

Microbiome Information for: Juvenile idiopathic arthritis

For non-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 have found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is believed to reduce the severity of symptoms. In some cases, this correction may cause symptoms to disappear.

These are *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

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 is received.

In the USA

Ombre (<https://www.ombrelab.com/>)
Thorne (<https://www.thorne.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

[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Juvenile idiopathic arthritis

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

Rikenellaceae family High 171550

Catenibacterium genus Low 135858

Bacteria Name Rank Shift Taxonomy ID

Holdemania genus Low 61170

Olsenella genus High 133925

Candida albicans species High 5476

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.

3-Methylbutanoic acid {isovaleric acid}	Far Infrared Therapy {Far infrared Sauna }
(2E,4E,6E,8E)-3,7-dimethyl-9-(2,6,6-trimethylcyclohex-1-en-1-yl)nona-2,4,6,8-tetraen-1-ol {Vitamin A} 25000 IU/day	fruit
2,3-dihydroxypropyl dodecanoate {Monolaurin}	fucoidan {Brown Algae Extract} 8.8 gram/day
2-Amino-4-(methylthio)butanoic acid {Methionine} 5 gram/day	Helianthus annuus {Sunflower}
2H-1?6,2-benzothiazol-1,3-trione {Saccharin} 450 mg/day	high red meat
Abstention from eating {Fasting}	Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2 gram/day
alpha-tocopherol {Vitamin E} 60 IU/day	Lacticaseibacillus paracasei {L.paracasei} 40 BCFU/day
ascorbic acid {Vitamin C} 30 g/day	Lactiplantibacillus pentosus {L. pentosus}
bacillus subtilis {B.Subtilis } 10 BCFU/day	lactobacillus rhamnosus gg 48 BCFU/day
bifidobacterium bifidum {B. bifidum} 1 BCFU/day	lactobacillus rhamnosus gg,bifidobacterium animalis lactis ,lactobacillus paracasei {cvs maximum strength probiotic}
bifidobacterium longum {B.Longum } 10 BCFU/day	Lentilactobacillus buchneri {Lactobacillus buchneri}
Bifidobacterium longum subsp. longum BB536 {BB536}	Linum usitatissimum {Flaxseed} 30 mg/day
Blautia wexlerae {Blautia wexlerae}	Lonicera periclymenum {Epazote}
Cannabis sativa {Marijuana}	Musa acuminata {Banana}
Capra hircus milk {Goat milk}	Probiotic Mixture 1 {Japanese Vet Probiotic}
Carica papaya {papaya}	Riboflavin {Vitamin B2} 400 mg/day
Cholestyramine,Colesevelam,Colestipol {Bile Acid Sequestrant}	Secale cereale {Rye}
cholic,taurocholic ,chenodeoxycholic,glycocholic acids {Bile supplements}	Sulforaphane {Dark Greens}
D-glucose {Glucose}	synthetic disaccharide derivative of lactose {Lactulose}
Echinacea Moench {Echinacea} 4 gram/day	Tributyrin
enterococcus durans {Streptococcus durans}	vitamin d 50000 UI/day
enterococcus faecium {E. faecium} 1 BCFU/day	wheat
	Zea mays {maize}

Retail Probiotics

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

fürstenmed / lacto-bifido
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
Krauterhaus / Lactopro
SuperSmart / Lactoxira
PrecisionBiotics / Zenflore
Seeking Health / Probiota Bifidobacterium
Seeking Health / Probiota HistaminX
aor / probiotic-3
INVIVO THERAPEUTICS / Bio.Me IB +
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
Bromatech (IT) / Bifiselle
custom probiotics / five strain bifidobacteria
Ombre / Heart Health
klaire labs / ther-biotic factor 4
mwsb / candida yeast support
Microbiome Labs / ZENBIOME Dual
Genesis Bifidobacterium Complex BB Probiotic
SuperSmart / Bifidobacterium longum (BB536)
CustomProbiotics.com / B. Longum Probiotic Powder
canada (ca) / calmbiotic
Jetson (US) / Mood Probiotics
microbiome labs/ megasporebiotic
Sanogermina / AB-Kolicare
klaire labs / biospora
fairvital / microflora basic
Energybalance / ColoBiotica 28 Colon Support
custom probiotics / b. lactis & b. bifidum probiotic powder
jarrow formulas / jarro-dophilus mood
microbiome labs / hu58
digestive care
perfect pass / perfect pass probiotic bacillus spore
natren / bifido factor
PharmExtracta (IT) / INatal Sachets
Probiotic Sticks
spain (es) / ns florabiotic instant
bioflorin (deu) / bioflorin
global health trax / threelac
Law of Nature / Best Days Formula
Dr.Max / ProtectMax ATB
naturopathica (au)/ gastrohealth probiotic daily care
bio-botanical research / proflora4r restorative probiotic
SuperSmart / Lactobacillus rhamnosus GG
Eden's / 3-in-1 Synbiotic Superblend
nature's instincts / ultra spore probiotic
PrecisionBiotics / Immune
InnovixLabs / Mood Probiotic
seed / female version
PoolPharma (IT) / ProbioTKMIO
HLH BIOPHARMA(DE) / LACTOBACT ® FORTE
Bromatech (IT) / Serobiome
corebiotic
SuperSmart / Oral Health
Metabolics / Bifidobacterium Bifidum Powder
PharmExtracta (IT) / Gliadines buccal stickpacks

UltraFlora® Immune Booster
danactive drink
spain (es) / kaleidon
Bulk Probiotics / L Paracasei Probiotic Powder
Bulk Probiotics / B. Bifidum Probiotic Powder (Anxiety Support)
naturopathica (au) / gastrohealth antacid
Pharmextracta (IT) / iNatal PED stick
enviromedica terraflora sbo probiotic
PureGG
align / align
jarrow formulas / bifidus balance® + fos
culturelle / culturelle
spain (es) / bivos
organic 3 / primal soil
Align® Extra Strength
SuperSmart / Bacillus Subtilis
customprobiotics.com / B. Bifidum Probiotic Powder
Schwabe Pharma Italia / MegaStress
vitamin angels / just thrive
optibac / for daily immunity
Bromatech (IT) / Rotanelle plus
Immune Defense Daily Chewable Probiotic
Maple Life Science™ / Bifidobacterium longum
Bulk Probiotics / Bacillus Subtilis Probiotic
Metabolics / Bifidobacterium Longum Powder
Bulk Probiotics / B. Longum Probiotic Powder
Prescript-Assist®/SBO Probiotic
Pharmextracta (IT) / iNatal DUO sachets
PharmExtracta / Bowell
Jetson / Gut Prep
Align / Align® Chewables
custom probiotics / d-lactate free probiotics powder
jarrow formulas / jarro-dophilus eps
Ombre / Endless Energy
CustomProbiotics.com / L Paracasei Probiotic Powder
Ombre / Mood Enhancer
BIO-BOTANICAL RESEARCH / Megacidin
reserveage nutrition / beautiflora
amy meyers / primal earth probiotic
Maple Life Science™ / Bifidobacterium Bifidum
Bulk Probiotics / L Rhamnosus GG Probiotic Powder
microbiome labs / restorflora
spain (es) / suerobivos

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.

5,6-dihydro-9,10-dimethoxybenzo[*g*]-1,3-benzodioxolo[5,6-
a]quinolizinium {Berberine}
allium sativum {garlic}
Cymbopogon citratus {Lemongrass}
D(-)-Fructose {Fruit sugar}
Honey {Honey }
Humulus lupulus compound {Xanthohumol}
lactobacillus acidophilus {L. acidophilus}

Lactobacillus gasseri {L.gasseri}
Nigella sativa {black cumin}
Ocimum tenuiflorum {Tulsi}
Pimpinella anisum {Anise}
Propolis {Bee glue}
Pyroguaic acid {Guaiacol}
Thymus vulgaris {thyme}
Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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Abdominal Aortic Aneurysm

Acne

Addison's Disease (hypocortisolism)

ADHD

Age-Related Macular Degeneration and Glaucoma

Allergic Rhinitis (Hay Fever)

Allergies

Allergy to milk products

Alopecia (Hair Loss)

Alzheimer's disease

Amyotrophic lateral sclerosis (ALS) Motor Neuron

Ankylosing spondylitis

Anorexia Nervosa

Antiphospholipid syndrome (APS)

Asthma

Atherosclerosis

Atrial fibrillation

Autism

Autoimmune Disease

Barrett esophagus cancer

benign prostatic hyperplasia

Biofilm

Bipolar Disorder

Brain Trauma
Breast Cancer
Cancer (General)
Carcinoma
cdkl5 deficiency disorder
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
Cognitive Function
Colorectal Cancer
Constipation
Coronary artery disease
COVID-19
Crohn's Disease
Cushing's Syndrome (hypercortisolism)
cystic fibrosis
d-lactic acidosis (one form of brain fog)
deep vein thrombosis
Denture Wearers Oral Shifts
Depression
Dermatomyositis
Eczema
Endometriosis
Eosinophilic Esophagitis
Epilepsy
erectile dysfunction
Fibromyalgia
Food Allergy
Functional constipation / chronic idiopathic constipation
gallstone disease (gsd)
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus
Generalized anxiety disorder
giant cell arteritis
Glioblastoma
Gout
Graves' disease
Gulf War Syndrome
Halitosis
Hashimoto's thyroiditis
Heart Failure
hemorrhagic stroke
Hemorrhoidal disease, Hemorrhoids, Piles
Hidradenitis Suppurativa
High Histamine/low DAO
hypercholesterolemia (High Cholesterol)
hyperglycemia
Hyperlipidemia (High Blood Fats)
hypersomnia
hypertension (High Blood Pressure)
Hypothyroidism
Hypoxia
IgA nephropathy (IgAN)
Inflammatory Bowel Disease

Insomnia
Intelligence
Intracranial aneurysms
Irritable Bowel Syndrome
ischemic stroke
Juvenile idiopathic arthritis
Liver Cirrhosis
Long COVID
Low bone mineral density
Lung Cancer
Lymphoma
Mast Cell Issues / mastitis
ME/CFS with IBS
ME/CFS without IBS
membranous nephropathy
Menopause
Metabolic Syndrome
Mood Disorders
multiple chemical sensitivity [MCS]
Multiple Sclerosis
Multiple system atrophy (MSA)
myasthenia gravis
neuropathic pain
Neuropathy (all types)
neuropsychiatric disorders (PANDAS, PANS)
Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic
NonCeliac Gluten Sensitivity
Obesity
obsessive-compulsive disorder
Osteoarthritis
Osteoporosis
pancreatic cancer
Parkinson's Disease
Peanut Allergy
Polycystic ovary syndrome
Postural orthostatic tachycardia syndrome
Premenstrual dysphoric disorder
primary biliary cholangitis
Primary sclerosing cholangitis
Psoriasis
rheumatoid arthritis (RA),Spondyloarthritis (SpA)
Rosacea
Schizophrenia
scoliosis
sensorineural hearing loss
Sjögren syndrome
Sleep Apnea
Slow gastric motility / Gastroparesis
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
Vitiligo

