

Microbiome Information for: Atherosclerosis

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 *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

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Atherosclerosis

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
Akkermansia	<i>genus</i>	Low	239934	Prevotella	<i>genus</i>	High	838
Clostridium	<i>genus</i>	Low	1485	Proteus	<i>genus</i>	High	583
Collinsella	<i>genus</i>	High	102106	Providencia	<i>genus</i>	High	586
Edwardsiella	<i>genus</i>	High	635	Roseburia	<i>genus</i>	Low	841
Eubacterium	<i>genus</i>	Low	1730	Eubacterium xylanophilum	<i>species</i>	Low	39497
Faecalibacterium	<i>genus</i>	High	216851	Odoribacter splanchnicus	<i>species</i>	Low	28118
				Roseburia intestinalis	<i>species</i>	Low	166486

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.

Arbutin (polyphenol) 100 mg/day

aspartame (sweetner)

Cacao 20 gram/day

diosmin,(polyphenol) 1500 mg/day

Exercise

fat

galacto-oligosaccharides (prebiotic) 10 gram/day

Hesperidin (polyphenol) 1.5 gram/day

lactobacillus casei (probiotics) 48 BCFU/day

lactobacillus gasseri (probiotics) 10 BCFU/day

lard

luteolin (flavonoid) 400 mg/day

N-Acetyl Cysteine (NAC), 2400 mg/day

oligosaccharides (prebiotic)

retinoic acid,(Vitamin A derivative)

Vitamin B1,thiamine hydrochloride 1.8 gram/day

Vitamin B-12 10 mg/day

vitamin B3,niacin 3000 mg/day

Vitamin B6,pyridoxine hydrochloride 200 mg/day

vitamin B7, biotin 300 mg/day

Vitamin C (ascorbic acid) 30 g/day

Retail Probiotics

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

ASEA VIA / BIOME
 newrhythm / probiotics 20 stains
 douglas laboratories / multi probiotic 40 billion
 quantum wellness / restora flora
 vita miracle / ultra-30 probiotics
 SuperSmart / Full Spectrum Probiotic Formula
 1 md / complete probiotics platinum
 MegaFood / MegaFlora
 organic 3 / primal gut
 Garden of Life / Dr. Formulated Once Daily Women's
 hyperbiotics / pro-15
 nature's way (au) / restore probiotic 100 billion
 bioglan bio (au) / happy probiotic 50
 vinco / probiotic eight 65
 NOW FOODS / Clinical GI Probiotic
 ecology_allergycare
 HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS
 Physis / Advance Probiotics
 Dr. Mercola / Complete Probiotics
 Invivo / Bio.Me Femme UT
 PharmExtracta (IT) / INatal Sachets
 NaturalPharma / Profit Probiotics
 SuperSmart / Lactobacillus Gasseri
 OMNI-BIOTIC®/ TRAVEL
 up4/women's
 nature's bounty / probioti 10
 CustomProbiotics.com / L. Gasseri Probiotic Powder
 SuperSmart / Derma Relief
 fairvital / microflora basic
 klaire labs / target gb-x
 jarrow formulas / jarro-dophilus eps
 philips / colon health
 Sash Vitality /Bio-Cultures Probiotics for Adults
 SuperSmart / Vaginal Health
 7 AM Ultra Probiotics
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
 wakamoto (jp) / wakamoto pharmaceutical intestinal drug
 SuperSmart / Probio Forte
 organic 3 / gutpro
 seed / female version
 jarrow formulas / jarro-dophilus® ultra
 Bromatech (IT) / Citogenex
 just for tummies / live bacteria
 visbiome
 garden of life / primal defense
 renew life men's probiotic - ultimate
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 Windlove Probiotics / Ecologic®825
 fürstenmed / lacto-bifido
 spain (es) / muvagyn probiotico
 probiotic pur (de) / realdose nutrition
 Wholesome Wellness / Raw Probiotic
 bio-k+
 HLH BIOPHARMA(DE) / LACTOBACT ® METABOLIC

jarro formula / jarro-dophilus original
CustomProbiotics.com / L. Casei Probiotic Powder
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
udo's choice /super 8 gold
Smidge /Sensitive Probiotic
Krauterhaus / Lactopro
LiveWell Nutrition / Pro-45
Jetson (US) / Immunity Probiotics
Advanced Bio-Cultures / Advance Multi Strain Probiotics
elixa / probiotic
bioray / cytoflora
renew life / ultimate flora
up4 / ultra
bioglan bio (au) / happy probiotic 100
Realdose
SuperSmart / Lactoxira

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.

Akkermansia muciniphila (probiotic)

barley

barley,oat

black raspberries

blueberry

Bofutsushosan

cinnamon (oil. spice)

clostridium butyricum (probiotics),Miya,Miyarisan

cranberry bean flour

foeniculum vulgare,fennel

grape polyphenols

grapes

inulin (prebiotic)

noni

oregano (origanum vulgare, oil) |

Psyllium (Plantago Ovata Husk)

refined wheat breads

rhubarb

vegetarians

vitamin a

walnuts

wheat

Sample of Literature Used

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Autism
Autoimmune Disease
Barrett esophagus cancer
Bipolar Disorder
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Chronic Fatigue Syndrome
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Chronic Lyme
Chronic Obstructive Pulmonary Disease (COPD)
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Coagulation / Micro clot triggering bacteria
Colorectal Cancer
Constipation
Coronary artery disease
COVID-19
Crohn's Disease
cystic fibrosis
deep vein thrombosis
Depression
Dermatomyositis
Eczema
Endometriosis

Eosinophilic Esophagitis
Epilepsy
Fibromyalgia
Functional constipation / chronic idiopathic constipation
gallstone disease (gsd)
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus
Generalized anxiety disorder
Gout
Graves' disease
Hashimoto's thyroiditis
Hidradenitis Suppurativa
Histamine Issues From Ubiome
Histamine Issues, Mast Cell Issue, DAO Insufficiency
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hyperglycemia
Hyperlipidemia (High Blood Fats)
hypersomnia
hypertension (High Blood Pressure)
Hypoxia
IgA nephropathy (IgAN)
Inflammatory Bowel Disease
Insomnia
Intelligence
Irritable Bowel Syndrome
Juvenile idiopathic arthritis
Liver Cirrhosis
Long COVID
Lung Cancer
ME/CFS with IBS
ME/CFS without IBS
Menopause
Metabolic Syndrome
Mood Disorders
Multiple Sclerosis
Multiple system atrophy (MSA)
Neuropathy (all types)
neuropsychiatric disorders (PANDAS, PANS)
Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic
NonCeliac Gluten Sensitivity
Obesity
obsessive-compulsive disorder
Osteoarthritis
Osteoporosis
Parkinson's Disease
Postural orthostatic tachycardia syndrome
Premenstrual dysphoric disorder
Psoriasis
rheumatoid arthritis (RA), Spondyloarthritis (SpA)
Rosacea
Schizophrenia
Sjögren syndrome
Sleep Apnea
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