

## Microbiome Information for: Juvenile idiopathic arthritis

### 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 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/>)

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

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[Our Facebook Discussion Page](#)

## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Juvenile idiopathic arthritis

*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 |
|---------------|------|-------|-------------|
|---------------|------|-------|-------------|

|               |        |      |        |
|---------------|--------|------|--------|
| Rikenellaceae | family | High | 171550 |
|---------------|--------|------|--------|

|                 |       |     |        |
|-----------------|-------|-----|--------|
| Catenibacterium | genus | Low | 135858 |
|-----------------|-------|-----|--------|

| Bacteria Name | Rank | Shift | Taxonomy ID |
|---------------|------|-------|-------------|
|---------------|------|-------|-------------|

|            |       |     |       |
|------------|-------|-----|-------|
| Holdemania | genus | Low | 61170 |
|------------|-------|-----|-------|

|           |       |      |        |
|-----------|-------|------|--------|
| Olsenella | genus | High | 133925 |
|-----------|-------|------|--------|

|                  |         |      |      |
|------------------|---------|------|------|
| Candida albicans | species | High | 5476 |
|------------------|---------|------|------|

## 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.

2-Amino-4-(methylthio)butanoic acid {Methionine} 5 gram/day

2H-1?6,2-benzothiazol-1,1,3-trione {Saccharin} 450 mg/day

Abstinence from eating {Fasting}

ascorbic acid {Vitamin C} 30 g/day

bacillus subtilis {B.Subtilis } 10 BCFU/day

bifidobacterium bifidum {B. bifidum} 1.BCFU/day

bifidobacterium longum {B.Longum } 10 BCFU/day

Bifidobacterium longum subsp. longum BB536 {BB536}

Capra hircus milk {Goat milk}

Cholestyramine,Colesevelam,Colestipol {Bile Acid Sequestrant}

Echinacea Moench {Echinacea} 4 gram/day

enterococcus durans {Streptococcus durans}

enterococcus faecium {E. faecium} 1.BCFU/day

Far Infrared Therapy {Far infrared Sauna }

high red meat

high-fat diets

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2

gram/day

hypocaloric hyperproteic diet

lactobacillus rhamnosus gg 48 BCFU/day

lactobacillus rhamnosus gg,bifidobacterium animalis lactis

,lactobacillus paracasei {cvs maximum strength probiotic}

Linum usitatissimum {Flaxseed} 30 mg/day

Lonicera periclymenum {Epazote}

N-(phosphonomethyl)glycine {glyphosate}

Nitrogen Oxide x Particulate Matter {Urban air pollutant}

Probiotic Mixture 1 {Japanese Vet Probiotic}

Slow digestible carbohydrates. {Low Glycemic}

Sulforaphane {Dark Greens}

Tributylin

vitamin d 50000 UI/day

wheat

Zea mays {maize}

## Retail Probiotics

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

fürstenmed / lacto-bifido  
custom probiotics / five strain bifidobacteria  
aor / probiotic-3  
klaire labs / ther-biotic factor 4  
mwsb / candida yeast support  
Seeking Health / Probiota HistaminX  
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM  
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS  
Genesis Bifidobacterium Complex BB Probiotic  
Bromatech (IT) / Bifiselle  
Krauterhaus / Lactopro  
Microbiome Labs / ZENBIOME Dual  
PrecisionBiotics / Zenflore  
Seeking Health / Probiota Bifidobacterium  
Ombre / Heart Health  
INVIVO THERAPEUTICS / Bio.Me IB +  
SuperSmart / Lactoxira  
SuperSmart / Oral Health  
BIO-BOTANICAL RESEARCH / Megacidin  
Maple Life Science™ / Bifidobacterium longum  
Maple Life Science™ / Bifidobacterium Bifidum  
Bulk Probiotics / L. Rhamnosus GG Probiotic Powder  
Bulk Probiotics / B. Longum Probiotic Powder  
Bulk Probiotics / B. Bifidum Probiotic Powder (Anxiety Support)  
Bulk Probiotics / Bacillus Subtilis Probiotic  
natviehealthcare.com/Renewbiome Bacillus  
PrecisionBiotics / Immune  
PharmExtracta / Bowell  
PharmExtracta (IT) / Gliadines buccal stickpacks  
PharmExtracta (IT) / iNatal Sachets  
Pharmextracta (IT) / iNatal DUO sachets  
Pharmextracta (IT) / iNatal PED stick  
Schwabe Pharma Italia / MegaStress  
Law of Nature / Best Days Formula  
Align® Extra Strength  
Align / Align® Chewables  
Probiotic Sticks  
PoolPharma (IT) / ProbioTKMIO  
Energybalance / ColoBiotica 28 Colon Support  
SuperSmart / Bacillus Subtilis  
SuperSmart / Bifidobacterium longum (BB536)  
SuperSmart / Lactobacillus rhamnosus GG  
Bromatech (IT) / Rotanelle plus  
Bromatech (IT) / Serobiome  
PureGG  
Ombre / Mood Enhancer  
Ombre / Endless Energy  
HLH BIOPHARMA(DE) / LACTOBACT ® FORTE  
Sanogermina / AB-Kolicare  
Prescript-Assist®/SBO Probiotic  
InnovixLabs / Mood Probiotic  
Metabolics / Bifidobacterium Bifidum Powder  
Metabolics / Bifidobacterium Longum Powder  
Dr.Max / ProtectMax ATB

customprobiotics.com / B. Bifidum Probiotic Powder  
CustomProbiotics.com / B. Longum Probiotic Powder  
custom probiotics / d-lactate free probiotics powder  
custom probiotics / b. lactis & b. bifidum probiotic powder  
bioflorin (deu) / bioflorin  
culturelle / culturelle  
fairvital / microflora basic  
global health trax / threelac  
seed / female version  
vitamin angels / just thrive  
microbiome labs/ megasporebiotic  
perfect pass / perfect pass probiotic bacillus spore  
enviromedica terraflora sbo probiotic  
nature's instincts / ultra spore probiotic  
align / align  
natren / bifido factor  
jarrow formulas / jarro-dophilus eps  
jarrow formulas / jarro-dophilus mood  
klaire labs / biospora  
spain (es) / bivos  
spain (es) / kaleidon  
spain (es) / ns florabiotic instant  
spain (es) / suerobivos  
canada (ca) / calmbiotic  
digestive care  
microbiome labs / hu58  
microbiome labs / restorflora  
organic 3 / primal soil  
bio-botanical research / proflora4r restorative probiotic  
reserveage nutrition / beautiflora  
amy meyers / primal earth probiotic  
jarrow formulas / bifidus balance® + fos  
corebiotic  
naturopathica (au)/ gastrohealth probiotic daily care  
Jetson (US) / Mood Probiotics  
Jetson / Gut Prep

**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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}  
allium sativum {garlic}  
Azadirachta indica {Neem}  
Cymbopogon citratus {Lemongrass}  
D-(-)-Fructose {Fruit sugar}  
Escherichia coli Nissle 1917 {Mutaflor}  
fluconazole,(prescription)  
Honey {Honey }  
Humulus lupulus compound {Xanthohumol}  
lactobacillus acidophilus {L. acidophilus}

Lactobacillus gasseri {L.gasseri}  
Nigella sativa {black cumin}  
Ocimum tenuiflorum {Tulsi}  
origanum vulgare {oregano}  
Pentadigalloylglucose {Tannic Acid}  
Pimpinella anisum {Anise}  
Propolis {Bee glue}  
Pyroguaiac acid {Guaiacol}  
 $\beta$ -(1 $\rightarrow$ 4)-linked D-glucosamine and N-acetyl-D-glucosamine {Chitosan}  
Thymus vulgaris {thyme}  
Zingiber officinale Roscoe {ginger}

## Sample of Literature Used

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Anorexia Nervosa

Antiphospholipid syndrome (APS)

Asthma

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benign prostatic hyperplasia

Biofilm

Bipolar Disorder

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Cancer (General)

Carcinoma

cdkl5 deficiency disorder

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gallstone disease (gsd)  
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Generalized anxiety disorder  
giant cell arteritis  
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Lymphoma  
Mast Cell Issues / mastitis  
ME/CFS with IBS  
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membranous nephropathy  
Menopause  
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Mood Disorders  
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neuropathic pain  
Neuropathy (all types)  
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NonCeliac Gluten Sensitivity  
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obsessive-compulsive disorder  
Osteoarthritis  
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Premenstrual dysphoric disorder  
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Primary sclerosing cholangitis  
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Schizophrenia  
scoliosis  
sensorineural hearing loss  
Sjögren syndrome  
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