

## 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 have found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is believed 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**

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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 is 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

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## 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
Bacteroidia	class	Low	200643	Actinomyces oris	species	High	544580
Chlamydiaceae	family	High	809	Bacteroides fragilis	species	High	817
Acidaminococcus	genus	High	904	Chlamydia pneumoniae	species	High	83558
Actinobacillus	genus	High	713	Coxiella burnetii	species	High	777
Akkermansia	genus	Low	239934	Dialister succinatiphilus	species	High	487173
Bacteroides	genus	High	816	Enterococcus faecalis	species	High	1351
Bifidobacterium	genus	High	1678	Escherichia coli	species	High	562
Chlamydia	genus	High	810	Eubacterium coprostanoligenes	species	Low	290054
Clostridium	genus	Low	1485	Eubacterium xylanophilum	species	Low	39497
Collinsella	genus	High	102106	Faecalibacterium prausnitzii	species	High	853
Edwardsiella	genus	High	635	Fusobacterium varium	species	High	856
Erwinia	genus	High	551	Helicobacter pylori	species	High	210
Eubacterium	genus	Low	1730	Limosilactobacillus fermentum	species	High	1613
Fusobacterium	genus	High	848	Mycoplasmodies pneumoniae	species	High	2104
Lactobacillus	genus	High	1578	Odoribacter splanchnicus	species	Low	28118
Prevotella	genus	High	838	Porphyromonas gingivalis	species	High	837
Proteus	genus	High	583	Prevotella intermedia	species	High	28131
Providencia	genus	High	586	Proteus mirabilis	species	High	584
Rikenella	genus	Low	28138	Pseudomonas aeruginosa	species	High	287
Roseburia	genus	Low	841	Roseburia intestinalis	species	Low	166486
Ruminococcus	genus	High	1263	Tannerella forsythia	species	High	28112
				Treponema denticola	species	High	158

## 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->1)-beta-D-fructofuranan {Inulin} 32 gram/day

bacillus subtilis {B.Subtilis } 10 BCFU/day

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2

gram/day

long-term, moderate-intensity exercise {exercise}

Malus domestica {apple}

oligosaccharides {oligosaccharides}

Outer Layers of Triticum aestivum {Wheat Bran}

partially hydrolysed guar gum

resistant starch

$\beta$ -glucan {Beta-Glucan} 500 mg/day

synthetic disaccharide derivative of lactose {Lactulose}

$\beta$ -lactoglobulin {Whey} 60 gram/day

## Retail Probiotics

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

Swiss BioEnergetics / Full Spectrum Probiotic Defence  
probiotic pur (de) / realdose nutrition  
Bulk Probiotics / Bacillus Subtilis Probiotic  
theramedix / probiotic  
blackmores (au) / probiotics + adults daily (90 capsules)  
aor / probiotic-3  
vitamin angels / just thrive  
nature's way (au) / restore probiotic daily health 90s  
microbiome labs / restorflora  
INVIVO THERAPEUTICS / Bio.Me IB +  
jarrow formulas / bifidus balance® + fos  
organic 3 / primal soil  
SuperSmart / Bacillus Subtilis  
Realdose  
BIO-BOTANICAL RESEARCH / Megacidin  
reserveage nutrition / beautiflora  
amy meyers / primal earth probiotic  
Jetson / Gut Prep  
nature's way (au) / restore probiotic bowel & colon health 30s  
garden of life / primal defense  
Bromatech (IT) / Lautoselle  
naturopathica (au) / gastrohealth fibrepro  
blackmore (au) / probiotics+ eczema relief  
Jetson / FIT  
Prescript-Assist®/SBO Probiotic  
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis  
naturopathica (au) / gastrohealth probiotic dairy free 50 billion  
Physician Choice /60 Billion Probiotics  
enviromedica terraflora sbo probiotic  
Jetson (US) / Mood Probiotics  
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu  
Bromatech (IT) / Serobiome  
corebiotic  
blackmores (au) / probiotics+ immune defence  
mwsb / candida yeast support  
microbiome labs/ megasporebiotic  
klaire labs / biospora  
Energybalance / ColoBiotica 28 Colon Support  
microbiome labs / hu58  
blackmore (au) / probiotics+ bowel support  
perfect pass / perfect pass probiotic bacillus spore  
global health trax / threelac  
nature's way (au) / restore probiotic 30 billion 30s  
Law of Nature / Best Days Formula  
bio-botanical research / proflora4r restorative probiotic  
blackmore (au) / probiotics+ daily health  
nature's instincts / ultra spore probiotic  
powerlabs (au) / ultra blend

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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-

a]quinolizinium {Berberine}

3,3',4',5,7-pentahydroxyflavone {Quercetin}

acetylsalicylic acid, aspirin

chlorhexidine

Cinnamomum zeylanicum {Ceylon Cinnamon}

Diferuloylmethane {Curcumin}

eugenol {Eugenol acid}

green tea

Myristica fragrans {Nutmeg}

Olea europaea {Olive leaf}

Pistacia lentiscus {mastic gum}

Propolis {Bee glue}

resveratrol-pterostilbene {grapes, blueberries}

schisandra chinensis {magnolia berry}

Thymus vulgaris {thyme}

Vaccinium {Cranberry}

Zingiber officinale Roscoe {ginger}

## Sample of Literature Used

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Anorexia Nervosa

Antiphospholipid syndrome (APS)

Asthma

Atherosclerosis

Atrial fibrillation

Autism

Autoimmune Disease

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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

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**  
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**Tourette syndrome**  
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**Type 2 Diabetes**  
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