

Microbiome Information for: Juvenile idiopathic arthritis

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 Juvenile idiopathic arthritis

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
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Rikenellaceae	family	High		171550
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Catenibacterium	genus	Low		135858
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Bacteria Name	Rank	Shift	Taxonomy	ID
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Holdemania	genus	Low		61170
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Olsenella	genus	High		133925
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Candida albicans	species	High		5476
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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.

3-Methylbutanoic acid {isovaleric acid}
 (2E,4E,6E,8E)-3,7-dimethyl-9-(2,6,6-trimethylcyclohex-1-en-1-yl)nona-2,4,6,8-tetraen-1-ol {Vitamin A} 25000 IU/day
 2,3-dihydroxypropyl dodecanoate {Monolaurin}
 2-Amino-4-(methylthio)butanoic acid {Methionine} 5 gram/day
 2H-1?6,2-benzothiazol-1,1,3-trione {Saccharin} 450 mg/day
 Abstention from eating {Fasting}
 alpha-tocopherol {Vitamin E} 60 IU/day
 ascorbic acid {Vitamin C} 30 g/day
 bacillus subtilis {B.Subtilis} 10 BCFU/day
 bifidobacterium bifidum {B. bifidum} 1 BCFU/day
 bifidobacterium longum {B.Longum} 10 BCFU/day
 Bifidobacterium longum subsp. longum BB536 {BB536}
 Blautia wexlerae {Blautia wexlerae}
 Cannabis sativa {Marijuana}
 Capra hircus milk {Goat milk}
 Carica papaya {papaya}
 Cholestyramine,Colesevelam,Colestipol {Bile Acid Sequestrant}
 cholic,taurocholic ,chenodeoxycholic,glycocholic acids {Bile supplements}
 Echinacea Moench {Echinacea} 4 gram/day
 enterococcus durans {Streptococcus durans}
 enterococcus faecium {E. faecium} 1 BCFU/day

Far Infrared Therapy {Far infrared Sauna }
 fruit
 high red meat
 Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2 gram/day
 Lactiplantibacillus pentosus {L. pentosus}
 lactobacillus rhamnosus gg 48 BCFU/day
 lactobacillus rhamnosus gg,bifidobacterium animalis lactis ,lactobacillus paracasei {cvs maximum strength probiotic}
 Lentilactobacillus buchneri {Lactobacillus buchneri}
 Linum usitatissimum {Flaxseed} 30 mg/day
 long-term, moderate-intensity exercise {exercise}
 Lonicera periclymenum {Epazote}
 Musa acuminata {Banana}
 N-(phosphonomethyl)glycine {glyphosate}
 Probiotic Mixture 1 {Japanese Vet Probiotic}
 Riboflavin {Vitamin B2} 400 mg/day
 Sulforaphane {Dark Greens}
 synthetic disaccharide derivative of lactose {Lactulose}
 Tributyrin
 vitamin d 50000 IU/day
 wheat
 Zea mays {maize}
 Zinc {Zinc Supplements} 300 mg/day

Retail Probiotics

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

fürstenmed / lacto-bifido
 aor / probiotic-3
 HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
 INVIVO THERAPEUTICS / Bio.Me IB +
 Krauterhaus / Lactopro
 Seeking Health / Probiota Bifidobacterium
 SuperSmart / Lactoxira
 PrecisionBiotics / Zenflore
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
 Bromatech (IT) / Bifiselle
 custom probiotics / five strain bifidobacteria
 mwsb / candida yeast support
 Ombre / Heart Health
 klaire labs / ther-biotic factor 4
 Seeking Health / Probiota HistaminX
 Microbiome Labs / ZENBIOME Dual
 Genesis Bifidobacterium Complex BB Probiotic
 SuperSmart / Bifidobacterium longum (BB536)
 CustomProbiotics.com / B. Longum Probiotic Powder
 Bromatech (IT) / Rotanelle plus
 canada (ca) / calmbiotic
 Jetson (US) / Mood Probiotics
 Prescript-Assist®/SBO Probiotic
 InnovixLabs / Mood Probiotic
 seed / female version
 PoolPharma (IT) / ProbioTKMIO
 HLH BIOPHARMA(DE) / LACTOBACT ® FORTE
 Bromatech (IT) / Serobiome
 corebiotic
 SuperSmart / Oral Health
 Metabolics / Bifidobacterium Bifidum Powder
 PharmExtracta (IT) / Gliadines buccal stickpacks
 spain (es) / kaleidon
 microbiome labs/ megasporebiotic
 Sanogermina / AB-Kolicare
 klaire labs / biospora
 fairvital / microflora basic
 Energybalance / ColoBiotica 28 Colon Support
 custom probiotics / b. lactis & b. bifidum probiotic powder
 jarro formulas / jarro-dophilus mood
 microbiome labs / hu58
 digestive care
 perfect pass / perfect pass probiotic bacillus spore
 natren / bifido factor
 PharmExtracta (IT) / INatal Sachets
 Probiotic Sticks
 spain (es) / ns florabiotic instant
 bioflorin (deu) / bioflorin
 global health trax / threelac
 Law of Nature / Best Days Formula
 Dr.Max / ProtectMax ATB
 naturopathica (au)/ gastrohealth probiotic daily care
 bio-botanical research / profiora4r restorative probiotic
 SuperSmart / Lactobacillus rhamnosus GG

nature's instincts / ultra spore probiotic
PrecisionBiotics / Immune
Bulk Probiotics / B. Bifidum Probiotic Powder (Anxiety Support)
Pharmextracta (IT) / iNatal PED stick
enviromedica terraflora sbo probiotic
PureGG
PharmExtracta / Bowell
Jetson / Gut Prep
Align / Align® Chewables
custom probiotics / d-lactate free probiotics powder
jarrow formulas / jarro-dophilus eps
Ombre / Endless Energy
Ombre / Mood Enhancer
BIO-BOTANICAL RESEARCH / Megacidin
reserveage nutrition / beautiflora
amy meyers / primal earth probiotic
Pharmextracta (IT) / iNatal DUO sachets
Maple Life Science™ / Bifidobacterium Bifidum
Bulk Probiotics / L. Rhamnosus GG Probiotic Powder
align / align
jarrow formulas / bifidus balance® + fos
culturelle / culturelle
spain (es) / bivos
organic 3 / primal soil
Align® Extra Strength
SuperSmart / Bacillus Subtilis
customprobiotics.com / B. Bifidum Probiotic Powder
Schwabe Pharma Italia / MegaStress
microbiome labs / restorflora
spain (es) / suerobivos
vitamin angels / just thrive
Maple Life Science™ / Bifidobacterium longum
Bulk Probiotics / Bacillus Subtilis Probiotic
Metabolics / Bifidobacterium Longum Powder
Bulk Probiotics / B. Longum Probiotic Powder

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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}
allium sativum {garlic}
Azadirachta indica {Neem}
Cymbopogon citratus {Lemongrass}
D-(-)-Fructose {Fruit sugar}
Escherichia coli Nissle 1917 {Mutaflor}
Honey {Honey }
Humulus lupulus compound {Xanthohumol}
lactobacillus acidophilus {L. acidophilus}
Lactobacillus gasseri {L.gasseri}

Nigella sativa {black cumin}
Ocimum tenuiflorum {Tulsi}
origanum vulgare {oregano}
Pentadigalloylglucose {Tannic Acid}
Pimpinella anisum {Anise}
Propolis {Bee glue}
Pyroguaiac acid {Guaiacol}
 β -(1 $\rightarrow$ 4)-linked D-glucosamine and N-acetyl-D-glucosamine {Chitosan}
Thymus vulgaris {thyme}
Zingiber officinale Roscoe {ginger}

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Acne

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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