

## Microbiome Information for: Ankylosing spondylitis

### 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 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**

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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](mailto:Research@MicrobiomePrescription.com)

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Ankylosing spondylitis

*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
Actinomycetes	class	High	1760	Helicobacter	genus	Low	209
Bacilli	class	High	91061	Lachnospira	genus	Low	28050
Bacteroidia	class	High	200643	Lactobacillus	genus	Low	1578
Dothideomycetes	class	High	147541	Megamonas	genus	High	158846
Bacteroidaceae	family	High	815	Neisseria	genus	High	482
Lachnospiraceae	family	High	186803	Oscillibacter	genus	High	459786
Porphyromonadaceae	family	High	171551	Parasutterella	genus	Low	577310
Prevotellaceae	family	Low	171552	Prevotella	genus	High	838
Rikenellaceae	family	High	171550	Rothia	genus	High	32207
Ruminococcaceae	family	High	541000	Ruminococcus	genus	Low	1263
Veillonellaceae	family	Low	31977	Salmonella	genus	High	590
Actinomyces	genus	High	1654	Shigella	genus	High	620
Alloprevotella	genus	High	1283313	Streptococcus	genus	High	1301
Bacteroides	genus	Low	816	Veillonella	genus	High	29465
Bifidobacterium	genus	High	1678	Agaricales	order	Low	5338
Blautia	genus	High	572511	[Ruminococcus] gnavus	species	Low	33038
Citrobacter	genus	Low	544	Bacteroides nordii	species	High	291645
Collinsella	genus	High	102106	Desulfovibrio desulfuricans	species	High	876
Comamonas	genus	High	283	Escherichia coli	species	High	562
Desulfovibrio	genus	High	872	Flavonifractor plautii	species	High	292800
Dialister	genus	High	39948	Klebsiella pneumoniae	species	High	573
Dorea	genus	High	189330	Parabacteroides distasonis	species	High	823
Enterobacter	genus	Low	547	Prevotella melaninogenica	species	High	28132
Escherichia	genus	High	561	Salmonella enterica	species	High	28901
Eubacterium	genus	Low	1730	Segatella copri	species	High	165179
Fusobacterium	genus	Low	848	Klebsiella pneumoniae subsp. rhinoscleromatis ATCC 13884	strain	High	667127

## 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.

arabinogalactan (prebiotic) 21 gram/day

aspartame (sweetner)

berberine 1.5 gram/day

bifidobacterium longum (probiotics) 10 BCFU/day

bifidobacterium pseudocatenulatum,(probiotics)

Cacao 20 gram/day

dairy

d-ribose 10 gram/day

fructo-oligosaccharides (prebiotic) 15 gram/day

helminth infection (prescription)

inulin (prebiotic) 32 gram/day

ketogenic diet

ku ding cha tea

lactobacillus sakei (probiotics)

lactose

lactulose

lard

**METRONIDAZOLE (ANTIBIOTIC)S[CFS]**

Nicotine, Nicotine Patch

non-starch polysaccharides

oligosaccharides (prebiotic)

proton-pump inhibitors (prescription) 60 mg/day

Pumpkin

raffinose(sugar beet)

rice bran

saccharomyces boulardii (probiotics) 6 BCFU/day

Shen Ling Bai Zhu San

Slippery Elm

Ursolic acid

vitamin a 25000 IU/day

Vitamin C (ascorbic acid) 30 g/day

vitamin d 50000 UI/day

wheat

## Retail Probiotics

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

probiotic pur (de) / realdose nutrition  
 theramedix / probiotic  
 Swiss BioEnergetics / Full Spectrum Probiotic Defence  
 Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains  
 Realdose  
 nature's way (au) / restore probiotic bowel & colon health 30s  
 optibac / for every day  
 jarrow formulas / bifidus balance® + fos  
 Global Healing Center / FloraTrex  
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion  
 Physician Choice / 60 Billion Probiotics  
 Ombre / Metabolic Booster  
 nature's way (au) / restore probiotic 30 billion 30s  
 spain (es) / axiboulardi  
 Wakunaga / Pro+ Synbiotic  
 organic 3 / primal gut  
 naturopathica (au) / gastrohealth probiotic daily care  
 Physis / Advance Probiotics  
 blackmore (au) / probiotics+ daily health  
 NASOBIOTEX / L. SAKEI POWDER  
 Eden's / 3-in-1 Synbiotic Superblend  
 Dr. Mercola / Complete Probiotics  
 Garden of Life / Dr. Formulated Once Daily Women's  
 nature's instincts / ultra spore probiotic  
 NOW FOODS / Clinical GI Probiotic  
 PrecisionBiotics / Immune  
 hyperbiotics / pro-15  
 Genesis Bifidobacterium Complex BB Probiotic  
 nature's way (au) / restore probiotic 100 billion  
 seed / male version  
 solaray / microbiome probiotic colon formula  
 lifted naturals / mood boosting probiotic  
 cytoplant(uk) / dentavital bifidophilus  
 CustomProbiotics.com / B. Longum Probiotic Powder  
 Microbiome Labs / ZENBIOME Dual  
 canada (ca) / calmbiotic  
 Ombre / Heart Health  
 claire labs / ther-biotic factor 4  
 InnovixLabs / Mood Probiotic  
 seed / female version  
 spain (es) / ultralevura  
 PoolPharma (IT) / ProbioTKMIO  
 Wakunaga / 50+  
 organic 3 / yeastbiotic  
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu  
 CVSHealth / Daily Probiotic  
 Bromatech (IT) / Serobiome  
 blackmores (au) / probiotics+ immune defence  
 SuperSmart / Oral Health  
 Ombre / Healthy Gut  
 PharmExtracta (IT) / Gliadines buccal stickpacks  
 ISCON Elegance/ Ochek Capsule 10  
 1 md / complete probiotics platinum  
 Nutrition Essentials / Probiotic (900 BCFU)

OMNI-BIOTIC®/ 10 AAD  
young living/life 9  
optibac / bifidobacteria & fibre  
Sanogermina / AB-Kolicare  
Bromatech / ENTERELLE PLUS  
Bioflora(MX) / Woman  
fairvital / microflora basic  
Wakunaga / Max Probiotic  
jarrow formulas / jarro-dophilus mood  
SuperSmart / Saccharomyces Boulardii  
MegaFood / MegaFlora  
Schwabe Pharma Italia / AxiBoulardi  
Probiotic Sticks  
Bio Schwartz / Advance Strength Probiotics (40 BCFU)  
Wakunaga / Daily Probiotic  
organic 3 / gutpro  
Lanto Health / Lanto Sinus Probiotic Powder  
naturopathica (au) / gastrohealth probiotic adults 50+  
Bromatech (IT) / Enterelle  
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis  
vita miracle / ultra-30 probiotics  
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS  
optibac / saccharomyces boulardii  
Bromatech (IT) / Bifiselle  
Northwest Natural Products / PB8  
wakamoto (jp) / wakamoto pharmaceutical intestinal drug  
custom probiotics / five strain bifidobacteria  
visbiome  
garden of life / primal defense  
jamieson (can) / probiotic 10 bcfu  
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains  
renew life men's probiotic - ultimate  
SuperSmart / Full Spectrum Probiotic Formula  
Align / Align® Chewables  
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic  
custom probiotics / d-lactate free probiotics powder  
naturopathica (au) / gastrohealth fibrepro  
philips / colon health  
blackmore (au) / probiotics+ eczema relief  
imagilin / NutriLots Replenish  
quantum wellness / restora flora  
Probiotic 10 Billion Active Cells Daily Maintenance  
Ombre / Endless Energy  
Seeking Health / Probiota HistaminX  
bravo europe / starter and complex  
Schwabe Pharma Italia / MegaStress  
SuperSmart / Lactoxira  
douglas laboratories / multi probiotic 40 billion  
Ombre / Mood Enhancer  
florastor / florastor  
PrecisionBiotics / Zenflore  
PharmExtracta / Bowell  
up4 / adult  
ProbioMax® Daily DF  
Align® Extra Strength  
bioglan bio (au) / happy probiotic 100  
HLH BIOPHARMA(DE) / LACTOBACT ® AAD  
Maple Life Science™ / Bifidobacterium longum

Bromatech (IT) / Rotanelle plus  
fürstenmed / lacto-bifido  
newrhythm / probiotics 20 stains  
blackmores (au) / probiotics + adults daily (90 capsules)  
Lake Avenue Nutrition / Probiotics 10 Strain Blend  
Metabolics / Bifidobacterium Longum Powder  
ASEA VIA / BIOME  
Wholesome Wellness / Raw Probiotic  
nature's way (au) / restore probiotic daily health 90s  
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM  
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion  
udo's choice /super 8 gold  
microbiome labs / restorflora  
Smidge / Sensitive Probiotic  
Krauterhaus / Lactopro  
LiveWell Nutrition / Pro-45  
spain (es) / vivomixx  
Advanced Bio-Cultures / Advance Multi Strain Probiotics  
Seeking Health / Probiota Bifidobacterium  
elixa / probiotic  
align / align  
bioray / cytoflora  
renew life / ultimate flora  
up4 / ultra

**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.

amikacin (antibiotic)s	garlic (allium sativum)
amoxicillin (antibiotic)s[CFS]	gentamicin (antibiotic)s
ampicillin (antibiotic)s[CFS]	high-fat diets
azithromycin,(antibiotic)s[CFS]	imipenem (antibiotic)s
benzylpenicillin sodium (antibiotic)	meropenem (antibiotic)s
cefotaxime sodium salt (antibiotic)	minocycline (antibiotic)s[CFS]
ceftazidime (antibiotic)s	oregano (origanum vulgare, oil)
chloramphenicol (antibiotic)s	piperacillin-tazobactam (antibiotic)s
cinnamon (oil. spice)	rosmarinus officinalis,rosemary
ciprofloxacin (antibiotic)s[CFS]	syzygium aromaticum (clove)
clarithromycin (antibiotic)s[CFS]	thyme (thymol, thyme oil)
clindamycin (antibiotic)s[CFS]	tobramycin (antibiotic)s
florfenicol	trimethoprim (antibiotic)s
fluoroquinolone (antibiotic)s	vancomycin (antibiotic)[CFS]

## Sample of Literature Used

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

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Authors Liu G,Hao Y,Yang Q,Deng S

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Additional sources and private correspondance**Private Correspondance , Volume: 1 Issue: 2018**Variability in gut microbiota response to an inulin-type fructan prebiotic within an in vitro three-stage continuous colonic model system**Bioactive Carbohydrates and Dietary Fibre , Volume: 11 Issue: July 2017 July 2017***Authors G.Healey*Misc articles**WebMd.com , Volume: Issue: Jan 2018***Authors WebMd.com*The effect of inulin and/or wheat bran in the diet during early life on intestinal health of broiler chicks**21st European Symposium on Poultry Nutrition (ESPN 2017) , Volume: Unpublished conference/Abstract Issue: Jan 2018***Authors Li, Bing*Infectious Disease and Antibmicrobial Agents**antimicrobe: Infectious Disease and Antibmicrobial Agents , Volume:***Authors E-Sun Technologies*Curated database of commensal, symbiotic and pathogenic microbiota**Generative Bioinformatics , Volume: Issue: 2014 Jun***Authors D'Adamo Peter*

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Cerebral Palsy

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Menopause  
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myasthenia gravis  
neuropathic pain  
Neuropathy (all types)  
neuropsychiatric disorders (PANDAS, PANS)  
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NonCeliac Gluten Sensitivity  
Obesity  
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Osteoarthritis  
Osteoporosis  
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