

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 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/>)

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

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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	Intestinimonas	genus	High	1392389
Bacilli	class	High	91061	Klebsiella	genus	High	570
Bacteroidia	class	High	200643	Lachnospira	genus	Low	28050
Dothideomycetes	class	High	147541	Lactobacillus	genus	Low	1578
Verrucomicrobiia	class	High	203494	Megamonas	genus	High	158846
Alcaligenaceae	family	High	506	Neisseria	genus	High	482
Bacteroidaceae	family	High	815	Oscillibacter	genus	High	459786
Enterobacteriaceae	family	Low	543	Oscillospira	genus	Low	119852
Lachnospiraceae	family	High	186803	Parasutterella	genus	Low	577310
Lactobacillaceae	family	Low	33958	Pseudoflavonifractor	genus	High	1017280
Porphyromonadaceae	family	High	171551	Rothia	genus	High	32207
Prevotellaceae	family	Low	171552	Ruminiclostridium	genus	High	1508657
Ruminococcaceae	family	High	541000	Ruminococcus	genus	Low	1263
Veillonellaceae	family	Low	31977	Salmonella	genus	High	590
Verrucomicrobiaceae	family	High	203557	Shigella	genus	High	620
Actinomyces	genus	High	1654	Streptococcus	genus	High	1301
Adlercreutzia	genus	High	447020	Veillonella	genus	High	29465
Akkermansia	genus	High	239934	Weissella	genus	Low	46255
Alloprevotella	genus	High	1283313	Agaricales	order	Low	5338
Bacteroides	genus	Low	816	Bacillales	order	High	1385
Bifidobacterium	genus	High	1678	Verrucomicrobiales	order	High	48461
Blautia	genus	High	572511	Bacteroides nordii	species	High	291645
Citrobacter	genus	Low	544	Desulfovibrio desulfuricans	species	High	876
Collinsella	genus	High	102106	Escherichia coli	species	High	562
Comamonas	genus	High	283	Flavonifractor plautii	species	High	292800
Cronobacter	genus	Low	413496	Klebsiella pneumoniae	species	High	573
Desulfovibrio	genus	High	872	Mediterraneibacter gnavus	species	Low	33038
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
Fusicatenibacter	genus	High	1407607	Staphylococcus aureus	species	High	1280
Fusobacterium	genus	Low	848	Streptococcus pyogenes	species	High	1314
Helicobacter	genus	Low	209	Sutterella wadsworthensis	species	High	40545
Howardella	genus	Low	404402	Klebsiella pneumoniae 1162281	strain	High	1037908
				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.

(2->1)-beta-D-fructofuranan {Inulin} 32 gram/day

Lactose {Milk Sugar}

Retail Probiotics

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

Swiss BioEnergetics / Full Spectrum Probiotic Defence
blackmores (au) / probiotics + adults daily (90 capsules)
nature's way (au) / restore probiotic daily health 90s
jarrow formulas / bifidus balance® + fos
naturopathica (au) / gastrohealth fibrepro
blackmore (au) / probiotics+ eczema relief
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
blackmores (au) / probiotics+ immune defence
nature's way (au) / restore probiotic 30 billion 30s
blackmore (au) / probiotics+ daily health

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.

allium sativum {garlic}

Cinnamomum zeylanicum {Ceylon Cinnamon}

Curcuma longa {Turmeric}

Cymbopogon citratus {Lemongrass}

D-(-)-Fructose {Fruit sugar}

Diferuloylmethane {Curcumin}

Honey {Honey }

Lactobacillus plantarum {L. plantarum}

Metha family {Mint}

Moringa Oleifera

origanum vulgare {oregano}

Propolis {Bee glue}

Thymus vulgaris {thyme}

Zingiber officinale Roscoe {ginger}

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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