

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 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

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 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
Alphaproteobacteria	class	High	28211	Rothia	genus	High	508215
Bacteroidia	class	High	200643	Ruminococcus	genus	Low	1263
Fusobacteriia	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
Lachnospiraceae	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}		Lactobacillus plantarum {L. plantarum}	60 BCFU/day
amaranthus {amaranth}		Lactose {Milk Sugar}	
Avena sativa {Oats}		laminaria digitata {Oarweed}	
bacillus subtilis {B.Subtilis }	10 BCFU/day	Malus domestica {apple}	
Bovine Milk Products {Dairy}		Mannan oligosaccharides {Mannooligosaccharide}	8 gram/day
Camellia Linnaeus {camellia}		Morus {Mulberry }	
colostrum		N-(aminoiminomethyl)-N methyl glycine {Creatine}	
d-galactose {milk sugar}		oolong teas	
Ethyl alcohol {Grain alcohol}		polyphenols	3 gram/day
Fagopyrum esculentum {Buckwheat}		pseudo-cereals {amaranth, quinoa, taro, buckwheat}	
fat		raffinose {sugar beet}	
Fermented Brassica oleracea {Sauerkraut}		red wine	250 ml/day
Galacto-oligosaccharides {GOS}		red wine polyphenols	600 mg/day
Grape Polyphenols {Grape Flavonoids}		resveratrol-pterostilbene {grapes, blueberries}	2 gram/day
grapes		resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}	
Helianthus tuberosus {jerusalem artichoke}	40 gram/day	Sesamum indicum {Sesame}	
henopodium quinoa {Quinoa}		synthetic disaccharide derivative of lactose {Lactulose}	
Lactobacillus Johnsonii {Lactobacillus Johnsonii}	10 BCFU/day	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.

jarow formula / ideal bowel support® Ip299v®
 Reduz melasma / Lactobacillus Johnsonii
 goodbelly drink
 ImmuneBiotech Medical Sweden AB / GutMagnific®
 HMF Metabolic
 CustomProbiotics.com / L. Plantarum Probiotic Powder
 UltraFlora® Immune Booster
 Bromatech (IT) / Adomelle
 Energybalance / ColoBiotica 28 Colon Support
 microbiome labs / hu58
 NaturalPharma / Profit Probiotics
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 UltraFlora® Intensive Care
 Bulk Probiotics / L. Johnsonii Probiotic Powder (Acid Reflux Support)
 Floradapt Cardio
 Purica Probiotic Cardio
 Maple Life Science™ / Lactobacillus plantarum
 HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
 powerlabs (au) / ultra blend
 Immune Defense Daily Chewable Probiotic
 Bulk Probiotics / Bacillus Subtilis Probiotic
 aor / probiotic-3
 Metabolics / Lactobacillus Plantarum Powder
 Nature's Lab Cardio
 INVIVO THERAPEUTICS / Bio.Me IB +
 Ombre / Ultimate Immunity
 Purica Probiotic Intensive GI
 optibac / for your cholesterol
 SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
 Floradapt Gut Comfort
 SuperSmart / Bacillus Subtilis
 Nature's Lab Intensive GI
 Maple Life Science™ / Lactobacillus Johnsonii
 amy meyers / primal earth probiotic
 Jetson / Gut Prep
 Bulk Probiotics / L. Plantarum Probiotic Powder
 spain (es) / I3.1
 ferring / vsl#3
 Prescript-Assist®/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.

(2->1)-beta-D-fructofuranan {Inulin}	Lactocaseibacillus rhamnosus {l. rhamnosus}
allium sativum {garlic}	long-term, moderate-intensity exercise {exercise}
Azadirachta indica {Neem}	Menta × piperita {peppermint}
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	Moringa Oleifera
bifidobacterium	Ocimum tenuiflorum {Tulsi}
Bifidobacterium animalis {B. animalis}	pectin {pectin}
bifidobacterium longum {B.Longum }	Pentahydroxypentane {Xylitol}
Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}	Propolis {Bee glue}
Cinnamomum zeylanicum {Ceylon Cinnamon}	resistant starch
Curcuma longa {Turmeric}	Rheum × hybridum {Rhubarb}
Diferuloylmethane {Curcumin}	Saccharomyces cerevisiae var boulardii {S. boulardii}
fruit	Sodium Chloride {Salt}
fruit/legume fibre	syzygium aromaticum {clove}
Hericium erinaceus {Lion's Mane Mushroom }	Thymus vulgaris {thyme}
Heyndrickxia coagulans {B. coagulans}	vitamin d
Humulus lupulus compound {Xanthohumol}	walnuts
Lactocaseibacillus casei {L. casei}	wheat
	yogurt

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
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