Supplementary methods

**Figure 2 methods.** The following search terms were commonly used in NCBI for searches: ('2000/01/01'[PDAT] : "3000"[PDAT]); "gut"[tiab]; "microbiome"[tiab] OR "microbiota"[taib]; “journal article”[PT]; “humans”[MH]; NOT “rats”[MH]; NOT “mice”[MH]. The following search terms were unique for each disease: “crohns disease”[tiab] OR “ulcerative colitis”[tiab] OR “inflammatory bowel disease”[tiab]; “multiple sclerosis”[tiab]; “rheumatoid arthritis”[tiab]; “systemic lupus erythematous”[tiab]; “ankylosing spondylitis”[tiab]; “psoriasis”[tiab] OR "psoriatic arthritis"[tiab].