

Microbiome Information for: Hidradenitis Suppurativa

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 Hidradenitis Suppurativa

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
Bilophila	<i>genus</i>	High	35832	Porphyromonas	<i>genus</i>	High	836
Fingoldia	<i>genus</i>	High	150022	Prevotella	<i>genus</i>	High	838
Fusobacterium	<i>genus</i>	High	848	Staphylococcus	<i>genus</i>	High	1279
Holdemania	<i>genus</i>	High	61170	Streptococcus	<i>genus</i>	High	1301
Lachnobacterium	<i>genus</i>	Low	140625	Veillonella	<i>genus</i>	Low	29465
Parvimonas	<i>genus</i>	High	543311	Fingoldia magna	<i>species</i>	High	1260

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

arabinogalactan (prebiotic) 21 gram/day

berberine 1.5 gram/day

blackcurrant

Bofutsushosan

chondrus crispus, red sea weed

emblica officinalis

fat

heme

high red meat

lactobacillus gasseri (probiotics) 10 BCFU/day

lactulose

lard

L-citrulline

navy bean

non-starch polysaccharides

oligosaccharides (prebiotic)

pea (fiber, protein)

pectin

Pulses

Pumpkin

raffinose(sugar beet)

red wine 250 ml/day

sarcoditheca gaudichaudii (red sea weed)

smoking

vsl#3 (probiotics)

xylan (prebiotic)

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.

Caffeine	neem
cinnamon (oil, spice)	olea europaea,olive leaf
Curcumin	oregano (origanum vulgare, oil)
d-ribose	peppermint (spice, oil)
epicatechin	quercetin
foeniculum vulgare,fennel	resveratrol (grape seed/polyphenols/red wine)
garlic (allium sativum)	rosmarinus officinalis,rosemary
glycerol monolaurate (Monolaurin)	salvia officinalis (sage)
glycyrrhizic acid (licorice)	soy
inulin (prebiotic)	syzygium aromaticum (clove)
lactobacillus acidophilus (probiotics)	thyme (thymol, thyme oil)
lactobacillus paracasei (probiotics)	trachyspermum ammi, Ajwain
lactobacillus plantarum (probiotics)	triphala
lactobacillus reuteri (probiotics)	Vitamin B-12
mastic gum (prebiotic)	vitamin b2,Riboflavin
melatonin supplement	vitamin B3,niacin
N-Acetyl Cysteine (NAC),	zinc

Sample of Literature Used

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Acne
 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