

Microbiome Information for: Osteoarthritis

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

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Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Osteoarthritis

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
Clostridiaceae	family	High	31979
Lachnospiraceae	family	High	186803
Akkermansia	genus	Low	239934
Bacteroides	genus	Low	816
Bifidobacterium	genus	Low	1678
Blautia	genus	High	572511
Brucella	genus	High	234
Clostridium	genus	High	1485
Coprobacillus	genus	High	100883
Dialister	genus	Low	39948
Escherichia	genus	High	561
Eubacterium	genus	High	1730
Faecalibacterium	genus	Low	216851
Gordonibacter	genus	High	644652
Peptococcus	genus	High	2740
Peptostreptococcus	genus	High	1257
Phascolarctobacterium	genus	Low	33024
Prevotella	genus	High	838
Ruminococcus	genus	Low	1263
Senegalimassilia	genus	Low	1473205
Slackia	genus	Low	84108

Bacteria Name	Rank	Shift	Taxonomy ID
Subdoligranulum	genus	Low	292632
[Ruminococcus] lactaris	species	Low	46228
Alistipes onderdonkii	species	High	328813
Anaerobutyricum hallii	species	High	39488
Anaerostipes hadrus	species	High	649756
Aspergillus fumigatus	species	Low	746128
Bacteroides uniformis	species	High	820
Bifidobacterium pseudocatenulatum	species	Low	28026
Candida parapsilosis	species	High	5480
Faecalibacterium prausnitzii	species	Low	853
Intestinibacter bartlettii	species	High	261299
Kingella kingae	species	High	504
Klebsiella pneumoniae	species	High	573
Malassezia restricta	species	Low	76775
Mediterraneibacter gnavus	species	High	33038
Phascolarctobacterium faecium	species	Low	33025
Roseburia inulinivorans	species	Low	360807
Staphylococcus aureus	species	High	1280
Streptococcus anginosus	species	High	1328
Thomasclavelia ramosa	species	High	1547
Eukaryota	superkingdom	High	2759

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-Amino-4-(methylthio)butanoic acid {Methionine} 5 gram/day

Ethyl alcohol {Grain alcohol}

Ferrum {Iron Supplements} 400 mg/day

high red meat

Pentahydroxypentane {Xylitol}

Polyethylene oxide sorbitan mono-oleate {Polysorbate 80}

Sucralose {Splenda} 340 mg/day

vegetarians

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}	Human milk oligosaccharides (prebiotic, Holigos, Stachyose)
bacillus	lactobacillus acidophilus {L. acidophilus}
bacillus subtilis {B. Subtilis }	lactobacillus paracasei, lactobacillus acidophilus, bifidobacterium animalis
bacillus, lactobacillus, streptococcus, saccharomyces probiotic	Lactobacillus plantarum {L. plantarum}
Bifidobacterium animalis subsp. lactis {B. Lactis}	lactobacillus rhamnosus gg, bifidobacterium animalis lactis
bifidobacterium longum {B. Longum }	, lactobacillus paracasei {cvs maximum strength probiotic}
Bovine Milk Products {Dairy}	laminaria digitata {Oarweed}
Cinnamomum zeylanicum {Ceylon Cinnamon}	Limosilactobacillus fermentum {L. fermentum}
Coffee	long-term, moderate-intensity exercise {exercise}
Curcuma longa {Turmeric}	Malus domestica {apple}
D-(-)-Fructose {Fruit sugar}	Moringa Oleifera
Diferuloylmethane {Curcumin}	oligosaccharides {oligosaccharides}
Epicatechin {Green tea polyphenol}	pectin {pectin}
fruit	polyphenols
fruit/legume fibre	Propolis {Bee glue}
fucoidan {Brown Algae Extract}	Punica granatum {pomegranate}
grapes	resistant starch
green tea	resveratrol-pterostilbene {grapes, blueberries}
henopodium quinoa {Quinoa}	Saccharomyces cerevisiae var boulardii {S. boulardii}
Heyndrickxia coagulans {B. coagulans}	β-glucan {Beta-Glucan}
Honey {Honey }	Thymus vulgaris {thyme}
	yogurt
	Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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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
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Tic Disorder
Tourette syndrome
Type 1 Diabetes
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Unhealthy Ageing
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