

Microbiome Information for: Dermatomyositis

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 Dermatomyositis

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
Bacteroidia	class	High	200643	Dialister	genus	Low	39948
Christensenellaceae	family	Low	990719	Lachnoclostridium	genus	High	1506553
Ruminococcaceae	family	High	541000	Streptococcus	genus	High	1301
Alloprevotella	genus	High	1283313	Sutterella	genus	High	40544
Anaerotruncus	genus	Low	244127	Tyzzereila	genus	High	1506577
Bifidobacterium	genus	Low	1678	Staphylococcus aureus	species	High	1280

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.

Adeps suillus {Lard}

Astragalus

Cucurbita pepo {Pumpkin}

Ferrum {Iron Supplements} 400 mg/day

Lactiseibacillus rhamnosus {L. rhamnosus} 48 BCFU/day

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

sodium butyrate

Tobacco consumption {Smoking}

vegetarians

Retail Probiotics

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

Ombre / Endless Energy
 Ombre / Metabolic Booster
 spain (es) / ns florabiotic instant
 optibac / for women
 jarow formulas / fem-dophilus®
 spain (es) / axiboulardi
 Wakunaga / Pro+ Synbiotic
 naturopathica (au)/ gastrohealth probiotic daily care
 Eden's / 3-in-1 Synbiotic Superblend
 Bromatech (IT) / Ramnoselle
 Bulk Probiotics / Saccharomyces boulardii Probiotic Powder (Digestive Support)
 nature's instincts / ultra spore probiotic
 Biorela® Daily
 NOW FOODS / Clinical GI Probiotic
 cytoplan(uk) /dentavital bifidophilus
 bravo europe / starter and complex
 optibac / for every day
 optibac / saccharomyces boulardii
 blackmore (au) / probiotics+ womens flora balance
 bravo europe / freeze-dried bravo
 Bulk Probiotics / L. Rhamnosus Probiotic Powder
 Jetson (US) / Mood Probiotics
 spain (es) / ultralevura
 organic 3 / yeastbiotic
 CVSHealth / Daily Probiotic
 Bromatech (IT) / Serobiome
 Nu U (uk) /Bio-Cultures Complex
 SuperSmart / Oral Health
 ISCON Elegance/ Ochek Capsule 10
 just for tummies / live bacteria
 RepHresh /Pro-B Probiotic Supplement for Women
 Ombre / Harmony
 Bromatech / ENTERELLE PLUS
 Bioflora(MX) / Woman
 naturopathica (au) / gastrohealth women's probiotic with cranberry
 jarow formulas / jarro-dophilus mood
 SuperSmart / Saccharomyces Boulardii
 Schwabe Pharma Italia / AxiBoulardi
 spain (es) / muvagyn probiotico
 Pregnancy Care Probiotic
 Wholesome Wellness / Raw Probiotic
 bio-k+
 microbiome labs / restorflora
 ProGoes® Forte
 jarow formulas / fem dophilus
 Bromatech (IT) / Enterelle
 JGL / Lactogyn
 naturopathica (au) / gastrohealth probiotic adults 50+
 Metabolics / Lactobacillus Rhamnosus Powder
 Bromatech (IT) / Psicobrain
 spain (es) / aquilea intimus
 florastor / florastor
 Ombre / Restore
 jamieson (can) / probiotic 10 bcfu

optibac / for those on antibiotics
Bromatech (IT) / Lautoselle
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
custom probiotics / d-lactate free probiotics powder
Sash Vitality / Bio-Cultures Probiotics for Adults
CustomProbiotics.com / L. Rhamnosus Probiotic Powder
imagilin / NutriLots Replenish
SuperSmart / Vaginal 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.

(2->1)-beta-D-fructofuranan {Inulin}

bacillus

Bifidobacterium animalis subsp. lactis {B. Lactis}

Cinnamomum zeylanicum {Ceylon Cinnamon}

Diferuloylmethane {Curcumin}

fruit

Honey {Honey }

Human milk oligosaccharides (prebiotic, Holigos, Stachyose)

Lactobacillus plantarum {L. plantarum}

oligosaccharides {oligosaccharides}

Propolis {Bee glue}

Punica granatum {pomegranate}

rosmarinus officinalis {rosemary}

Thymus vulgaris {thyme}

Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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

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Additional APriori Analysis Available

Available at: <https://microbiomeprescription.com/Library/PubMed>

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

