

Microbiome Information for: Atrial fibrillation

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

[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Atrial fibrillation

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
Alcaligenaceae	family	High	506	Hungatella	genus	Low	1649459
Barnesiellaceae	family	Low	2005519	Klebsiella	genus	High	570
Acinetobacter	genus	High	469	Kluyvera	genus	High	579
Aeromonas	genus	High	642	Lachnobacterium	genus	Low	140625
Agathobacter	genus	High	1766253	Lachnoclostridium	genus	High	1506553
Bilophila	genus	Low	35832	Lachnospira	genus	High	28050
Blautia	genus	High	572511	Lactobacillus	genus	High	1578
Brevundimonas	genus	Low	41275	Lactococcus	genus	High	1357
Butyricoccus	genus	Low	580596	Mitsuokella	genus	High	52225
Butyrivibrio	genus	Low	830	Oscillibacter	genus	Low	459786
Citrobacter	genus	Low	544	Parabacteroides	genus	High	375288
Coprococcus	genus	High	33042	Paraprevotella	genus	Low	577309
Desulfovibrio	genus	High	872	Prevotella	genus	Low	838
Dialister	genus	High	39948	Ruminococcus	genus	High	1263
Dorea	genus	High	189330	Sanguibacteroides	genus	Low	1635148
Eisenbergiella	genus	High	1432051	Sellimonas	genus	High	1769710
Enorma	genus	High	1472762	Shigella	genus	Low	620
Enterobacter	genus	High	547	Streptococcus	genus	High	1301
Enterococcus	genus	High	1350	Turicibacter	genus	Low	191303
Escherichia	genus	Low	561	Tyzzereella	genus	Low	1506577
Faecalibacterium	genus	Low	216851	Veillonella	genus	High	29465
Haemophilus	genus	High	724	Burkholderiales	order	High	80840
Holdemanella	genus	Low	1573535	Eubacterium ramulus	species	High	39490
Holdemania	genus	High	61170	Phocaeicola coprophilus	species	Low	387090
				Segatella copri	species	Low	165179

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.

bacillus subtilis (probiotics) 10 BCFU/day

bifidobacterium longum (probiotics) 10 BCFU/day

brown rice

fructo-oligosaccharides (prebiotic) 15 gram/day

inulin (prebiotic) 32 gram/day

lactobacillus paracasei (probiotics) 40 BCFU/day

lactulose

omega-3 fatty acids 4 gram/day

raffinose(sugar beet)

resistant starch

saccharomyces boulardii (probiotics) 6 BCFU/day

whole-grain barley 60 gram/day

zinc 300 mg/day

Retail Probiotics

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

garden of life / primal defense
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 Physician Choice /60 Billion Probiotics
 quantum wellness / restora flora
 Bromatech (IT) / Serobiome
 Ombre / Healthy Gut
 OMNI-BIOTIC®/ 10 AAD
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 Ombre / Metabolic Booster
 organic 3 / primal gut
 blackmore (au) / probiotics+ daily health
 Garden of Life / Dr. Formulated Once Daily Women's
 hyperbiotics / pro-15
 solaray / microbiome probiotic colon formula
 SuperSmart / Full Spectrum Probiotic Formula
 bravo europe / starter and complex
 optibac / for every day
 jamieson (can) / probiotic 10 bcfu
 nature's way (au) /restore probiotic bowel & colon health 30s
 renew life men's probiotic - ultimate
 douglas laboratories / multi probiotic 40 billion
 fürstenmed / lacto-bifido
 Swiss BioEnergetics / Full Spectrum Probiotic Defence
 newrhythm / probiotics 20 stains
 blackmores (au) / probiotics + adults daily (90 capsules)
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 Wholesome Wellness / Raw Probiotic
 HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
 naturopathica (au) /gastrohealth probiotic ultimate daily care 100billion
 microbiome labs / restorflora
 spain (es) / vivomixx
 renew life / ultimate flora
 up4 / ultra
 jarrow formulas / bifidus balance® + fos
 bioglan bio (au) / happy probiotic 100
 HLH BIOPHARMA(DE) / LACTOBACT ® AAD
 naturopathica (au) / gastrohealth probiotic adults 50+
 Schwabe Pharma Italia / MegaStress
 SuperSmart / Lactoxira
 Bromatech (IT) / Enterelle
 ProbioMax® Daily DF
 SuperSmart / Bacillus Subtilis
 Advanced Bio-Cultures / Advance Multi Strain Probiotics
 INVIVO THERAPEUTICS / Bio.Me IB +
 elixa / probiotic
 bioray / cytoflora
 Smidge /Sensitive Probiotic
 Krauterhaus / Lactopro
 Jetson (US) / Immunity Probiotics
 udo's choice /super 8 gold
 Bromatech (IT) / Aflugenex
 aor / probiotic-3
 solgar / advanced multi-billion dophilus
 nature's way (au) / restore probiotic daily health 90s

optibac / for daily immunity
Metabolics / Bifidobacterium Longum Powder
Windlove Probiotics / Ecologic®825
ASEA VIA / BIOME
CustomProbiotics.com / L. Paracasei Probiotic Powder
Ombre / Mood Enhancer
florastor / florastor
amy meyers / primal earth probiotic
PrecisionBiotics / Zenflore
PharmExtracta / Bowell
Jetson / Gut Prep
up4 / adult
ferring / vsl#3
visbiome
Thryve LPCasei Th1, LPCasei Th2,L.Ferm IBF1, L.acidoph
Bromatech (IT) / Lautoselle
Prescript-Assist®/SBO Probiotic
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
solgar / advanced 40+ acidophilus
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
optibac / saccharomyces boulardii
Bromatech (IT) / Bifiselle
Northwest Natural Products / PBB
wakamoto (jp) / wakamoto pharmaceutical intestinal drug
custom probiotics / five strain bifidobacteria
custom probiotics / d-lactate free probiotics powder
naturopathica (au) / gastrohealth fibrepro
philips / colon health
blackmore (au) / probiotics+ eczema relief
imagilin / NutriLots Replenish
7 AM Ultra Probiotics
organic 3 / gutpro
naturopathica (au) / gastrohealth antacid
bravo europe / freeze-dried bravo
lifted naturals / mood boosting probiotic
cytoplant(uk) / dentavital bifidophilus
bioglan bio (au) / happy probiotic 50
CustomProbiotics.com / B. Longum Probiotic Powder
powerlabs (au) / ultra blend
Genesis Bifidobacterium Complex BB Probiotic
seed / male version
NOW FOODS / Clinical GI Probiotic
PrecisionBiotics / Immune
Bromatech (IT) / Rotanelle plus
Dr. Mercola / Complete Probiotics
naturopathica (au) / gastrohealth probiotic daily care
Physis / Advance Probiotics
nature's way (au) / restore probiotic 30 billion 30s
spain (es) / axiboulardi
young living/life 9
nature's bounty / probioti 10
optibac / bifidobacteria & fibre
Sanogermina / AB-Kolicare
Bromatech / ENTERELLE PLUS
fairvital / microflora basic
Energybalance / ColoBiotica 28 Colon Support
jarrow formulas / jarro-dophilus mood
SuperSmart / Saccharomyces Boulardii

MegaFood / MegaFlora
microbiome labs / hu58
blackmore (au) / probiotics+ bowel support
Schwabe Pharma Italia / AxiBoulardi
PharmExtracta (IT) / Gliadines buccal stickpacks
ISCON Elegance/ Ochek Capsule 10
danactive drink
blackmores (au) / probiotics+ immune defence
SuperSmart / Oral Health
Ombre / Endless Energy
Seeking Health / Probiota HistaminX
Microbiome Labs / ZENBIOME Dual
canada (ca) / calmbiotic
Jetson (US) / Mood Probiotics
Ombre / Heart Health
klaire labs / ther-biotic factor 4
InnovixLabs / Mood Probiotic
seed / female version
spain (es) / ultralevura
jarrow formulas / jarro-dophilus® ultra
PoolPharma (IT) / ProbioTKMIO
organic 3 / yeastbiotic
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
CVSHealth / Daily 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.

annatto	quercetin, resveratrol
Arbutin (polyphenol)	retinoic acid, (Vitamin A derivative)
bacillus coagulans (probiotics)	smoking
Caffeine	stevia
cinnamon (oil, spice)	Sumac (Rhus coriaria)
coriander oil	syzygium aromaticum (clove)
diosmin, (polyphenol)	thyme (thymol, thyme oil)
foeniculum vulgare, fennel	trachyspermum ammi, Ajwain
glycerol monolaurate (Monolaurin)	triphala
Hesperidin (polyphenol)	Umeboshi (Japanese Apricot or Prunus mume)
high red meat	vegetarians
luteolin (flavonoid)	Vitamin B1, thiamine hydrochloride
melatonin supplement	Vitamin B-12
N-Acetyl Cysteine (NAC),	vitamin b2, Riboflavin
neem	vitamin B3, niacin
peppermint (spice, oil)	Vitamin B6, pyridoxine hydrochloride
pomegranate	vitamin B7, biotin
quercetin	xylan (prebiotic)
	xylaria hypoxylon (fungi)

Sample of Literature Used

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Acne

ADHD

Age-Related Macular Degeneration and Glaucoma

Allergic Rhinitis (Hay Fever)

Allergies

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

Bipolar Disorder

Brain Trauma

Breast Cancer

Carcinoma

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

Colorectal Cancer

Constipation

Coronary artery disease

COVID-19

Crohn's Disease

cystic fibrosis

deep vein thrombosis

Depression

Dermatomyositis

Eczema

Endometriosis

Eosinophilic Esophagitis

Epilepsy

erectile dysfunction

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

Heart Failure

Hidradenitis Suppurativa

Histamine Issues, Mast Cell Issue, DAO Insufficiency

hypercholesterolemia (High Cholesterol)
hyperglycemia
Hyperlipidemia (High Blood Fats)
hypersomnia
hypertension (High Blood Pressure)
Hypoxia
IgA nephropathy (IgAN)
Inflammatory Bowel Disease
Insomnia
Intelligence
Intracranial aneurysms
Irritable Bowel Syndrome
Juvenile idiopathic arthritis
Liver Cirrhosis
Long COVID
Low bone mineral density
Lung Cancer
ME/CFS with IBS
ME/CFS without IBS
Menopause
Metabolic Syndrome
Mood Disorders
Multiple Sclerosis
Multiple system atrophy (MSA)
myasthenia gravis
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
Polycystic ovary syndrome
Postural orthostatic tachycardia syndrome
Premenstrual dysphoric disorder
primary biliary cholangitis
Psoriasis
rheumatoid arthritis (RA), Spondyloarthritis (SpA)
Rosacea
Schizophrenia
scoliosis
sensorineural hearing loss
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