

## Microbiome Information for: COVID-19

### 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**

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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 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

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of COVID-19

**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
Actinomycetes	class	High	1760	Shigella	genus	High	620
Agaricomycetes	class	High	155619	Solobacterium	genus	High	123375
Bacilli	class	High	91061	Staphylococcus	genus	High	1279
Betaproteobacteria	class	High	28216	Streptococcus	genus	High	1301
Clostridia	class	Low	186801	Veillonella	genus	High	29465
Delta proteobacteria	class	High	28221	Weissella	genus	High	46255
Fusobacteria	class	Low	203490	Dothideales	order	High	5014
Gammaproteobacteria	class	High	1236	Enterobacterales	order	High	91347
Spirochaetia	class	Low	203692	Lactobacillales	order	High	186826
Aerococcaceae	family	High	186827	Spirochaetales	order	Low	136
Aeromonadaceae	family	Low	84642	[Clostridium] colinum	species	Low	36835
Bacteroidaceae	family	Low	815	[Clostridium] innocuum	species	High	1522
Carnobacteriaceae	family	Low	186828	[Clostridium] leptum	species	Low	1535
Christensenellaceae	family	High	990719	[Clostridium] nexile	species	Low	29361
Clostridiaceae	family	Low	31979	[Clostridium] piliforme	species	High	1524
Coriobacteriaceae	family	Low	84107	Acinetobacter baumannii	species	High	470
Corynebacteriaceae	family	High	1653	Acinetobacter bereziniae	species	High	106648
Dermabacteraceae	family	High	85020	Actinomyces viscosus	species	High	1656
Desulfovibrionaceae	family	High	194924	Adlercreutzia equolifaciens	species	Low	446660
Enterobacteriaceae	family	High	543	Agathobacter rectalis	species	Low	39491
Erysipelotrichaceae	family	High	128827	Akkermansia muciniphila	species	Low	239935
Flavobacteriaceae	family	High	49546	Alistipes finegoldii	species	High	214856
Lachnospiraceae	family	Low	186803	Alistipes indistinctus	species	Low	626932
Moraxellaceae	family	Low	468	Alistipes onderdonkii	species	High	328813
Mycoplasmataceae	family	Low	2092	Alistipes putredinis	species	Low	28117
Nitrospiraceae	family	Low	189779	Alistipes shahii	species	Low	328814
Oscillospiraceae	family	Low	216572	Alloprevotella tannerae	species	High	76122
Peptococcaceae	family	High	186807	Anaerobutyricum hallii	species	Low	39488
Peptostreptococcaceae	family	High	186804	Anaerostipes hadrus	species	High	649756
Propionibacteriaceae	family	Low	31957	Aspergillus flavus	species	High	5059
Rikenellaceae	family	High	171550	Aspergillus fumigatus	species	High	746128
Ruminococcaceae	family	Low	541000	Bacteroides caccae	species	Low	47678
Staphylococcaceae	family	High	90964	Bacteroides cellulosilyticus	species	Low	246787
Streptococcaceae	family	High	1300	Bacteroides eggerthii	species	Low	28111
Vibrionaceae	family	High	641	Bacteroides graminisolvans	species	High	477666
Acinetobacter	genus	High	469	Bacteroides luti	species	Low	1297750
Actinomyces	genus	High	1654	Bacteroides nordii	species	High	291645
Adlercreutzia	genus	Low	447020	Bacteroides ovatus	species	High	28116
Agathobacter	genus	Low	1766253	Bacteroides salyersiae	species	Low	291644
Akkermansia	genus	Low	239934	Bacteroides stercoris	species	High	46506
Alistipes	genus	Low	239759	Bacteroides thetaiotaomicron	species	Low	818

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Alloprevotella	genus	High	1283313	Bifidobacterium adolescentis	species	High	1680
Anaerococcus	genus	Low	165779	Bifidobacterium bifidum	species	Low	1681
Anaerostipes	genus	Low	207244	Bifidobacterium longum	species	High	216816
Aspergillus	genus	High	5052	Bifidobacterium pseudocatenulatum	species	Low	28026
Atopobium	genus	High	1380	Blastocystis hominis	species	Low	12968
Aureobasidium	genus	High	5579	Blautia hominis	species	Low	2025493
Bacillus	genus	High	1386	Blautia obeum	species	Low	40520
Bacteroides	genus	High	816	Burkholderia cepacia	species	High	292
Bifidobacterium	genus	Low	1678	Burkholderiales bacterium 1_1_47	species	Low	469610
Blastocystis	genus	High	12967	Candida albicans	species	High	5476
Blautia	genus	Low	572511	Candida parapsilosis	species	Low	5480
Burkholderia	genus	High	32008	Clostridium butyricum	species	Low	1492
Butyricicoccus	genus	Low	580596	Collinsella aerofaciens	species	High	74426
Butyrivibrio	genus	Low	830	Coprobacter fastidiosus	species	Low	1099853
Campylobacter	genus	High	194	Coprococcus catus	species	Low	116085
Candida	genus	High	5475	Dientamoeba fragilis	species	High	43352
Candida	genus	High	1535326	Dorea longicatena	species	Low	88431
Citrobacter	genus	High	544	Eggerthella lenta	species	High	84112
Clostridium	genus	High	1485	Elizabethkingia meningoseptica	species	High	238
Collinsella	genus	Low	102106	Enterobacter cloacae	species	Low	550
Coprobacillus	genus	High	100883	Enterocloster citroniae	species	High	358743
Coprobacter	genus	High	1348911	Enterocloster clostridioformis	species	Low	1531
Coprococcus	genus	Low	33042	Enterococcus avium	species	High	33945
Corynebacterium	genus	High	1716	Enterococcus durans	species	High	53345
Cutibacterium	genus	Low	1912216	Escherichia coli	species	High	562
Debaryomyces	genus	High	4958	Eubacterium limosum	species	Low	1736
Desulfovibrio	genus	High	872	Eubacterium ventriosum	species	Low	39496
Dialister	genus	High	39948	Faecalibacterium prausnitzii	species	Low	853
Dorea	genus	Low	189330	Gemmiger formicilis	species	Low	745368
Eggerthella	genus	High	84111	Hungatella hathewayi	species	High	154046
Enterococcus	genus	High	1350	Klebsiella pneumoniae	species	High	573
Erysipelatoclostridium	genus	High	1505663	Lachnospira eligens	species	Low	39485
Escherichia	genus	High	561	Lachnospiraceae bacterium 1_1_57FAA	species	High	658081
Eubacterium	genus	Low	1730	Lachnospiraceae bacterium 1_4_56FAA	species	High	658655
Faecalibacterium	genus	Low	216851	Lachnospiraceae bacterium 2_1_58FAA	species	High	658082
Finegoldia	genus	High	150022	Lawsonibacter asaccharolyticus	species	Low	2108523
Fusicatenibacter	genus	Low	1407607	Limosilactobacillus reuteri	species	Low	1598
Fusobacterium	genus	High	848	Listeria monocytogenes	species	High	1639
Gemella	genus	High	1378	Mediterraneibacter gnavus	species	Low	33038
Granulicatella	genus	High	117563	Morganella morganii	species	High	582
Helicobacter	genus	High	209	Mycoplasmodies pneumoniae	species	High	2104
Herbaspirillum	genus	High	963	Odoribacter splanchnicus	species	Low	28118
Howardella	genus	High	404402	Parabacteroides merdae	species	High	46503
Lactobacillus	genus	High	1578				
Lawsonella	genus	Low	1847725				
Mogibacterium	genus	High	86331				
Moraxella	genus	High	475				

Bacteria Name	Rank Shift	Taxonomy ID	Bacteria Name	Rank Shift	Taxonomy ID
Mycoplasma	genus High	2093	Parasutterella excrementihominis	species Low	487175
Nakaseomyces	genus High	374468	Penicillium citrinum	species Low	5077
Neisseria	genus High	482	Phocaeicola coprophilus	species High	387090
Odoribacter	genus High	283168	Phocaeicola dorei	species Low	357276
Oscillospira	genus Low	119852	Phocaeicola massiliensis	species Low	204516
Parabacteroides	genus High	375288	Phocaeicola plebeius	species High	310297
Parasutterella	genus High	577310	Prevotella bivia	species High	28125
Peptostreptococcus	genus High	1257	Pseudomonas aeruginosa	species High	287
Porphyromonas	genus Low	836	Pseudomonas veronii	species High	76761
Prevotella	genus High	838	Roseburia intestinalis	species Low	166486
Pseudomonas	genus High	286	Ruminococcus albus	species High	1264
Romboutsia	genus Low	1501226	Ruminococcus bromii	species Low	40518
Roseburia	genus Low	841	Segatella copri	species Low	165179
Rothia	genus High	32207	Serratia marcescens	species High	615
Rothia	genus High	508215	Staphylococcus aureus	species High	1280
Ruminiclostridium	genus High	1508657	Staphylococcus epidermidis	species High	1282
Ruminococcus	genus Low	1263	Stenotrophomonas maltophilia	species High	40324
Ruthenibacterium	genus High	1905344	Streptococcus infantis	species High	68892
Salmonella	genus High	590	Streptococcus oralis	species High	1303
			Streptococcus pneumoniae	species High	1313
			Streptococcus salivarius	species Low	1304
			Streptococcus thermophilus	species High	1308
			Thomasclavelia ramosa	species High	1547
			Veillonella dispar	species Low	39778

## 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.

Ethyl alcohol {Grain alcohol}

**Ferrum {Iron Supplements}** 400 mg/day

high red meat

Sleep apnea {partial sleep deprivation}

**Sucralose {Splenda}** 340 mg/day

Tobacco consumption {Smoking}

## 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}	green tea
bacillus	Lacticaseibacillus casei {L casei}
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	Lactobacillus plantarum {L plantarum}
bifidobacterium longum {B.Longum }	oligosaccharides {oligosaccharides}
Cinnamomum zeylanicum {Ceylon Cinnamon}	origanum vulgare {oregano}
Diferuloylmethane {Curcumin}	Propolis {Bee glue}
fruit	Thymus vulgaris {thyme}
fruit/legume fibre	yogurt

## Sample of Literature Used

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

### Alterations in Gut Microbiome Composition and Increased Inflammatory Markers in Post-COVID-19 Individuals.

**Molecular neurobiology , 2025 Feb 18**

Authors Barichello T,Kluwe-Schiavon B,Borba LA,Pedro LC,Niero FS,Dos Santos LN,Leonardo LM,Ignácio ZM,Morales R,Ceretta LB,Reus GZ

### Dysbiosis of gut microbiota in COVID-19 is associated with intestinal DNA phage dynamics of lysogenic and lytic infection.

**Microbiology spectrum , Volume: 13 Issue: 1 2025 Jan 7**

Authors Ishizaka A,Tamura A,Koga M,Mizutani T,Yamayoshi S,Iwatsuki-Horimoto K,Yasuhara A,Yamamoto S,Nagai H,Adachi E,Suzuki Y,Kawaoka Y,Yotsuyanagi H

### Group A Streptococcus Infections in Children: Epidemiological Insights Before and After the COVID-19 Pandemic.

**Pathogens (Basel, Switzerland) , Volume: 13 Issue: 11 2024 Nov 15**

Authors Karapati E,Tsantes AG,Iliodromiti Z,Boutsikou T,Paliatsiou S,Domouchtsidou A,Ioannou P,Petrakis V,Iacovidou N,Sokou R

### In Silico Analysis of Probiotic Bacteria Changes Across COVID-19 Severity Stages.

**Microorganisms , Volume: 12 Issue: 11 2024 Nov 18**

Authors Taufer CR,da Silva J,Rampelotto PH

### Global Impact of COVID-19 Pandemic on Gastrointestinal Infections: A Scoping Review.

**Foodborne pathogens and disease , 2024 Nov 26**

Authors Lazarakou A,Mughini-Gras L,Pijnacker R

### Impact of SARS-CoV-2 infection on respiratory and gut microbiome stability: a metagenomic investigation in long-term-hospitalized COVID-19 patients.

**NPJ biofilms and microbiomes , Volume: 10 Issue: 1 2024 Nov 13**

Authors Li Z,Chen J,Li Y,Li L,Zhan Y,Yang J,Wu H,Li S,Mo X,Wang X,Mi Y,Zhou X,Li Y,Wang J,Li Y,Sun R,Cai W,Ye F

### A case of invasive Aspergillus niger spondylodiscitis with epidural abscess following COVID-19 infection in an immunocompromised host with literature review.

**Annals of medicine and surgery (2012) , Volume: 86 Issue: 11 2024 Nov**

Authors Borni M,Kammoun B,Eleuch Kammoun E,Boudawara MZ

### Secondary Bacterial Infections in Critically Ill COVID-19 Patients Admitted in the Intensive Care Unit of a Tertiary Hospital in Romania.

**Journal of clinical medicine , Volume: 13 Issue: 20 2024 Oct 18**

Authors Pintea-Simon IA,Bancu L,Mare AD,Ciurea CN,Toma F,Brukner MC,Vasie?iu AM,Man A

### Emergence and spread of resistant and biofilm-forming Acinetobacter baumannii in critically ill COVID-19 patients.

**Microbial pathogenesis , Volume: 197 2024 Oct 22**

Authors Silva RTPD,Rocha IV,Dantas TF,Silva JDS,Costa Júnior SDD,Luz ACO,Moreno M,Leal-Balbino TC,Araújo Lima AV,Silva EGD Jr,Coutinho HDM,Oliveira MBM

### The presence of yeasts and bacteria in free-living amoebae isolated from COVID-19 patients: concern for secondary infections.

**International journal of environmental health research , 2024 Oct 20**

Authors Mirabedini Z,Niyati M,Mohammad Rahimi H,Soleimani Jevinani S,Fatemi M,Tanhaei M,Mohabbati SR,Yadegar A,Abolghasemi S,Arab Mazar Z,Mirjalali H

### Complement system activation: bridging physiology, pathophysiology, and therapy.

**Intensive care medicine , Volume: 50 Issue: 11 2024 Nov**

Authors Azoulay E,Zuber J,Bousfiha AA,Long Y,Tan Y,Luo S,Essafti M,Annane D

### Clinical and pathogen features of COVID-19-associated infections during an Omicron strain outbreak in Guangzhou, China.

**Microbiology spectrum , Volume: 12 Issue: 10 2024 Oct 3**

Authors Cheng L-I,Li Z-t,Wu H-k,Li F,Qiu Y,Wang T,Peng H,Liu Z-h,Huang P-r,Zhou L,Gao L-f,Huang H-j,Zhang B,Deng X-i,Chen X,Ye F,Liu X-q,Guan W-j,Li Y-p,Li Y-m,Li S-y,Zhong N-s

### The Epidemiology of Pathogens in Community-Acquired Pneumonia Among Children in Southwest China Before, During and After COVID-19 Non-pharmaceutical Interventions: A Cross-Sectional Study.

**Influenza and other respiratory viruses , Volume: 18 Issue: 8 2024 Aug**

Authors Yang R,Xu H,Zhang Z,Liu Q,Zhao R,Zheng G,Wu X

### Influence of Mycobiota in the Nasopharyngeal Tract of COVID-19 Patients.

**Microorganisms , Volume: 12 Issue: 7 2024 Jul 19**

Authors Folliero V,Ferravante C,Dell'Annunziata F,Brancaccio RN,D'Agostino Y,Giurato G,Manente R,Terenzi I,Greco R,Boccia G,Pagliano P,Weisz A,Franci G,Rizzo F

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Authors Galeana-Cadena D,Ramirez-Martínez G,Alberto Choroño-Parra J,Silva-Herzog E,Margarita Hernández-Cárdenas C,Soberón X,Zúñiga J

[Missing microbes in infants and children in the COVID-19 pandemic: a study of 1,126 participants in Beijing, China.](#)

**Science China. Life sciences** , Volume: 67 Issue: 8 2024 Aug

Authors Wang J,Li Y,Mu Y,Huang K,Li D,Lan C,Cui Y,Wang J

[Prevalence of Blastocystis sp. and other gastrointestinal pathogens among diarrheic COVID-19 patients in Italy.](#)

**New microbes and new infections** , Volume: 58 2024 Apr

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**Frontiers in medicine** , Volume: 11 2024

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[The causal relationship between gut microbiota and COVID-19: A two-sample Mendelian randomization analysis.](#)

**Medicine** , Volume: 103 Issue: 5 2024 Feb 2

Authors Tian S,Huang W

[Exploring nasopharyngeal microbiota profile in children affected by SARS-CoV-2 infection.](#)

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[Delayed iliopsoas abscess following COVID-19 pneumonia.](#)

**Respiratory investigation** , Volume: 62 Issue: 1 2024 Jan

Authors Takaki R,Ando M,Satonaga Y,Yabe M,Kan T,Omote E,Hirota S,Uchida S,Yamasaki T,Komiya K,Hiramatsu K

[Listeria monocytogenes bacteremia developed during treatment of COVID-19.](#)

**Clinical case reports** , Volume: 11 Issue: 11 2023 Nov

Authors Yamamoto J,Nakamoto K,Shimasaki T,Kurai D,Saraya T,Ishii H

[Explore the changes of intestinal flora in patients with coronavirus disease 2019 based on bioinformatics.](#)

**Frontiers in cellular and infection microbiology** , Volume: 13 2023

Authors Huang G,Mao Y,Zhang W,Luo Q,Xie R,Huang D,Liang Y

[Profiles of gut microbiota associated with clinical outcomes in patients with different stages of SARS-CoV-2 infection.](#)

**Life sciences** , 2023 Sep 30

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Authors Bacorn M,Romero-Soto HN,Levy S,Chen Q,Hourigan SK

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[Alterations of the fecal microbiota in relation to acute COVID-19 infection and recovery.](#)**Molecular biomedicine , Volume: 3 Issue: 1 2022 Nov 28**

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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**