

## Microbiome Information for: Ankylosing spondylitis

### 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 Ankylosing spondylitis

*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	Helicobacter	genus	Low	209
Bacilli	class	High	91061	Lachnospira	genus	Low	28050
Bacteroidia	class	High	200643	Lactobacillus	genus	Low	1578
Dothideomycetes	class	High	147541	Megamonas	genus	High	158846
Bacteroidaceae	family	High	815	Neisseria	genus	High	482
Lachnospiraceae	family	High	186803	Oscillibacter	genus	High	459786
Porphyromonadaceae	family	High	171551	Parasutterella	genus	Low	577310
Prevotellaceae	family	Low	171552	Prevotella	genus	High	838
Rikenellaceae	family	High	171550	Rothia	genus	High	32207
Ruminococcaceae	family	High	541000	Ruminococcus	genus	Low	1263
Veillonellaceae	family	Low	31977	Salmonella	genus	High	590
Actinomyces	genus	High	1654	Shigella	genus	High	620
Alloprevotella	genus	High	1283313	Streptococcus	genus	High	1301
Bacteroides	genus	Low	816	Veillonella	genus	High	29465
Bifidobacterium	genus	High	1678	Klebsiella pneumoniae subsp. rhinoscleromatis ATCC 13884	norank	High	667127
Blautia	genus	High	572511	Agaricales	order	Low	5338
Citrobacter	genus	Low	544	Bacteroides nordii	species	High	291645
Collinsella	genus	High	102106	Desulfovibrio desulfuricans	species	High	876
Comamonas	genus	High	283	Escherichia coli	species	High	562
Desulfovibrio	genus	High	872	Flavonifractor plautii	species	High	292800
Dialister	genus	High	39948	Klebsiella pneumoniae	species	High	573
Dorea	genus	High	189330	Parabacteroides distasonis	species	High	823
Enterobacter	genus	Low	547	Prevotella copri	species	High	165179
Escherichia	genus	High	561	Prevotella melaninogenica	species	High	28132
Eubacterium	genus	Low	1730	Ruminococcus gnavus	species	Low	33038
Fusobacterium	genus	Low	848	Salmonella enterica	species	High	28901

## 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.

animal-based diet

arabinogalactan (prebiotic) 21 gram/day

aspartame (sweetner)

bacillus licheniformis,(probiotics) 1000 mg/day

berberine 1.5 gram/day

bifidobacterium catenulatum,(probiotics)

bifidobacterium longum (probiotics) 10 BCFU/day

bifidobacterium pseudocatenulatum,(probiotics)

Cacao 20 gram/day

fat

fructo-oligosaccharides (prebiotic) 15 gram/day

gynostemma pentaphyllum (Jiaogulan)

helminth infection (prescription)

high fiber diet

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2

gram/day

inulin (prebiotic) 32 gram/day

ku ding cha tea

lactose

lactulose

lard

low protein diet

L-proline

non-starch polysaccharides

oligosaccharides (prebiotic)

proton-pump inhibitors (prescription) 60 mg/day

Pulses

raffinose(sugar beet)

resistant starch

saccharin 450 mg/day

saccharomyces boulardii (probiotics) 6 BCFU/day

saccharomyces cerevisiae (probiotics)

salt (sodium chloride)

Shen Ling Bai Zhu San

Slippery Elm

soy 25 gram/day

Ursolic acid

vitamin d 50000 IU/day

wheat

wheat bran

whole grain diet

## Retail Probiotics

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

naturopathica (au) / gastrohealth probiotic dairy free 50 billion  
 Global Healing Center / FloraTrex  
 Physician Choice / 60 Billion Probiotics  
 optibac / for every day  
 nature's way (au) / restore probiotic bowel & colon health 30s  
 Swiss BioEnergetics / Full Spectrum Probiotic Defence  
 probiotic pur (de) / realdose nutrition  
 theramedix / probiotic  
 naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion  
 Wholesome Wellness / Raw Probiotic  
 jarow formulas / bifidus balance® + fos  
 Realdose  
 Bromatech (IT) / Serobiome  
 naturopathica (au) / gastrohealth probiotic daily care  
 spain (es) / ultralevura  
 Ombre / Metabolic Booster  
 spain (es) / axiboulardi  
 organic 3 / primal gut  
 Dr.Max / ProtectMax ATB  
 nature's way (au) / restore probiotic 30 billion 30s  
 PoolPharma (IT) / ProbioTKMIO  
 organic 3 / yeastbiotic  
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu  
 CVSHealth / Daily Probiotic  
 Physis / Advance Probiotics  
 blackmore (au) / probiotics+ daily health  
 Eden's / 3-in-1 Synbiotic Superblend  
 Dr. Mercola / Complete Probiotics  
 Garden of Life / Dr. Formulated Once Daily Women's  
 nature's instincts / ultra spore probiotic  
 NOW FOODS / Clinical GI Probiotic  
 PrecisionBiotics / Immune  
 hyperbiotics / pro-15  
 Genesis Bifidobacterium Complex BB Probiotic  
 nature's way (au) / restore probiotic 100 billion  
 seed / male version  
 solaray / microbiome probiotic colon formula  
 lifted naturals / mood boosting probiotic  
 cytoplan(uk) / dentavital bifidophilus  
 CustomProbiotics.com / B. Longum Probiotic Powder  
 blackmores (au) / probiotics+ immune defence  
 SuperSmart / Oral Health  
 Ombre / Healthy Gut  
 PharmExtracta (IT) / Gliadines buccal stickpacks  
 ISCON Elegance/ Ochek Capsule 10  
 1 md / complete probiotics platinum  
 Nutrition Essentials / Probiotic (900 BCFU)  
 OMNI-BIOTIC®/ 10 AAD  
 young living/life 9  
 microbiome labs/ megasporebiotic  
 optibac / bifidobacteria & fibre  
 Sanogermina / AB-Kolicare  
 fairvital / microflora basic  
 Energybalance / ColoBiotica 28 Colon Support

jarrow formulas / jarro-dophilus mood  
SuperSmart / Saccharomyces Boulardii  
MegaFood / MegaFlora  
naturopathica (au) / gastrohealth probiotics  
blackmore (au) / probiotics+ bowel support  
Bio Schwartz / Advance Strength Probiotics (40 BCFU)  
SuperSmart / Lactoxira  
douglas laboratories / multi probiotic 40 billion  
Ombre / Mood Enhancer  
florastor / florastor  
PrecisionBiotics / Zenflore  
PharmExtracta / Bowell  
up4 / adult  
Bromatech (IT) / Enterelle  
ProbioMax® Daily DF  
bioglan bio (au) / happy probiotic 100  
HLH BIOPHARMA(DE) / LACTOBACT ® AAD  
nature's way (au) / restore probiotic daily health 90s  
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM  
Bromatech (IT) / Rotanelle plus  
fürstenmed / lacto-bifido  
udo's choice /super 8 gold  
microbiome labs / restorflora  
Smidge / Sensitive Probiotic  
Krauterhaus / Lactopro  
LiveWell Nutrition / Pro-45  
spain (es) / vivomixx  
Advanced Bio-Cultures / Advance Multi Strain Probiotics  
elixa / probiotic  
bioray / cytoflora  
renew life / ultimate flora  
up4 / ultra  
newrhythm / probiotics 20 stains  
blackmores (au) / probiotics + adults daily (90 capsules)  
Lake Avenue Nutrition / Probiotics 10 Strain Blend  
Metabolics / Bifidobacterium Longum Powder  
ASEA VIA / BIOME  
visbiome  
garden of life / primal defense  
jamieson (can) / probiotic 10 bcfu  
Bromatech (IT) / Lautoselle  
renew life men's probiotic - ultimate  
SuperSmart / Full Spectrum Probiotic Formula  
custom probiotics / d-lactate free probiotics powder  
naturopathica (au) / gastrohealth fibrepro  
philips / colon health  
blackmore (au) / probiotics+ eczema relief  
imagilin / NutriLots Replenish  
quantum wellness / restora flora  
Ombre / Endless Energy  
Seeking Health / Probiota HistaminX  
bravo europe / starter and complex  
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis  
vita miracle / ultra-30 probiotics  
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS  
optibac / saccharomyces boulardii  
Bromatech (IT) / Bifiselle  
wakamoto (jp) / wakamoto pharmaceutical intestinal drug

custom probiotics / five strain bifidobacteria  
Microbiome Labs / ZENBIOME Dual  
canada (ca) / calmbiotic  
Ombre / Heart Health  
klaire labs / ther-biotic factor 4  
InnovixLabs / Mood Probiotic  
seed / female version  
naturopathica (au) / gastrohealth probiotic adults 50+  
organic 3 / gutpro

**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	hyoscyamine (l),(prescription)
amlodipine,(prescription)	imipenem (antibiotic)s
amoxicillin (antibiotic)s[CFS]	loperamide hydrochloride,(prescription)
ampicillin (antibiotic)s[CFS]	ofloxacin (antibiotic)s
atorvastatin (prescription)	oregano (origanum vulgare, oil)
benzylpenicillin sodium (antibiotic)	piperacillin-tazobactam (antibiotic)s
cinnamon (oil. spice)	thyme (thymol, thyme oil)
ciprofloxacin (antibiotic)s[CFS]	trimethoprim (antibiotic)s
fluoroquinolone (antibiotic)s	triphala
gentamicin (antibiotic)s	vancomycin (antibiotic)[CFS]
Hesperidin (polyphenol)	Vitamin B1,thiamine hydrochloride
	Vitamin B-12

## Sample of Literature Used

The following are the most significant of the studies used to generate these suggestions.

### [The Association of Fecal Microbiota in Ankylosing Spondylitis Cases with C-Reactive Protein and Erythrocyte Sedimentation Rate.](#)

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### [Metagenome-wide association study of the alterations in the intestinal microbiome composition of ankylosing spondylitis patients and the effect of traditional and herbal treatment.](#)

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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  
Unhealthy Ageing