

Microbiome Information for: Ankylosing spondylitis

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 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.

arabinogalactan (prebiotic) 21 gram/day

aspartame (sweetner)

berberine 1.5 gram/day

bifidobacterium longum (probiotics) 10 BCFU/day

bifidobacterium pseudocatenuatum,(probiotics)

Cacao 20 gram/day

dairy

d-ribose 10 gram/day

fructo-oligosaccharides (prebiotic) 15 gram/day

inulin (prebiotic) 32 gram/day

ku ding cha tea

lactobacillus sakei (probiotics)

lactose

lactulose

lard

Nicotine, Nicotine Patch

non-starch polysaccharides

oligosaccharides (prebiotic)

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.

jarow formulas / bifidus balance® + fos
 optibac / for every day
 Swiss BioEnergetics / Full Spectrum Probiotic Defence
 Ombre / Metabolic Booster
 nature's way (au) / restore probiotic 30 billion 30s
 spain (es) / axiboulardi
 Wakunaga / Pro+ Synbiotic
 naturopathica (au)/ gastrohealth probiotic daily care
 blackmore (au) / probiotics+ daily health
 NASOBIOTEX / L. SAKEI POWDER
 Eden's / 3-in-1 Synbiotic Superblend
 nature's instincts / ultra spore probiotic
 NOW FOODS / Clinical GI Probiotic
 PrecisionBiotics / Immune
 Genesis Bifidobacterium Complex BB Probiotic
 cytoplan(uk) /dentavital bifidophilus
 CustomProbiotics.com / B. Longum Probiotic Powder
 Maple Life Science™ / Bifidobacterium longum
 blackmores (au) / probiotics + adults daily (90 capsules)
 Metabolics / Bifidobacterium Longum Powder
 Wholesome Wellness / Raw Probiotic
 nature's way (au) / restore probiotic daily health 90s
 microbiome labs / restorflora
 Seeking Health / Probiota Bifidobacterium
 align / align
 Bromatech (IT) / Rotanelle plus
 Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
 optibac / saccharomyces boulardii
 Bromatech (IT) / Bifiselle
 wakamoto (jp) / wakamoto pharmaceutical intestinal drug
 custom probiotics / five strain bifidobacteria
 Wakunaga / Daily Probiotic
 Lanto Health / Lanto Sinus Probiotic Powder
 Microbiome Labs / ZENBIOME Dual
 canada (ca) / calmbiotic
 klaire labs / ther-biotic factor 4
 InnovixLabs / Mood Probiotic
 spain (es) / ultralevura
 PoolPharma (IT) / ProbioTKMIO
 Wakunaga / 50+
 organic 3 / yeastbiotic
 CVSHealth / Daily Probiotic
 Bromatech (IT) / Serobiome
 blackmores (au) / probiotics+ immune defence
 SuperSmart / Oral Health
 PharmExtracta (IT) / Gliadines buccal stickpacks
 ISCON Elegance/ Ochek Capsule 10
 Nutrition Essentials / Probiotic (900 BCFU)
 optibac / bifidobacteria & fibre
 Sanogermina / AB-Kolicare
 Bromatech / ENTERELLE PLUS
 Bioflora(MX) / Woman
 jarow formulas / jarro-dophilus mood
 SuperSmart / Saccharomyces Boulardii

Schwabe Pharma Italia / AxiBoulardi
Probiotic Sticks
Bromatech (IT) / Enterelle
Align® Extra Strength
HLH BIOPHARMA(DE) / LACTOBACT® AAD
naturopathica (au) / gastrohealth probiotic adults 50+
Schwabe Pharma Italia / MegaStress
florastor / florastor
PrecisionBiotics / Zenflore
PharmExtracta / Bowell
jamieson (can) / probiotic 10 bcfu
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains
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
Probiotic 10 Billion Active Cells Daily Maintenance
Ombre / Endless Energy
bravo europe / starter and complex

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)	lactobacillus plantarum (probiotics)
clostridium butyricum (probiotics), Miya, Miyarisan	oregano (origanum vulgare, oil)
Curcumin	resveratrol (grape seed/polyphenols/red wine)
foeniculum vulgare, fennel	rosmarinus officinalis, rosemary
garlic (allium sativum)	syzygium aromaticum (clove)
ginger	thyme (thymol, thyme oil)
	Vitamin B1, thiamine hydrochloride

Sample of Literature Used

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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

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