

Microbiome Information for: rheumatoid arthritis (RA),Spondyloarthritis (SpA)

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

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[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of rheumatoid arthritis (RA),Spondyloarthritis (SpA)

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				
Verrucomicrobiae	class	High	203494	Klebsiella	genus	High	570
Ackermannviridae	family	High	2169529	Lachnoclostridium	genus	Low	1506553
Autographiviridae	family	High	2731643	Lachnospira	genus	High	28050
Bacteroidaceae	family	High	815	Lactobacillus	genus	Low	1578
Barnesiellaceae	family	Low	2005519	Lactococcus	genus	Low	1357
Bifidobacteriaceae	family	High	31953	Megamonas	genus	Low	158846
Chaseviridae	family	High	2731689	Methanobrevibacter	genus	High	2172
Deferribacteraceae	family	High	191394	Mucispirillum	genus	High	248038
Demereciviridae	family	Low	2731690	Mycobacterium	genus	High	1763
Desulfovibrionaceae	family	High	194924	Odoribacter	genus	Low	283168
Drexleriviridae	family	Low	2731691	Oscillibacter	genus	High	459786
Enterobacteriaceae	family	High	543	Oscillospira	genus	High	119852
Enterococcaceae	family	Low	81852	Oxalobacter	genus	High	846
Gracilibacteraceae	family	High	541019	Oxobacter	genus	High	44261
Helicobacteraceae	family	High	72293	Parabacteroides	genus	High	375288
Herelleviridae	family	High	2560065	Parvimonas	genus	High	543311
Lachnospiraceae	family	High	186803	Pelagibacterium	genus	High	1082930
Lactobacillaceae	family	Low	33958	Peptococcus	genus	High	2740
Myoviridae	family	High	10662	Porphyromonas	genus	High	836
Oscillospiraceae	family	High	216572	Prevotella	genus	High	838
Peptococcaceae	family	High	186807	Proteus	genus	High	583
phages with long non-contractile tails	family	Low	10699	Pseudobutyrvibrio	genus	Low	46205
Planococcaceae	family	High	186818	Pseudomonas	genus	High	286
Prevotellaceae	family	High	171552	Pyramidobacter	genus	High	638847
Streptococcaceae	family	Low	1300	Romboutsia	genus	Low	1501226
Veillonellaceae	family	High	31977	Roseburia	genus	Low	841
Victivallaceae	family	High	255528	Ruminococcus	genus	High	1263
Absiella	genus	High	2057233	Shigella	genus	High	620
Acidaminococcus	genus	Low	904	Slackia	genus	High	84108
Actinomyces	genus	High	1654	Solobacterium	genus	High	123375
Akkermansia	genus	High	239934	Staphylococcus	genus	High	1279
Alistipes	genus	Low	239759	Streptococcus	genus	High	1301
Allobaculum	genus	High	174708	Subdoligranulum	genus	High	292632
Alloprevotella	genus	Low	1283313	Trichosporon	genus	Low	5552
Aspergillus	genus	High	5052	Turicibacter	genus	High	191303
Bacteroides	genus	High	816	Veillonella	genus	Low	29465
Bilophila	genus	High	35832	Wallemia	genus	High	148959
Blautia	genus	High	572511	Eubacteriales	order	High	186802
Butyricoccus	genus	High	580596	Hypocreales	order	High	5125
				Lactobacillales	order	High	186826
				Malasseziales	order	Low	162474

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Butyrivibrio	genus	High	830	[Clostridium] leptum	species	Low	1535
Candida	genus	High	5475	[Clostridium] scindens	species	High	29347
Citrobacter	genus	High	544	[Ruminococcus] gnavus	species	High	33038
Clostridium	genus	Low	1485	Actinomyces oris	species	High	544580
Coprococcus	genus	High	33042	Aggregatibacter			
Desulfovibrio	genus	High	872	actinomycetemcomitans	species	High	714
Eggerthella	genus	High	84111	Bacteroides fragilis	species	Low	817
Eisenbergiella	genus	High	1432051	Blautia coccoides	species	Low	1532
Enterobacter	genus	Low	547	Collinsella aerofaciens	species	High	74426
Enterococcus	genus	High	1350	Faecalibacterium prausnitzii	species	Low	853
Escherichia	genus	High	561	Fusobacterium nucleatum	species	High	851
Eubacterium	genus	Low	1730	Ligilactobacillus salivarius	species	High	1624
Faecalibacterium	genus	Low	216851	Limosilactobacillus reuteri	species	Low	1598
Flexispira	genus	High	2353	Mycoplasmopsis fermentans	species	High	2115
Fusobacterium	genus	Low	848	Porphyromonas gingivalis	species	High	837
Gemella	genus	Low	1378	Prevotella histicola	species	Low	470565
Gordonibacter	genus	High	644652	Segatella copri	species	High	165179
Gracilibacter	genus	High	342658	Pseudomonas aeruginosa group	species group	High	136841
Haemophilus	genus	Low	724	Stenotrophomonas maltophilia group	species group	High	995085
Helicobacter	genus	High	209	Porphyromonas gingivalis ATCC 33277	strain	High	431947

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.

Apigenin

arabinogalactan (prebiotic) 21 gram/day

bacillus licheniformis,(probiotics) 1000 mg/day

bacillus subtilis (probiotics) 10 BCFU/day

berberine 1.5 gram/day

bifidobacterium longum (probiotics) 10 BCFU/day

bile (acid/salts)

Bile Acid Sequestrant

Bofutsushosan

cellulose (prebiotic)

chestnut tannins

cranberry bean flour

fasting

inulin (prebiotic) 32 gram/day

iron 400 mg/day

navy bean

non-starch polysaccharides

oligosaccharides (prebiotic)

pea (fiber, protein)

Pulses

Pumpkin

quebracho

red wine 250 ml/day

resistant starch

saccharin 450 mg/day

saccharomyces boulardii (probiotics) 6 BCFU/day

salt (sodium chloride)

wheat

wheat bran

Xanthohumol

xylan (prebiotic)

Retail Probiotics

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

microbiome labs / restorflora
 Swiss BioEnergetics / Full Spectrum Probiotic Defence
 Bromatech (IT) / Serobiome
 Energybalance / ColoBiotica 28 Colon Support
 microbiome labs/ megasporebiotic
 nature's instincts / ultra spore probiotic
 PrecisionBiotics / Immune
 Genesis Bifidobacterium Complex BB Probiotic
 cytoplankton(uk) /dentavital bifidophilus
 CustomProbiotics.com / B. Longum Probiotic Powder
 powerlabs (au) / ultra blend
 Sanogermina / AB-Kolicare
 claire labs / biospora
 Bromatech / ENTERELLE PLUS
 jarro formulas / jarro-dophilus mood
 SuperSmart / Saccharomyces Boulardii
 microbiome labs / hu58
 blackmore (au) / probiotics+ bowel support
 Schwabe Pharma Italia / AxiBoulardi
 perfect pass / perfect pass probiotic bacillus spore
 Probiotic Sticks
 global health trax / threelac
 nature's way (au) / restore probiotic 30 billion 30s
 spain (es) / axiboulardi
 Law of Nature / Best Days Formula
 Wakunaga / Pro+ Synbiotic
 naturopathica (au)/ gastrohealth probiotic daily care
 bio-botanical research / proflo4r restorative probiotic
 corebiotic
 blackmores (au) / probiotics+ immune defence
 PharmExtracta (IT) / Gliadines buccal stickpacks
 Ombre / Harmony
 mwsb / candida yeast support
 Maple Life Science™ / Bifidobacterium longum
 Metabolics / Bifidobacterium Longum Powder
 vitamin angels / just thrive
 nature's way (au) / restore probiotic daily health 90s
 Seeking Health / Probiota Bifidobacterium
 INVIVO THERAPEUTICS / Bio.Me IB +
 align / align
 jarro formulas / bifidus balance® + fos
 Bromatech (IT) / Enterelle
 organic 3 / primal soil
 Align® Extra Strength
 SuperSmart / Bacillus Subtilis
 HLH BIOPHARMA(DE) / LACTOBACT ® AAD
 naturopathica (au) / gastrohealth probiotic adults 50+
 Schwabe Pharma Italia / MegaStress
 florastor / florastor
 BIO-BOTANICAL RESEARCH / Megacidin
 reserveage nutrition / beautiflora
 amy meyers / primal earth probiotic
 PrecisionBiotics / Zenflore
 PharmExtracta / Bowell

Jetson / Gut Prep
Bromatech (IT) / Lautoselle
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
Ombre / Endless Energy
Jetson / FIT
optibac / for every day
Prescript-Assist®/SBO Probiotic
optibac / saccharomyces boulardii
Bromatech (IT) / Bifiselle
wakamoto (jp) / wakamoto pharmaceutical intestinal drug
custom probiotics / five strain bifidobacteria
Wakunaga / Daily Probiotic
enviromedica terraflora sbo probiotic
Microbiome Labs / ZENBIOME Dual
canada (ca) / calmbiotic
Jetson (US) / Mood Probiotics
klair labs / ther-biotic factor 4
InnovixLabs / Mood Probiotic
spain (es) / ultralevura
PoolPharma (IT) / ProbioTKMIO
Wakunaga / 50+
organic 3 / yeastbiotic
CVSHealth / Daily Probiotic

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.

cinnamon (oil. spice)	neem
clostridium butyricum (probiotics),Miya,Miyarisan	nigella sativa seed (black cumin)
coriander oil	olea europaea,olive leaf
Curcumin	oregano (origanum vulgare, oil)
Dangshen	quercetin
foeniculum vulgare,fennel	refined wheat breads
garlic (allium sativum)	resveratrol (grape seed/polyphenols/red wine)
ginger	rosmarinus officinalis,rosemary
lactobacillus casei (probiotics)	syzygium aromaticum (clove)
lactobacillus paracasei (probiotics)	thyme (thymol, thyme oil)
lactobacillus plantarum (probiotics)	trachyspermum ammi, Ajwain
lactobacillus reuteri (probiotics)	triphala
mastic gum (prebiotic)	Vitamin B-12
	zinc

Sample of Literature Used

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Curcumin consumption reduces gut microbial diversity among patients with colorectal adenomas

The FASEB Journal , Volume: 26 Issue: 1 2012 Apr 1

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Additional APriori Analysis Available

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Abdominal Aortic Aneurysm

Acne

ADHD

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****cdkl5 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