

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

### 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**

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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

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## 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
Actinomycetes	class	High	1760				
Verrucomicrobiia	class	High	203494	Methanobrevibacter	genus	High	2172
Ackermannviridae	family	High	2169529	Mucispirillum	genus	High	248038
Autographiviridae	family	High	2731643	Mycobacterium	genus	High	1763
Bacteroidaceae	family	High	815	Mycoplasma	genus	High	2093
Barnesiellaceae	family	Low	2005519	Odoribacter	genus	Low	283168
Bifidobacteriaceae	family	High	31953	Oscillibacter	genus	High	459786
Chaseviridae	family	High	2731689	Oscillospira	genus	High	119852
Deferribacteraceae	family	High	191394	Oxalobacter	genus	High	846
Demereciviridae	family	Low	2731690	Oxobacter	genus	High	44261
Desulfovibrionaceae	family	High	194924	Parabacteroides	genus	High	375288
Drexleriviridae	family	Low	2731691	Parvimonas	genus	High	543311
Enterobacteriaceae	family	High	543	Pelagibacterium	genus	High	1082930
Enterococcaceae	family	Low	81852	Peptococcus	genus	High	2740
Gracilibacteraceae	family	High	541019	Porphyromonas	genus	High	836
Helicobacteraceae	family	High	72293	Prevotella	genus	High	838
Herelleviridae	family	High	2560065	Proteus	genus	High	583
Lachnospiraceae	family	High	186803	Pseudobutyrvibrio	genus	Low	46205
Lactobacillaceae	family	Low	33958	Pseudomonas	genus	High	286
Myoviridae	family	High	10662	Pyramidobacter	genus	High	638847
Oscillospiraceae	family	High	216572	Romboutsia	genus	Low	1501226
Peptococcaceae	family	High	186807	Roseburia	genus	Low	841
phages with long non-contractile tails	family	Low	10699	Ruminococcus	genus	High	1263
Planococcaceae	family	High	186818	Scedosporium	genus	Low	41687
Prevotellaceae	family	High	171552	Shigella	genus	High	620
Streptococcaceae	family	Low	1300	Slackia	genus	High	84108
Veillonellaceae	family	High	31977	Solobacterium	genus	High	123375
Victivallaceae	family	High	255528	Staphylococcus	genus	High	1279
Absiella	genus	High	2057233	Streptococcus	genus	High	1301
Acidaminococcus	genus	Low	904	Subdoligranulum	genus	High	292632
Actinomyces	genus	High	1654	Trichosporon	genus	Low	5552
Akkermansia	genus	High	239934	Turicibacter	genus	High	191303
Alistipes	genus	Low	239759	Ureaplasma	genus	High	2129
Allobaculum	genus	High	174708	Veillonella	genus	Low	29465
Alloprevotella	genus	Low	1283313	Walleimia	genus	High	148959
Anaplasma	genus	High	768	Bacillales	order	High	1385
Aspergillus	genus	High	5052	Eubacteriales	order	High	186802
Bacteroides	genus	High	816	Hypocreales	order	High	5125
Bifidobacterium	genus	Low	1678	Lactobacillales	order	High	186826
Bilophila	genus	High	35832	Malasseziales	order	Low	162474
				[Clostridium] leptum	species	Low	1535
				[Clostridium] scindens	species	High	29347

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Blautia	genus	High	572511	Actinomyces oris	species	High	544580
Butyrivibrio	genus	High	830	Agathobacter rectalis	species	Low	39491
Butyrivibrio	genus	High	5475	Aggregatibacter	species	High	714
Candida	genus	High	544	actinomycetemcomitans	species	Low	817
Citrobacter	genus	High	1485	Bacteroides fragilis	species	High	216816
Clostridium	genus	Low	102106	Bifidobacterium longum	species	Low	1532
Collinsella	genus	High	33042	Blautia coccoides	species	High	74426
Coprococcus	genus	High	872	Collinsella aerofaciens	species	High	1747
Desulfovibrio	genus	High	39948	Cutibacterium acnes	species	High	39486
Dialister	genus	High	84111	Dorea formicigenerans	species	Low	853
Eggerthella	genus	High	1432051	Faecalibacterium prausnitzii	species	High	851
Eisenbergiella	genus	Low	547	Fusobacterium nucleatum	species	High	745368
Enterobacter	genus	High	1350	Gemmiger formicilis	species	High	573
Enterococcus	genus	High	561	Klebsiella pneumoniae	species	High	1624
Escherichia	genus	Low	1730	Ligilactobacillus salivarius	species	Low	1598
Eubacterium	genus	Low	216851	Limosilactobacillus reuteri	species	High	33038
Faecalibacterium	genus	High	2353	Mediterraneibacter gnavus	species	High	907
Flexispira	genus	Low	848	Megasphaera elsdenii	species	High	1764
Fusobacterium	genus	Low	1378	Mycobacterium avium	species	High	2104
Gemella	genus	High	644652	Mycoplasmoides pneumoniae	species	High	2115
Gordonibacter	genus	High	342658	Mycoplasmopsis fermentans	species	High	837
Gracilibacter	genus	Low	724	Porphyromonas gingivalis	species	Low	470565
Haemophilus	genus	High	209	Prevotella histicola	species	High	584
Helicobacter	genus	High	570	Proteus mirabilis	species	High	40518
Klebsiella	genus	Low	1506553	Ruminococcus bromii	species	High	165179
Lachnoclostridium	genus	High	28050	Segatella copri	species	High	1280
Lachnospira	genus	Low	1578	Staphylococcus aureus	species	High	1313
Lactobacillus	genus	Low	1357	Streptococcus pneumoniae	species	High	136841
Lactococcus	genus	Low	158846	Pseudomonas aeruginosa group	species	High	995085
Megamonas	genus	Low		Stenotrophomonas maltophilia group	species	High	431947
				Porphyromonas gingivalis ATCC 33277	strain	High	

## 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.

**5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-**

**a]quinolizinium {Berberine}** 1.5 gram/day

**2H-1,6,2-benzothiazol-1,1,3-trione {Saccharin}** 450 mg/day

**Abstention from eating {Fasting}**

**cholic,taurocholic ,chenodeoxycholic,glycocholic acids {Bile supplements}**

**Dextrin** 40 gram/day

**Ferum {Iron Supplements}** 400 mg/day

**Heyndrickxia coagulans {B. coagulans}** 10 BCFU/day

**Hordeum vulgare {Barley}** 60 gram/day

**Linum usitatissimum {Flaxseed}** 30 mg/day

**long-term, moderate-intensity exercise {exercise}**

**non-starch polysaccharides**

**Outer Layers of Triticum aestivum {Wheat Bran}**

**Phaseolus vulgaris {Boston bean}**

**Pulses, Beans**

**Saccharomyces cerevisiae var boulardii {S. boulardii}** 6 BCFU/day

**Sodium Chloride {Salt}**

**Tobacco consumption {Smoking}**

**wheat**

## Retail Probiotics

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

nature's instincts / ultra spore probiotic  
 Biomed / Bacillus Coagulans  
 vitamin angels / just thrive  
 Sun Wave Pharma/Bio Sun Instant  
 nature's way (au) / adult vita gummies daily probiotic 80s  
 microbiome labs / restorflora  
 Bromatech (IT) / Enterelle  
 organic 3 / primal soil  
 Maple Life Science™ / Streptococcus faecalis butyricum mesentericus sporogenes  
 florastor / florastor  
 BIO-BOTANICAL RESEARCH / Megacidin  
 reserveage nutrition / beautiflora  
 imagilin / NutriLots Replenish  
 Jetson / FIT  
 source naturals / duraflo  
 optibac / saccharomyces boulardii  
 thorne / bacillus coagulansvet 60 caps  
 enviromedica terraflo sbo probiotic  
 schiff / digestive advantage  
 daiichi sankyo healthcare (jp) / panlacmin tablet  
 spain (es) / ultralevura  
 organic 3 / yeastbiotic  
 corebiotic  
 Bulk Probiotics / Bacillus Coagulans Probiotic  
 Nutrition Essentials / Probiotic (900 BCFU)  
 mwsb / candida yeast support  
 microbiome labs/ megasporebiotic  
 claire labs / biospora  
 Bromatech / ENTERELLE PLUS  
 SuperSmart / Saccharomyces Boulardii  
 Schwabe Pharma Italia / AxiBoulardi  
 perfect pass / perfect pass probiotic bacillus spore  
 Ombre / Metabolic Booster  
 global health trax / threelac  
 spain (es) / axiboulardi  
 Law of Nature / Best Days Formula  
 bio-botanical research / proflo4r restorative probiotic  
 Bulk Probiotics / Saccharomyces boulardii Probiotic Powder (Digestive Support)

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.

3,3',4',5,7-pentahydroxyflavone {Quercetin}	Lactiseibacillus casei {L. casei}
allium sativum {garlic}	Lactiseibacillus paracasei {L.paracasei}
Azadirachta indica {Neem}	Lactobacillus plantarum {L. plantarum}
Bifidobacterium animalis subsp. lactis {B. Lactis}	Menta × piperita {peppermint}
bifidobacterium bifidum {B. bifidum}	Metha family {Mint}
chlorhexidine	Nigella sativa {black cumin}
Cichorium intybus {Chicory}	Olea europaea {Olive leaf}
Cinnamomum zeylanicum {Ceylon Cinnamon}	organum vulgare {oregano}
Curcuma longa {Turmeric}	Pimpinella anisum {Anise}
Cymbopogon citratus {Lemongrass}	Propolis {Bee glue}
D-(-)-Fructose {Fruit sugar}	resveratrol-pterostilbene {grapes, blueberries}
Diferuloylmethane {Curcumin}	rosmarinus officinalis {rosemary}
foeniculum vulgare,fennel	syzygium aromaticum {clove}
fruit	Thymus vulgaris {thyme}
green tea	yogurt
Honey {Honey }	Zingiber officinale Roscoe {ginger}

## Sample of Literature Used

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

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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

cdk15 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  
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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  
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