

Microbiome Information for: Osteoarthritis

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

[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	Bacteria Name	Rank	Shift	Taxonomy ID
Lachnospiraceae	family	High	186803	Subdoligranulum	genus	Low	292632
Bacteroides	genus	High	816	[Ruminococcus] gnavus	species	High	33038
Clostridium	genus	High	1485	[Ruminococcus] lactaris	species	Low	46228
Escherichia	genus	High	561	Alistipes onderdonkii	species	High	328813
Faecalibacterium	genus	Low	216851	Bifidobacterium pseudocatenulatum	species	Low	28026
Ruminococcus	genus	Low	1263	Faecalibacterium prausnitzii	species	Low	853
Streptococcus	genus	High	1301	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.

berberine 1.5 gram/day

bile (acid/salts)

Bile Acid Sequestrant

dairy

iron 400 mg/day

ku ding cha tea

lactobacillus rhamnosus (probiotics) 48 BCFU/day

non-starch polysaccharides

omega-3 fatty acids 4 gram/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
 jarro 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
 jarro formulas / jarro-dophilus mood
 spain (es) / ns florabiotic instant
 optibac / for women
 jarro formulas / fem-dophilus®
 Wakunaga / Pro+ Synbiotic
 naturopathica (au) / gastrohealth probiotic daily care
 Bromatech (IT) / Ramnoselle
 Biorela® Daily
 cytoplant(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.

bacillus subtilis (probiotics)

Cacao

fructo-oligosaccharides (prebiotic)

garlic (allium sativum)

lactobacillus casei (probiotics)

lactobacillus plantarum (probiotics)

Limosilactobacillus fermentum (probiotic)

luteolin (flavonoid)

navy bean

quercetin, resveratrol

resistant starch

resveratrol (grape seed/polyphenols/red wine)

saccharomyces boulardii (probiotics)

soy

thyme (thymol, thyme oil)

Sample of Literature Used

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Age-Related Macular Degeneration and Glaucoma

Allergic Rhinitis (Hay Fever)

Allergies

Allergy to milk products

Alopecia (Hair Loss)

Alzheimer's disease

Amyotrophic lateral sclerosis (ALS) Motor Neuron

Ankylosing spondylitis

Anorexia Nervosa

Antiphospholipid syndrome (APS)

Asthma

Atherosclerosis

Atrial fibrillation

Autism
Autoimmune Disease
Barrett esophagus cancer
benign prostatic hyperplasia
Bipolar Disorder
Brain Trauma
Breast Cancer
Cancer (General)
Carcinoma
cdk15 deficiency disorder
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
erectile dysfunction
Fibromyalgia
Functional constipation / chronic idiopathic constipation
gallstone disease (gsd)
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus
Generalized anxiety disorder
giant cell arteritis
Glioblastoma
Gout
Graves' disease
Halitosis
Hashimoto's thyroiditis
Heart Failure
Hemorrhoidal disease, Hemorrhoids, Piles
Hidradenitis Suppurativa
Histamine Issues
hypercholesterolemia (High Cholesterol)
hyperglycemia
Hyperlipidemia (High Blood Fats)
hypersomnia
hypertension (High Blood Pressure)
Hypothyroidism
Hypoxia
IgA nephropathy (IgAN)
Inflammatory Bowel Disease
Insomnia
Intelligence

Intracranial aneurysms
Irritable Bowel Syndrome
Juvenile idiopathic arthritis
Liver Cirrhosis
Long COVID
Low bone mineral density
Lung Cancer
Mast Cell Issues / mastitis
ME/CFS with IBS
ME/CFS without IBS
membranous nephropathy
Menopause
Metabolic Syndrome
Mood Disorders
multiple chemical sensitivity [MCS]
Multiple Sclerosis
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
Premenstrual dysphoric disorder
primary biliary cholangitis
Psoriasis
rheumatoid arthritis (RA),Spondyloarthritis (SpA)
Rosacea
Schizophrenia
scoliosis
sensorineural hearing loss
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