

Microbiome Information for: Psoriasis

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 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

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

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.

apple		
arabinogalactan (prebiotic)	21 gram/day	
bacillus coagulans (probiotics)	10 BCFU/day	
bacillus subtilis (probiotics)	10 BCFU/day	
barley	60 gram/day	
Cacao	20 gram/day	
Exercise		
fasting		
fish oil	4 gram/day	
fructo-oligosaccharides (prebiotic)	15 gram/day	
inulin (prebiotic)	32 gram/day	
jerusalem artichoke (prebiotic)	40 gram/day	
lactulose		
oligosaccharides (prebiotic)		
pomegranate	1 gram/day	
raffinose(sugar beet)		
resveratrol (grape seed/polyphenols/red wine)	2 gram/day	
saccharomyces cerevisiae (probiotics)		
Shen Ling Bai Zhu San		
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.

Arbutin (polyphenol)	peppermint (spice, oil)
cinnamon (oil, spice)	retinoic acid,(Vitamin A derivative)
Curcumin	rosmarinus officinalis,rosemary
diosmin,(polyphenol)	saccharin
foeniculum vulgare,fennel	stevia
garlic (allium sativum)	Sumac(Rhus coriaria)
glycerol monolaurate (Monolaurin)	syzygium aromaticum (clove)
glycyrrhizic acid (licorice)	thyme (thymol, thyme oil)
Guaiacol (polyphenol)	trachyspermum ammi, Ajwain
Hesperidin (polyphenol)	triphala
luteolin (flavonoid)	Umeboshi (Japanese Apricot or Prunus mume)
N-Acetyl Cysteine (NAC),	Vitamin B1,thiamine hydrochloride
neem	Vitamin B6,pyridoxine hydrochloride
olea europaea,olive leaf	vitamin d
oregano (origanum vulgare, oil)	Vitamin E

Sample of Literature Used

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Tourette syndrome
Type 1 Diabetes
Type 2 Diabetes
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