

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

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 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
Planococcaceae	family	High	186818	Prevotella	genus	High	838
Prevotellaceae	family	High	171552	Proteus	genus	High	583
Streptococcaceae	family	Low	1300	Pseudobutyrvibrio	genus	Low	46205
Veillonellaceae	family	High	31977	Pseudomonas	genus	High	286
Victivallaceae	family	High	255528	Pyramidobacter	genus	High	638847
Absiella	genus	High	2057233	Romboutsia	genus	Low	1501226
Acidaminococcus	genus	Low	904	Roseburia	genus	Low	841
Actinomyces	genus	High	1654	Ruminococcus	genus	High	1263
Akkermansia	genus	High	239934	Shigella	genus	High	620
Alistipes	genus	Low	239759	Slackia	genus	High	84108
Allobaculum	genus	High	174708	Solobacterium	genus	High	123375
Alloprevotella	genus	Low	1283313	Staphylococcus	genus	High	1279
Aspergillus	genus	High	5052	Streptococcus	genus	High	1301
Bacteroides	genus	High	816	Subdoligranulum	genus	High	292632
Bifidobacterium	genus	Low	1678	Turidibacter	genus	High	191303
Bilophila	genus	High	35832	Veillonella	genus	Low	29465
Blautia	genus	High	572511	Walleimia	genus	High	148959
Butyricoccus	genus	High	580596	Porphyromonas gingivalis ATCC 33277	norank	High	431947
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

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
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.

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

iron 400 mg/day

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.

microbiome labs / restorflora
Bromatech (IT) / Enterelle
florastor / florastor
Bromatech (IT) / Lautoselle
imagilin / NutriLots Replenish
Ombre / Endless Energy
optibac / saccharomyces boulardii
spain (es) / ultralevura
organic 3 / yeastbiotic
Bromatech (IT) / Serobiome
SuperSmart / Saccharomyces Boulardii
blackmore (au) / probiotics+ bowel support
spain (es) / axiboulardi
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.

Arbutin (polyphenol)	olea europaea,olive leaf
Caffeine	oregano (origanum vulgare, oil)
cinnamon (oil. spice)	quercetin
clostridium butyricum (probiotics),Miya,Miyarisan	refined wheat breads
Curcumin	resveratrol (grape seed/polyphenols/red wine)
diosmin,(polyphenol)	retinoic acid,(Vitamin A derivative)
foeniculum vulgare,fennel	rosmarinus officinalis,rosemary
garlic (allium sativum)	soy
ginger	syzygium aromaticum (clove)
glycyrrhizic acid (licorice)	tea
Hesperidin (polyphenol)	thyme (thymol, thyme oil)
Lactobacillus Johnsonii (probiotic)	trachyspermum ammi, Ajwain
lactobacillus paracasei (probiotics)	triphala
lactobacillus plantarum (probiotics)	Vitamin B1,thiamine hydrochloride
lactobacillus reuteri (probiotics)	Vitamin B-12
luteolin (flavonoid)	vitamin B3,niacin
mastic gum (prebiotic)	Vitamin B6,pyridoxine hydrochloride
N-Acetyl Cysteine (NAC),	vitamin B7, biotin
neem	whey
nigella sativa seed (black cumin)	zinc

Sample of Literature Used

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ADHD
Allergic Rhinitis (Hay Fever)
Allergies
Alopecia (Hair Loss)
Alzheimer's disease
Amyotrophic lateral sclerosis (ALS) Motor Neuron
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