

Microbiome Information for: Systemic Lupus Erythematosus

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 Systemic Lupus Erythematosus

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	Faecalibacterium	genus	Low	216851
Bacilli	class	High	91061	Flavonifractor	genus	High	946234
Bacteroidia	class	Low	200643	Fusobacterium	genus	High	848
Clostridia	class	Low	186801	Gemmiger	genus	Low	204475
Gammaproteobacteria	class	High	1236	Klebsiella	genus	High	570
Bacteroidaceae	family	High	815	Lachnospira	genus	Low	28050
Catabacteriaceae	family	Low	424536	Lactobacillus	genus	Low	1578
Clostridiaceae	family	High	31979	Megasphaera	genus	High	906
Enterobacteriaceae	family	High	543	Oribacterium	genus	High	265975
Enterococcaceae	family	High	81852	Parabacteroides	genus	High	375288
Lachnospiraceae	family	Low	186803	Paraprevotella	genus	Low	577309
Lactobacillaceae	family	Low	33958	Prevotella	genus	High	838
Porphyromonadaceae	family	High	171551	Pseudobutyrvibrio	genus	Low	46205
Rikenellaceae	family	Low	171550	Rhodococcus	genus	High	1827
Ruminococcaceae	family	Low	541000	Roseburia	genus	Low	841
Bacteroides	genus	High	816	Ruminococcus	genus	Low	1263
Bifidobacterium	genus	Low	1678	Shigella	genus	High	620
Bilophila	genus	High	35832	Streptococcus	genus	High	1301
Campylobacter	genus	High	194	Succinivibrio	genus	High	83770
Coprobacter	genus	Low	1348911	Veillonella	genus	High	29465
Coprococcus	genus	High	33042	Enterobacterales	order	High	91347
Desulfovibrio	genus	Low	872	Eubacteriales	order	Low	186802
Dialister	genus	Low	39948	Lactobacillales	order	High	186826
Eggerthella	genus	High	84111	Actinomyces massiliensis	species	High	461393
Enterococcus	genus	High	1350	Bacteroides fragilis	species	High	817
Escherichia	genus	High	561	Clostridium sp.	species	High	1506
Eubacterium	genus	High	1730	Lancefieldella rimae	species	High	1383
Ezakiella	genus	Low	1582879	Ruminococcus gnavus	species	High	33038
				Shuttleworthia satelles	species	High	177972

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.

alcoholic beverages

berberine 1.5 gram/day

bile (acid/salts)

Bofutsushosan

broccoli

camelina seed

candida albicans (prescription)

carboxymethyl cellulose (prebiotic)

d-ribose 10 gram/day

emblica officinalis

Exercise

fat

fluorine

ginko 240 mg/day

green-lipped mussel

ku ding cha tea

lard

linseed(flaxseed) 30 mg/day

mannooligosaccharide (prebiotic) 8 gram/day

non-starch polysaccharides

rare meat

red alga *Laurencia tristicha*

red wine 250 ml/day

Sijunzi decoction

Slippery Elm

smoking

sodium stearoyl lactylate

sybioflor 2 e.coli probiotics

Tributylin

Retail Probiotics

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

symbiopharm / symbioflo 2

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.

bacillus subtilis (probiotics)

barley

Cacao

cinnamon (oil, spice)

clostridium butyricum (probiotics), Miya, Miyarisan

garlic (allium sativum)

Human milk oligosaccharides (prebiotic, Holigos, Stachyose)

inulin (prebiotic)

lactobacillus casei (probiotics)

Lactobacillus Johnsonii (probiotic)

lactobacillus paracasei (probiotics)

lactobacillus plantarum (probiotics)

lactobacillus reuteri (probiotics)

lactobacillus rhamnosus gg (probiotics)

oregano (origanum vulgare, oil) |

rosmarinus officinalis, rosemary

soy

thyme (thymol, thyme oil)

triphala

vitamin d

walnuts

whey

Sample of Literature Used

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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