

Microbiome Information for: Osteoarthritis

For 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 have found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is believed to reduce the severity of symptoms. In some cases, this correction may cause symptoms to disappear.

These are *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 is received.

In the USA

Ombre (<https://www.ombrelab.com/>)

Thorne (<https://www.thorne.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

[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Osteoarthritis

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
Lachnospiraceae family	High	186803	
Bacteroides	genus	High	816
Clostridium	genus	High	1485
Escherichia	genus	High	561
Faecalibacterium	genus	Low	216851
Ruminococcus	genus	Low	1263
Streptococcus	genus	High	1301
Subdoligranulum	genus	Low	292632
[Ruminococcus] gnavus	species	High	33038
[Ruminococcus] lactaris	species	Low	46228
Alistipes onderdonkii	species	High	328813
Bifidobacterium pseudocatenulatum	species	Low	28026
Faecalibacterium prausnitzii	species	Low	853
Thomasclavelia ramosa	species	High	1547

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.

Antibiotics annotated with [CFS] have been used with various degree of success with Myalgic Encephalomyelitis, Chronic Fatigue Syndrome, Chronic Lyme, Chronic Q-Fever and Long COVID conditions. Rotation of antibiotics with 3 weeks off between courses is recommended.

berberine 1.5 gram/day

bile (acid/salts)

Bile Acid Sequestrant

chemotherapy (prescription)

dairy

iron 400 mg/day

ku ding cha tea

lactobacillus rhamnosus (probiotics) 48 BCFU/day

macrolide ((antibiotic)s)

non-starch polysaccharides

omega-3 fatty acids 4 gram/day

proton-pump inhibitors (prescription) 60 mg/day

Xanthohumol

Retail Probiotics

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

Swiss BioEnergetics / Full Spectrum Probiotic Defence
spain (es) / muvagyn probiotico
Pregnancy Care Probiotic
ProGoes® Forte
jarrow formulas / fem dophilus
JGL / Lactogyn
naturopathica (au) / gastrohealth probiotic adults 50+
Metabolics / Lactobacillus Rhamnosus Powder
Bromatech (IT) / Psicobrain
spain (es) / aquilea intimus
Ombre / Restore
jamieson (can) / probiotic 10 bcfu
optibac / for those on antibiotics
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
custom probiotics / d-lactate free probiotics powder
spain (es) / ns defenbiotic kids
CustomProbiotics.com / L. Rhamnosus Probiotic Powder
blackmore (au) / probiotics+ eczema relief
bravo europe / starter and complex
blackmore (au) / probiotics+ womens flora balance
bravo europe / freeze-dried bravo
CVSHealth / Daily Probiotic
Nu U (uk) / Bio-Cultures Complex
SuperSmart / Oral Health
RepHresh / Pro-B Probiotic Supplement for Women
Ombre / Harmony
Bioflora(MX) / Woman
naturopathica (au) / gastrohealth women's probiotic with cranberry
jarrow formulas / jarro-dophilus mood
spain (es) / ns florabiotic instant
optibac / for women
jarrow formulas / fem-dophilus®
Wakunaga / Pro+ Synbiotic
naturopathica (au) / gastrohealth probiotic daily care
Bromatech (IT) / Ramnoselle
Biorela® Daily
cytoplan(uk) / dentavital bifidophilus

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.

5-fluorouracil,(prescription)
acarbose,(prescription)
alexidine dihydrochloride
Amethopterin (R,S)
amikacin (antibiotic)s
amoxicillin (antibiotic)s[CFS]
ampicillin (antibiotic)s[CFS]
azithromycin,(antibiotic)s[CFS]
bacillus subtilis (probiotics)
benzathine benzylpenicillin (antibiotic)
benzethonium chloride
benzylpenicillin sodium (antibiotic)
bepridil hydrochloride,(prescription)
Cacao
carbadox,(prescription)
cefazolin sodium salt (antibiotic)
cefdinir (antibiotic)
cefepime hydrochloride (antibiotic)
cefmetazole sodium salt (antibiotic)
cefoperazone dihydrate (antibiotic)
ceforanide (antibiotic)
cefotaxime sodium salt (antibiotic)
cefotetan (antibiotic)
cefotiam hydrochloride (antibiotic)
Cefoxitin sodium salt
ceftazidime (antibiotic)s
cephalothin sodium salt (antibiotic)
chloramphenicol (antibiotic)s
chlorhexidine
chloroxine (antibiotic)
Chlortetracycline hydrochloride
ciprofloxacin (antibiotic)s[CFS]
clarithromycin (antibiotic)s[CFS]
cinafloxacain (antibiotic)
clindamycin (antibiotic)s[CFS]
cloquinol,(prescription)
closantel,(prescription)
Demeclocycline hydrochloride
doxycycline (antibiotic)s[CFS]
erythromycin (antibiotic)s[CFS]
florfenicol
flouxuridine,(prescription)
flumequine (antibiotic)
fluoroquinolone (antibiotic)s
fructo-oligosaccharides (prebiotic)
furaltadone hydrochloride,(prescription)
furazolidone (antibiotic)
fusidic acid sodium salt (antibiotic)
garlic (*allium sativum*)
gatifloxacin (antibiotic)
gentamicin (antibiotic)s
hexachlorophene
high fiber diet
imipenem (antibiotic)s

lactobacillus casei (probiotics)
lactobacillus plantarum (probiotics)
Limosilactobacillus fermentum (probiotic)
linezolid (antibiotic)
lomefloxacin hydrochloride (antibiotic)
luteolin (flavonoid)
lymecycline (antibiotic)[CFS]
Meclocycline sulfosalicylate
meclazine dihydrochloride,(prescription)
meropenem (antibiotic)s
Methacycline hydrochloride
metronidazole (antibiotic)s[CFS]
miconazole,(prescription)
minocycline (antibiotic)s[CFS]
monensin sodium salt,(prescription)
moxalactam disodium salt (antibiotic)
moxifloxacin (antibiotic)
nadifloxacin (antibiotic)
niclosamide,(prescription)
nifuroxazide (antibiotic)
niridazole,(prescription)
nitrofural,(prescription)
nitrofurantoin (antibiotic)
norfloxacin (antibiotic)s
novobiocin sodium salt,(prescription)
ofloxacin (antibiotic)s
oxethazaine,(prescription)
oxytetracycline dihydrate (antibiotic)
piperacillin-tazobactam (antibiotic)
pyrimethamine,(prescription)
quercetin,resveratrol
resistant starch
resveratrol (grape seed/polyphenols/red wine)
Rifabutin
rifaximin (antibiotic)s
roxithromycin (antibiotic)s
rufloxacin (antibiotic)
saccharomyces boulardii (probiotics)
sarafloxacin (antibiotic)
soy
sparfloxacin (antibiotic)
spiramycin (antibiotic)
streptozotocin,(prescription)
talampicillin hydrochloride (antibiotic)
thiamphenicol (antibiotic)
thimerosal (mercury vaccine preservative)
thyme (thymol, thyme oil)
ticarcillin sodium (antibiotic)
tobramycin (antibiotic)s
Tosufloxacin hydrochloride
tricosan
trifluridine,(prescription)
trimethoprim (antibiotic)s
vancomycin (antibiotic)[CFS]

Sample of Literature Used

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Gastroesophageal reflux disease (Gerd) including Barrett's esophagus
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Halitosis
Hashimoto's thyroiditis
Heart Failure
Hemorrhoidal disease, Hemorrhoids, Piles
Hidradenitis Suppurativa
Histamine Issues
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hyperglycemia

Hyperlipidemia (High Blood Fats)
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hypertension (High Blood Pressure)
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multiple chemical sensitivity [MCS]
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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
obsessive-compulsive disorder
Osteoarthritis
Osteoporosis
pancreatic cancer
Parkinson's Disease
Polycystic ovary syndrome
Postural orthostatic tachycardia syndrome
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primary biliary cholangitis
Psoriasis
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