

Microbiome Information for: Hidradenitis Suppurativa

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

Email: Research@MicrobiomePrescription.com

[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Hidradenitis Suppurativa

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
Porphyromonadaceae	family	Low	171551	Prevotella	genus	High	838
Actinomyces	genus	High	1654	Propionibacterium	genus	High	1743
Bacteroides	genus	High	816	Pseudomonas	genus	High	286
Bilophila	genus	High	35832	Staphylococcus	genus	High	1279
Corynebacterium	genus	High	1716	Streptococcus	genus	High	1301
Finnegoldia	genus	High	150022	Veillonella	genus	Low	29465
Fusicatenibacter	genus	Low	1407607	[Clostridium] innocuum	species	High	1522
Fusobacterium	genus	High	848	Finnegoldia magna	species	High	1260
Holdemania	genus	High	61170	Lawsonella clevelandensis	species	High	1528099
Lachnobacterium	genus	Low	140625	Neisseria meningitidis	species	High	487
Lachnospira	genus	High	28050	Proteus mirabilis	species	High	584
Mycobacterium	genus	High	1763	Pseudomonas aeruginosa	species	High	287
Parvimonas	genus	High	543311	Staphylococcus aureus	species	High	1280
Peptostreptococcus	genus	High	1257	Streptococcus milleri	species	High	33040
Porphyromonas	genus	High	836	Streptococcus pyogenes	species	High	1314

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.

1,4-α-D-glucan branched {Amylopectin}	Lycium barbarum x Lycium chinense, {Goji Fruit, Juice}
2-Amino-5-(carbamoylamino)pentanoic acid {Citrulline}	Nicotine, Nicotine Patch
Abstinence from eating {Fasting}	non-starch polysaccharides
Adeps suillus {Lard}	oligosaccharides {oligosaccharides}
Agave salmiana {Agavins}	Outer Layers of Triticum aestivum {Wheat Bran}
amaranthus {amaranth}	pectin {pectin}
arabinogalactan {arabinogalactan} 21 gram/day	Phaseolus vulgaris {Boston bean}
Astragalus	Poly[β-D-xylopyranose(1-$\rightarrow$4)] {Xylan}
Avena sativa {Oats}	pseudo-cereals {amaranth, quinoa, taro, buckwheat}
Avena sativa x Hordeum vulgare {barley, oat}	Pulses, Beans
colostrum	Pulvis ledebouriellae compositae {Bofutsushosan}
Ethyl alcohol {Grain alcohol}	raffinose {sugar beet}
fat	red wine 250 ml/day
Galacto-oligosaccharides {GOS}	Sleep apnea {partial sleep deprivation}
Glycine max x Aspergillus oryzae {Miso}	sodium butyrate
henopodium quinoa {Quinoa}	β-glucan {Beta-Glucan} 500 mg/day
Heyndrickxia coagulans {B. coagulans} 10 BCFU/day	theabrownin {theabrownin}
High-amylose maize starch {HAMS}	Tobacco consumption {Smoking}
Hordeum vulgare {Barley} 60 gram/day	Tributylin
long-term, moderate-intensity exercise {exercise}	Ulmus rubra {slippery elm}
	wheat

Retail Probiotics

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

Swiss BioEnergetics / Full Spectrum Probiotic Defence
 Biomed / Bacillus Coagulans
 vitamin angels / just thrive
 Sun Wave Pharma/Bio Sun Instant
 nature's way (au) / adult vita gummies daily probiotic 80s
 organic 3 / primal soil
 Maple Life Science™ / Streptococcus faecalis butyricum mesentericus sporogenes
 BIO-BOTANICAL RESEARCH / Megacidin
 reserveage nutrition / beautiflora
 Jetson / FIT
 source naturals / durafloa
 thorne / bacillus coagulansvet 60 caps
 enviromedica terrafloa sbo probiotic
 schiff / digestive advantage
 daiichi sankyo healthcare (jp) / panlactamin tablet
 corebiotic
 Bulk Probiotics / Bacillus Coagulans Probiotic
 Nutrition Essentials / Probiotic (900 BCFU)
 mwsb / candida yeast support
 microbiome labs/ megasporebiotic
 klair labs / biospora
 perfect pass / perfect pass probiotic bacillus spore
 global health trax / threelac
 Law of Nature / Best Days Formula
 bio-botanical research / proflora4r restorative probiotic
 Eden's / 3-in-1 Synbiotic Superblend
 nature's instincts / ultra spore 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.

allium sativum {garlic}

Azadirachta indica {Neem}

Cinnamomum zeylanicum {Ceylon Cinnamon}

Curcuma longa {Turmeric}

D-(-)-Fructose {Fruit sugar}

Diferuloylmethane {Curcumin}

foeniculum vulgare,fennel

Honey {Honey }

Lactobacillus plantarum {L. plantarum}

Moringa Oleifera

origanum vulgare {oregano}

Propolis {Bee glue}

rosmarinus officinalis {rosemary}

syzygium aromaticum {clove}

Thymus vulgaris {thyme}

Zingiber officinale Roscoe {ginger}

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