

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 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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Email: Research@MicrobiomePrescription.com

[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	Megamonas	genus	Low	158846
Bacilli	class	Low	91061	Methanobrevibacter	genus	High	2172
Clostridia	class	Low	186801	Mucispirillum	genus	High	248038
Negativicutes	class	High	909932	Mycobacterium	genus	High	1763
Verrucomicrobiia	class	High	203494	Mycoplasma	genus	High	2093
Ackermannviridae	family	High	2169529	Odoribacter	genus	Low	283168
Autographiviridae	family	High	2731643	Oscillibacter	genus	High	459786
Bacteroidaceae	family	High	815	Oscillospira	genus	High	119852
Barnesiellaceae	family	Low	2005519	Oxalobacter	genus	High	846
Bifidobacteriaceae	family	High	31953	Oxobacter	genus	High	44261
Chaseviridae	family	High	2731689	Parabacteroides	genus	High	375288
Deferribacteraceae	family	High	191394	Parvimonas	genus	High	543311
Demerecviridae	family	Low	2731690	Pelagibacterium	genus	High	1082930
Desulfovibrionaceae	family	High	194924	Peptococcus	genus	High	2740
Drexlerviridae	family	Low	2731691	Porphyromonas	genus	High	836
Enterobacteriaceae	family	High	543	Prevotella	genus	High	838
Enterococcaceae	family	Low	81852	Proteus	genus	High	583
Gracilibacteraceae	family	High	541019	Pseudobutyrvibrio	genus	Low	46205
Helicobacteraceae	family	High	72293	Pseudomonas	genus	High	286
Herelleviridae	family	High	2560065	Pyramidobacter	genus	High	638847
Lachnospiraceae	family	High	186803	Romboutsia	genus	Low	1501226
Lactobacillaceae	family	Low	33958	Roseburia	genus	Low	841
Myoviridae	family	High	10662	Ruminococcus	genus	High	1263
Oscillospiraceae	family	High	216572	Scedosporium	genus	Low	41687
Peptococcaceae	family	High	186807	Shigella	genus	High	620
phages with long non-contractile tails	family	Low	10699	Slackia	genus	High	84108
Planococcaceae	family	High	186818	Solobacterium	genus	High	123375
Prevotellaceae	family	High	171552	Staphylococcus	genus	High	1279
Streptococcaceae	family	Low	1300	Streptococcus	genus	High	1301
Veillonellaceae	family	High	31977	Subdoligranulum	genus	High	292632
Victivallaceae	family	High	255528	Trichosporon	genus	Low	5552
Abssiella	genus	High	2057233	Turidibacter	genus	High	191303
Acidaminococcus	genus	Low	904	Ureaplasma	genus	High	2129
Actinomyces	genus	High	1654	Veillonella	genus	Low	29465
Akkermansia	genus	High	239934	Walleimia	genus	High	148959
Alistipes	genus	Low	239759	Bacillales	order	High	1385
Allobaculum	genus	High	174708	Eubacteriales	order	High	186802
Alloprevotella	genus	Low	1283313	Hypocreales	order	High	5125
Anaplasma	genus	High	768	Lactobacillales	order	High	186826
Aspergillus	genus	High	5052	Malasseziales	order	Low	162474
				[Clostridium] leptum	species	Low	1535

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Bacteroides	genus	High	816	[Clostridium] scindens	species	High	29347
Bifidobacterium	genus	Low	1678	Actinomyces oris	species	High	544580
Bilophila	genus	High	35832	Agathobacter rectalis	species	Low	39491
Blautia	genus	High	572511	Aggregatibacter	species	High	714
Butyricicoccus	genus	High	580596	actinomycetemcomitans	species	High	714
Butyrivibrio	genus	High	830	Bacteroides fragilis	species	Low	817
Candida	genus	High	5475	Bifidobacterium longum	species	High	216816
Citrobacter	genus	High	544	Blautia coccoides	species	Low	1532
Clostridium	genus	Low	1485	Collinsella aerofaciens	species	High	74426
Collinsella	genus	High	102106	Cutibacterium acnes	species	High	1747
Coprococcus	genus	High	33042	Dorea formicigenerans	species	High	39486
Desulfovibrio	genus	High	872	Faecalibacterium prausnitzii	species	Low	853
Dialister	genus	High	39948	Fusobacterium nucleatum	species	High	851
Eggerthella	genus	High	84111	Gemmiger fornicilis	species	High	745368
Eisenbergiella	genus	High	1432051	Klebsiella pneumoniae	species	High	573
Enterobacter	genus	Low	547	Ligilactobacillus salivarius	species	High	1624
Enterococcus	genus	High	1350	Limosilactobacillus reuteri	species	Low	1598
Escherichia	genus	High	561	Mediterraneibacter gnavus	species	High	33038
Eubacterium	genus	Low	1730	Megasphaera elsdenii	species	High	907
Faecalibacterium	genus	Low	216851	Mycobacterium avium	species	High	1764
Flexispira	genus	High	2353	Mycoplasmoides pneumoniae	species	High	2104
Fusobacterium	genus	Low	848	Mycoplasmopsis fermentans	species	High	2115
Gemella	genus	Low	1378	Porphyromonas gingivalis	species	High	837
Gordonibacter	genus	High	644652	Prevotella histicola	species	Low	470565
Gracilibacter	genus	High	342658	Proteus mirabilis	species	High	584
Haemophilus	genus	Low	724	Ruminococcus bromii	species	High	40518
Helicobacter	genus	High	209	Segatella copri	species	High	165179
Klebsiella	genus	High	570	Staphylococcus aureus	species	High	1280
Lachnospirillum	genus	Low	1506553	Streptococcus pneumoniae	species	High	1313
Lachnospira	genus	High	28050	Pseudomonas aeruginosa group	species group	High	136841
Lactobacillus	genus	Low	1578	Stenotrophomonas maltophilia group	species group	High	995085
Lactococcus	genus	Low	1357	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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine} 1.5 gram/day

Adeps suillus {Lard}

Akkermansia muciniphila {Pendulum Probiotic} 10 BCFU/day

cholic,taurocholic ,chenodeoxycholic,glycocholic acids {Bile supplements}

Dextrin 40 gram/day

Ferrum {Iron Supplements} 400 mg/day

Heyndrickxia coagulans {B. coagulans} 10 BCFU/day

Hydrastis canadensis {Goldenseal}

Linum usitatissimum {Flaxseed} 30 mg/day

long-term, moderate-intensity exercise {exercise}

non-starch polysaccharides

Outer Layers of Triticum aestivum {Wheat Bran}

Phaseolus vulgaris {Boston bean}

Pulses, Beans

Saccharomyces cerevisiae var boulardii {S. boulardii} 6 BCFU/day

Sodium Chloride {Salt}

β-glucan {Beta-Glucan} 500 mg/day

Tobacco consumption {Smoking}

wheat

Retail Probiotics

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

nature's instincts / ultra spore probiotic
 florastor / florastor
 schiff / digestive advantage
 mwsb / candida yeast support
 source naturals / duraflo
 klair labs / biospora
 spain (es) / axiboulardi
 spain (es) / ultralevura
 optibac / saccharomyces boulardii
 microbiome labs / restoflora
 organic 3 / primal soil
 organic 3 / yeastbiotic
 daiichi sankyo healthcare (jp) / panlamin tablet
 thorne / bacillus coagulansvet 60 caps
 bio-botanical research / proflora4r restorative probiotic
 reserveage nutrition / beautiflora
 corebiotic
 nature's way (au) / adult vita gummies daily probiotic 80s
 Jetson / FIT
 Pendulum / Pendulum Glucose Control
 Nutrition Essentials / Probiotic (900 BCFU)
 Sun Wave Pharma/Bio Sun Instant
 Bromatech (IT) / Enterelle
 Ombre / Metabolic Booster
 Ombre / Endless Energy
 BIO-BOTANICAL RESEARCH / Megacidin
 Pendulum / akkermansia muciniphila
 imagilin / NutriLots Replenish
 SuperSmart / Akkermansia Muciniphila Postbiotic (pasturized)
 SuperSmart / Saccharomyces Boulardii
 Schwabe Pharma Italia / AxiBoulardi
 Bromatech / ENTERELLE PLUS
 Law of Nature / Best Days Formula
 Biomed / Bacillus Coagulans
 Maple Life Science™ / Streptococcus faecalis butyricum mesentericus sporogenes
 Bulk Probiotics / Saccharomyces boulardii Probiotic Powder (Digestive Support)
 Bulk Probiotics / Bacillus Coagulans Probiotic
 Pendulum / Metabolic Daily
 Codeage, GLP-1 Probiotic+
 Pendulum GLP-1 Probiotic
 natviehealthcare.com/Renewbiome Akkermansia
 natviehealthcare.com/Renewbiome Bacillus
 Steris Pharma(IN)/OXABACTOR
 Steris Pharma(IN)/PYLODIGEST PRO
 global health trax / threelac
 vitamin angels / just thrive
 microbiome labs/ megasporebiotic
 perfect pass / perfect pass probiotic bacillus spore
 enviromedica terraflora sbo 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.

3,3',4',5,7-pentahydroxyflavone {Quercetin}
 allium sativum {garlic}
 Azadirachta indica {Neem}
 bacillus
 Bovine Milk Products {Dairy}
 Cinnamomum zeylanicum {Ceylon Cinnamon}
 Curcuma longa {Turmeric}
 Diferuloylmethane {Curcumin}
 foeniculum vulgare,fennel
 fruit
 fruit/legume fibre
 Grape Polyphenols {Grape Flavonoids}
 grapes
 green tea
 Honey {Honey }
 Lactacaseibacillus casei {L. casei}
 Lactacaseibacillus paracasei {L.paracasei}

lactobacillus paracasei,lactobacillus acidophilus,bifidobacterium
 animalis
 Lactobacillus plantarum {L. plantarum}
 Metha family {Mint}
 origanum vulgare {oregano}
 polyphenols
 Probiotic Mixture 1 {Japanese Vet Probiotic}
 Probiotic Mixture 2 {Vetafarm Probiotic}
 Propolis {Bee glue}
 red wine polyphenols
 resveratrol-pterostilbene {grapes, blueberries}
 resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}
 rosmarinus officinalis {rosemary}
 soy
 syzygium aromaticum {clove}
 Thymus vulgaris {thyme}
 yogurt
 Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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

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Abdominal Aortic Aneurysm

Acne

Addison's Disease (hypocortisolism)

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

Biofilm
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
Cognitive Function
Colorectal Cancer
Constipation
Coronary artery disease
COVID-19
Crohn's Disease
Cushing's Syndrome (hypercortisolism)
cystic fibrosis
d-lactic acidosis (one form of brain fog)
deep vein thrombosis
Denture Wearers Oral Shifts
Depression
Dermatomyositis
Eczema
Endometriosis
Eosinophilic Esophagitis
Epilepsy
erectile dysfunction
Fibromyalgia
Food Allergy
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
Gulf War Syndrome
Halitosis
Hashimoto's thyroiditis
Heart Failure
hemorrhagic stroke
Hemorrhoidal disease, Hemorrhoids, Piles
Hidradenitis Suppurativa
High Histamine/low DAO
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
ischemic stroke
Juvenile idiopathic arthritis
Liver Cirrhosis
liver fibrosis
Long COVID
Low bone mineral density
Lung Cancer
Lymphoma
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
Peanut Allergy
Polycystic ovary syndrome
Postural orthostatic tachycardia syndrome
Premenstrual dysphoric disorder
primary biliary cholangitis
Primary sclerosing cholangitis
Psoriasis
rheumatoid arthritis (RA),Spondyloarthritis (SpA)
Rosacea
Schizophrenia
scoliosis
sensorineural hearing loss
Sjögren syndrome
Sleep Apnea
Slow gastric motility / Gastroparesis
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
Vitiligo