

## Microbiome Information for: giant cell arteritis

### 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/>)

Thome (<https://www.thome.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 giant cell arteritis

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			
Clostridiaceae	family	High	31979	Desulfovibrio	genus	Low	872
Clostridium	genus	Low	1485	Bacteroidales	order	High	171549

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

bacillus,lactobacillus,streptococcus,saccharomyces probiotic  
dietary fiber

Fiber, total dietary

fruit

fruit/legume fibre

High-fibre diet {Whole food diet}

Lactobacillus plantarum {L. plantarum} 60 BCFU/day

polyphenols 3 gram/day

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

Slow digestible carbohydrates. {Low Glycemic}

vitamin d 50000 IU/day

## Retail Probiotics

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

Global Healing Center / FloraTrex  
 Realdose  
 Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains  
 jarow formula / ideal bowel support® Ip299v®  
 nature's way (au) / restore probiotic bowel & colon health 30s  
 Physician Choice / 60 Billion Probiotics  
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu  
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion  
 Ombre / Healthy Gut  
 probiotic pur (de) / realdose nutrition  
 theramedix / probiotic  
 newrhythm / probiotics 20 stains  
 blackmores (au) / probiotics + adults daily (90 capsules)  
 Lake Avenue Nutrition / Probiotics 10 Strain Blend  
 Windlove Probiotics / Ecologic®825  
 ASEA VIA / BIOME  
 jarow formula / jarro-dophilus original  
 nature's way (au) / restore probiotic daily health 90s  
 Bromatech(IT) / FEMELLE  
 HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM  
 SuperSmart / Candalb  
 custom probiotics / four strain lactobacilli  
 naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion  
 udo's choice / super 8 gold  
 microbiome labs / restorflora  
 zint nutrition / probiotic collagen +  
 Smidge / Sensitive Probiotic  
 Krauterhaus / Lactopro  
 LiveWell Nutrition / Pro-45  
 Metabolics / Lactobacillus Plantarum Powder  
 Nature's Lab Cardio  
 spain (es) / vivomixx  
 Advanced Bio-Cultures / Advance Multi Strain Probiotics  
 elixa / probiotic  
 Ombre / Ultimate Immunity  
 bioray / cytoflora  
 Purica Probiotic Intensive GI  
 renew life / ultimate flora  
 up4 / ultra  
 optibac / for your cholesterol  
 jarow formulas / bifidus balance® + fos  
 Bromatech (IT) / Enterelle  
 1 md / complete probiotics platinum  
 UltraFlora® Immune Booster  
 OMNI-BIOTIC®/ 10 AAD  
 up4 / women's  
 young living / life 9  
 Bromatech (IT) / Adomelle  
 nature's bounty / probioti 10  
 Bromatech / ENTERELLE PLUS  
 SuperSmart / Derma Relief  
 fairvital / microflora basic  
 Wakunaga / Max Probiotic  
 SuperSmart / Saccharomyces Boulardii

MegaFood / MegaFlora  
Invivo / Bio.Me Femme UT  
Schwabe Pharma Italia / AxiBoulardi  
NaturalPharma / Profit Probiotics  
Bio Schwartz / Advance Strength Probiotics (40 BCFU)  
UltraFlora® Intensive Care  
Ombre / Metabolic Booster  
OMNI-BIOTIC®/ TRAVEL  
nature's way (au) / restore probiotic 30 billion 30s  
spain (es) / axiboulardi  
organic 3 / primal gut  
Floradapt Cardio  
Physis / Advance Probiotics  
blackmore (au) / probiotics+ daily health  
Eden's / 3-in-1 Synbiotic Superblend  
Dr. Mercola / Complete Probiotics  
Bulk Probiotics / Saccharomyces boulardii Probiotic Powder (Digestive Support)  
Garden of Life / Dr. Formulated Once Daily Women's  
vinco / probiotic eight 65  
nature's instincts / ultra spore probiotic  
Purica Probiotic Cardio  
hyperbiotics / pro-15  
nature's way (au) / restore probiotic 100 billion  
seed / male version  
solaray / microbiome probiotic colon formula  
Maple Life Science™ / Lactobacillus plantarum  
lifted naturals / mood boosting probiotic  
bioglan bio (au) / happy probiotic 50  
HLH BIOPHARMA(DE) / LACTOBACT® LDL-CONTROL  
Immune Defense Daily Chewable Probiotic  
fürstenmed / lacto-bifido  
Swiss BioEnergetics / Full Spectrum Probiotic Defence  
SuperSmart / Probio Forte  
organic 3 / gutpro  
biospec / probiotic-5  
HMF Metabolic  
blackmores (au) / probiotics+ immune defence  
CustomProbiotics.com / L. Plantarum Probiotic Powder  
goodbelly drink  
Ombre / Heart Health  
Symprove™  
seed / female version  
spain (es) / ultralevura  
jarrow formulas / jarro-dophilus® ultra  
custom probiotics / six strain probiotic powder  
ImmuneBiotech Medical Sweden AB / GutMagnific®  
organic 3 / yeastbiotic  
visbiome  
garden of life / primal defense  
Bulk Probiotics / L. Plantarum Probiotic Powder  
spain (es) / I3.1  
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains  
renew life men's probiotic - ultimate  
ferring / vsl#3  
Resbiotic / resB® Lung Support  
SuperSmart / Full Spectrum Probiotic Formula  
jarrow formulas / jarro-dophilus eps  
naturopathica (au) / gastrohealth fibrepro

blackmore (au) / probiotics+ eczema relief  
imagilin / NutriLots Replenish  
7 AM Ultra Probiotics  
quantum wellness / restora flora  
Ombre / Endless Energy  
Seeking Health / Probiota HistaminX  
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis  
vita miracle / ultra-30 probiotics  
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS  
Next Generation  
optibac / saccharomyces boulardii  
Northwest Natural Products / PB8  
ProbioMax® Daily DF  
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturerized)  
Floradapt Gut Comfort  
bioglan bio (au) / happy probiotic 100  
Nature's Lab Intensive GI  
SuperSmart / Lactoxira  
douglas laboratories / multi probiotic 40 billion  
Ombre / Mood Enhancer  
florastor / florastor  
up4 / adult

**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.

Arctium lappa {Burdock Root}

Below normal temperature {Cold exposure}

Bovine Milk Products {Dairy}

d-galactose {milk sugar}

Dihydroquercetin {Taxifolin}

high-fat diets

Linum usitatissimum {Flaxseed}

Nitrogen Oxide x Particulate Matter {Urban air pollutant}

walnuts

## Sample of Literature Used

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

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Acne

Addison's Disease (hypocortisolism)

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Age-Related Macular Degeneration and Glaucoma  
Allergic Rhinitis (Hay Fever)  
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Ankylosing spondylitis  
Anorexia Nervosa  
Antiphospholipid syndrome (APS)  
Asthma  
Atherosclerosis  
Atrial fibrillation  
Autism  
Autoimmune Disease  
Barrett esophagus cancer  
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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