

Microbiome Information for: Sjögren syndrome

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 Sjögren syndrome

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	Low		1760	Odoribacter	genus	High		283168
Lachnospiraceae	family	Low		186803	Prevotella	genus	High		838
Ruminococcaceae	family	Low		541000	Pseudobutyrvibrio	genus	High		46205
Agathobacter	genus	Low		1766253	Shigella	genus	High		620
Alistipes	genus	Low		239759	Streptococcus	genus	High		1301
Alloscardovia	genus	High		419014	Subdoligranulum	genus	Low		292632
Bacteroides	genus	Low		816	Veillonella	genus	High		29465
Barnesiella	genus	Low		397864	Bacteroides uniformis	species	Low		820
Bifidobacterium	genus	Low		1678	Bifidobacterium adolescentis	species	Low		1680
Dorea	genus	Low		189330	Granulicatella adiacens	species	High		46124
Escherichia	genus	High		561	Lactobacillus acidophilus	species	High		1579
Faecalibacterium	genus	Low		216851	Prevotella copri	species	High		165179
Megasphaera	genus	High		906	Veillonella atypica	species	High		39777
					Veillonella parvula	species	High		29466

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.

ascophyllum nodosum (sea weed)

bifidobacterium lactis,streptococcus thermophilus probiotic

blackcurrant

camelina seed

candida albicans (prescription)

carboxymethyl cellulose (prebiotic)

chitosan,(sugar) 3 gram/day

dairy

d-ribose 10 gram/day

Exercise

fat

Ferric citrate

fluorine

gallate (food additive)

ginko 240 mg/day

heme

humic substances

lactobacillus gasseri (probiotics) 10 BCFU/day

linseed(flaxseed) 30 mg/day

mannooligosaccharide (prebiotic) 8 gram/day

marijuana

navy bean

red wine polyphenols 600 mg/day

smoking

sodium stearoyl lactylate

sucralose 340 mg/day

Tributylin

vitamin a 25000 IU/day

Vitamin B9,folic acid 5 mg/day

Retail Probiotics

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

spain (es) / muvagyn probiotico

philips / colon health

wakamoto (jp) / wakamoto pharmaceutical intestinal drug

CustomProbiotics.com / L. Gasseri Probiotic Powder

SuperSmart / Lactobacillus Gasseri

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.

arabinogalactan (prebiotic)

bacillus subtilis (probiotics)

clostridium butyricum (probiotics), Miya, Miyarisan

fructo-oligosaccharides (prebiotic)

Human milk oligosaccharides (prebiotic, Holigos, Stachyose)

inulin (prebiotic)

lactobacillus plantarum (probiotics)

resistant starch

soy

wheat

Sample of Literature Used

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

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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