	High	119852
Helicobacteraceae	family	High	72293	Oxalobacter	genus	High	846
Lachnospiraceae	family	High	186803	Oxobacter	genus	High	44261
Lactobacillaceae	family	Low	33958	Parabacteroides	genus	High	375288
Myoviridae	family	High	10662	Parvimonas	genus	High	543311
Oscillospiraceae	family	High	216572	Pelagibacterium	genus	High	1082930
Peptococcaceae	family	High	186807	Peptococcus	genus	High	2740
phages with long non-contractile tails	family	Low	10699	Porphyromonas	genus	High	836
				Prevotella	genus	High	838
Planococcaceae	family	High	186818	Proteus	genus	High	583
Prevotellaceae	family	High	171552	Pseudobutyrvibrio	genus	Low	46205
Streptococcaceae	family	Low	1300	Pseudomonas	genus	High	286
Veillonellaceae	family	High	31977	Pyramidobacter	genus	High	638847
Victivallaceae	family	High	255528	Romboutsia	genus	Low	1501226
Absiella	genus	High	2057233	Roseburia	genus	Low	841
Acidaminococcus	genus	Low	904	Ruminococcus	genus	High	1263
Actinomyces	genus	High	1654	Shigella	genus	High	620
Akkermansia	genus	High	239934	Slackia	genus	High	84108
Alistipes	genus	Low	239759	Solobacterium	genus	High	123375
Allobaculum	genus	High	174708	Staphylococcus	genus	High	1279
Alloprevotella	genus	Low	1283313	Streptococcus	genus	High	1301
Aspergillus	genus	High	5052	Subdoligranulum	genus	High	292632
Bacteroides	genus	High	816	Turicibacter	genus	High	191303
Bifidobacterium	genus	Low	1678	Veillonella	genus	Low	29465
Bilophila	genus	High	35832	Walleimia	genus	High	148959
Blautia	genus	High	572511	Porphyromonas gingivalis ATCC	norank	High	431947
Butyricoccus	genus	High	580596	33277			
Butyrvibrio	genus	High	830	Eubacteriales	order	High	186802
Candida	genus	High	5475	Hypocreales	order	High	5125
Citrobacter	genus	High	544	Lactobacillales	order	High	186826
Clostridium	genus	Low	1485	Malasseziales	order	Low	162474
				[Clostridium] leptum	species	Low	1535

<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy ID</b>	<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy ID</b>
Desulfovibrio	genus	High	872	[Clostridium] scindens	species	High	29347
Eggerthella	genus	High	84111	Actinomyces oris	species	High	544580
Eisenbergiella	genus	High	1432051	Aggregatibacter	species	High	714
Enterobacter	genus	Low	547	actinomycetemcomitans	species	High	714
Enterococcus	genus	High	1350	Asterococcus fermentans (Edward	species	High	2115
Escherichia	genus	High	561	1955) Prevot 1961			
Eubacterium	genus	Low	1730	Bacteroides fragilis	species	Low	817
Faecalibacterium	genus	Low	216851	Blautia coccoides	species	Low	1532
Flexispira Bryner 1987	genus	High	2353	Collinsella aerofaciens	species	High	74426
Fusobacterium	genus	Low	848	Faecalibacterium prausnitzii	species	Low	853
Gemella	genus	Low	1378	Fusobacterium nucleatum	species	High	851
Gordonibacter	genus	High	644652	Ligilactobacillus salivarius	species	High	1624
Gracilibacter	genus	High	342658	Limosilactobacillus reuteri	species	Low	1598
Haemophilus	genus	Low	724	Porphyromonas gingivalis	species	High	837
Helicobacter	genus	High	209	Prevotella copri	species	High	165179
Klebsiella	genus	High	570	Prevotella histicola	species	Low	470565
Lachnospirillum	genus	Low	1506553	Ruminococcus gnavus	species	High	33038
				Pseudomonas aeruginosa group	species group	High	136841
				Stenotrophomonas maltophilia group	species group	High	995085

## 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.

arabinogalactan (prebiotic) 21 gram/day

berberine 1.5 gram/day

bifidobacterium adolescentis,(probiotics) 12 BCFU/day

bile (acid/salts)

Bile Acid Sequestrant

Bofutsushosan

cranberry bean flour

glycine 15 gram/day

high salt

iron 400 mg/day

ketogenic diet

low protein diet

navy bean

non-starch polysaccharides

oligosaccharides (prebiotic)

Pulses

red wine 250 ml/day

resistant starch

saccharin 450 mg/day

saccharomyces boulardii (probiotics) 6 BCFU/day

salt (sodium chloride)

wheat bran

xylan (prebiotic)

## **Retail Probiotics**

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

probiotic pur (de) / realdose nutrition  
newrhythm / probiotics 20 stains  
microbiome labs / restorflora  
Bromatech (IT) / Enterelle  
Global Healing Center / FloraTrex  
Realdose  
florastor / florastor  
Bromatech (IT) / Lautoselle  
imagilin / NutriLots Replenish  
Ombre / Endless Energy  
optibac / saccharomyces boulardii  
seed / female version  
spain (es) / ultralevura  
organic 3 / yeastbiotic  
Bromatech (IT) / Serobiome  
Ombre / Healthy Gut  
SuperSmart / Saccharomyces Boulardii  
blackmore (au) / probiotics+ bowel support  
Ombre / Metabolic Booster  
spain (es) / axiboulardi  
Eden's / 3-in-1 Synbiotic Superblend  
nature's instincts / ultra spore probiotic  
Genesis Bifidobacterium Complex BB Probiotic

**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.

amikacin (antibiotic)s  
amoxicillin (antibiotic)s[CFS]  
ampicillin (antibiotic)s[CFS]  
benzylpenicillin sodium (antibiotic)  
ciprofloxacin (antibiotic)s[CFS]  
fluoroquinolone (antibiotic)s

gentamicin (antibiotic)s  
imipenem (antibiotic)s  
ofloxacin (antibiotic)s  
oregano (origanum vulgare, oil) |  
piperacillin-tazobactam (antibiotic)s  
thyme (thymol, thyme oil)  
trimethoprim (antibiotic)s

## Sample of Literature Used

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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**  
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