

Microbiome Information for: Primary sclerosing cholangitis

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 have found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is believed 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 is 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

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 Primary sclerosing cholangitis

Nota Benia: 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
Alphaproteobacteria	class	High	28211	Rothia	genus	High	508215
Bacteroidia	class	High	200643	Ruminococcus	genus	Low	1263
Fusobacteria	class	High	203490	Streptococcus	genus	High	1301
Gammaproteobacteria	class	High	1236	Succinivibrio	genus	Low	83770
Christensenellaceae	family	Low	990719	Veillonella	genus	High	29465
Lachnospiraceae	family	Low	186803	Eubacteriales	order	Low	186802
Sphingomonadaceae	family	High	41297	Hyphomicrobiales	order	High	356
Anaerostipes	genus	Low	207244	Lactobacillales	order	High	186826
Bacteroides	genus	High	816	Anaerostipes hadrus	species	Low	649756
Blautia	genus	Low	572511	Blautia obeum	species	Low	40520
Coprococcus	genus	Low	33042	Coprococcus catus	species	Low	116085
Desulfovibrio	genus	Low	872	Enterococcus faecium	species	High	1352
Enterococcus	genus	High	1350	Enterococcus gallinarum	species	High	1353
Faecalibacterium	genus	Low	216851	Faecalibacterium prausnitzii	species	Low	853
Fusobacterium	genus	High	848	Klebsiella pneumoniae	species	High	573
Haemophilus	genus	High	724	Mediterraneibacter gnavus	species	Low	33038
Holdemanella	genus	Low	1573535	Parabacteroides distasonis	species	Low	823
Lachnosporibacterium	genus	Low	1506553	Proteus mirabilis	species	High	584
Lactobacillus	genus	High	1578	Streptococcus parasanguinis	species	High	1318
Phascolarctobacterium	genus	Low	33024	Veillonella dispar	species	High	39778
Rothia	genus	High	32207	Veillonella parvula	species	High	29466

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.

Abstention from eating {Fasting}

a-Gluc-o-oligosaccharides {GOS}

amaranthus {amaranth}

Avena sativa {Oats}

bacillus subtilis {B.Subtilis} 10 BCFU/day

bifidobacterium bifidum {B. bifidum} 1 BCFU/day

Bovine Milk Products {Dairy}

Camellia Linnaeus {camellia}

d-galactose {milk sugar}

Ethyl alcohol {Grain alcohol}

Fagopyrum esculentum {Buckwheat}

Fermented Brassica oleracea {Sauerkraut}

Grape Polyphenols {Grape Flavonoids}

grapes

henopodium quinoa {Quinoa}

lactobacillus acidophilus {L. acidophilus} 20 BCFU/day

Lactose {Milk Sugar}

laminaria digitata {Oarweed}

Malus domestica {apple}

Mannan oligosaccharides {Manno-oligosaccharide} 8 gram/day

oligosaccharides {oligosaccharides}

polyphenols 3 gram/day

pseudo-cereals {amaranth, quinoa, taro, buckwheat}

raffinose {sugar beet}

red wine 250 ml/day

red wine polyphenols 600 mg/day

resveratrol-pterostilbene {grapes, blueberries} 2 gram/day

resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}

Sesamum indicum {Sesame}

synthetic disaccharide derivative of lactose {Lactulose}

Tobacco consumption {Smoking}

β-lactoglobulin {Whey} 60 gram/day

Retail Probiotics

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

genestra brands® hm
HMF Intensive
Bromatech (IT) / Acronelle
shin biofermin (jp) / s
spain (es) / profaes4 viajeros
HMF Metabolic
spain (es) / profaes4 edad escolar
HMF Forte
speer labs / emuaid first defense
HMF IBS Relief
gnc / ultra probiotic complex
natren / healthy trinity probiotic
powerlabs (au) / ultra blend
trubiotics / one a day
Bulk Probiotics / L Acidophilus Probiotic Powder
solgar / advanced acidophilus plus
Energybalance / ColoBiotica 28 Colon Support
custom probiotics / b. lactis & b. bifidum probiotic powder
microbiome labs / hu58
anabolic laboratories / probiotic complete
Bromatech (IT) / Milonet
natren / bifido factor
NaturalPharma / Profit Probiotics
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
quality health (au) / fridge free* probiotic 60s
Metabolics / Bifidobacterium Bifidum Powder
Bromatech (IT) / Adomelle
nature's way (au) / restore probiotic choc balls 60s
Schiff® Digestive Advantage® Advanced Probiotics Multi-Strain Support
optibac / for every day max
FloraVantage® Balance
Thryve LPCasei Th1, LPCasei Th2, LFerm IBF1, Lacidoph
ferring / vsl#3
bioglan bio (au) / happy probiotic 25
Metabolics / Lactobacillus Acidophilus
Schwabe Pharma Italia / EnteroDophilus
UltraFlora® Restore
Nature's Bounty / Acidophilus Probiotic
bioglan (au) / healthy kids probiotic choc balls 50s
Prescript-Assist®/SBO Probiotic
solgar / advanced 40+ acidophilus
Bulk Probiotics / B. Bifidum Probiotic Powder (Anxiety Support)
amy meyers / primal earth probiotic
Jetson / Gut Prep
UltraFlora® Balance
INVIVO THERAPEUTICS / Bio.Me IB +
CustomProbiotics.com / L. Acidophilus Probiotic Powder
quality health(au) / fridge free probiotic 25b
bayer / trubiotics daily probiotic
SuperSmart / Bacillus Subtilis
customprobiotics.com / B. Bifidum Probiotic Powder
Bulk Probiotics / Bacillus Subtilis Probiotic
natren / megadophilus
VSL Pharmaceuticals / Oxadrop

PharmExtracta (IT) / FG5 Forte In Sachets

aor / probiotic-3

solgar / advanced multi-billion dophilus

Bromatech (IT) / Aflugenex

Bromatech (IT) / Pilorex

Maple Life Science™ / Bifidobacterium Bifidum

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.

(2->1)-beta-D-fructofuranan {Inulin}	Lacticaseibacillus rhamnosus {l. rhamnosus}
allium sativum {garlic}	Menta × piperita {peppermint}
Ayurvedic herbal formula {Triphala}	Ocimum tenuiflorum {Tulsi}
Azadirachta indica {Neem}	Pentahydroxypentane {Xylitol}
bifidobacterium	Propolis {Bee glue}
bifidobacterium longum {B.Longum }	resistant starch
Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}	Rheum × hybridum {Rhubarb}
Cinnamomum zeylanicum {Ceylon Cinnamon}	Saccharomyces cerevisiae var boulardii {S. boulardii}
Diferuloylmethane {Curcumin}	Sodium Chloride {Salt}
Hericium erinaceus {Lion's Mane Mushroom }	syzygium aromaticum {clove}
Heyndrickxia coagulans {B. coagulans}	Thymus vulgaris {thyme}
Lacticaseibacillus casei {L. casei}	vitamin d
	walnuts

Sample of Literature Used

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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

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