

## Microbiome Information for: Hyperlipidemia (High Blood Fats)

### 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

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Hyperlipidemia (High Blood Fats)

**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
Bacilli	class	Low	91061	Bilophila	genus	High	35832
Bacteroidia	class	Low	200643	Butyricoccus	genus	Low	580596
Betaproteobacteria	class	Low	28216	Chlamydia	genus	High	810
Gammaproteobacteria	class	High	1236	Colidextribacter	genus	High	1980681
Verrucomicrobia	class	High	203494	Desulfovibrio	genus	High	872
Enterococcaceae	family	High	81852	Enterococcus	genus	High	1350
Helicobacteraceae	family	High	72293	Eubacterium	genus	High	1730
Lachnospiraceae	family	Low	186803	Faecalibacterium	genus	Low	216851
Lactobacillaceae	family	Low	33958	Faecalibaculum	genus	High	1729679
Porphyromonadaceae	family	Low	171551	Helicobacter	genus	High	209
Sutterellaceae	family	Low	995019	Lactobacillus	genus	Low	1578
Verrucomicrobiaceae	family	High	203557	Oscillibacter	genus	High	459786
Akkermansia	genus	High	239934	Parasutterella	genus	Low	577310
Alistipes	genus	Low	239759	Rothia	genus	Low	508215
Allobaculum	genus	High	174708	Lactobacillus johnsonii	species	Low	33959
Barnesiella	genus	Low	397864	Pediococcus pentosaceus	species	Low	1255
Bifidobacterium	genus	High	1678	Porphyromonas gingivalis	species	High	837

## 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

Agaricus bisporus {White button mushrooms}

Astragalus

Below normal temperature {Cold exposure}

Bifidobacterium breve {B. breve} 15 BCFU/day

cranberry bean flour

Epicatechin {Green tea polyphenol}

grape seed extract 6 gram/day

green tea

Grifola frondosa {Hen of the Woods Mushroom}

L-3-hydroxytrimethylaminobutanoate {carnitine}

Lactose {Milk Sugar}

Linum usitatissimum {Flaxseed} 30 mg/day

Lycium barbarum x Lycium chinense, {Goji Fruit, Juice}

N(phosphonomethyl)glycine {glyphosate}

partially hydrolysed guar gum

Phaseolus vulgaris {Boston bean}

Phyllanthus emblica {Chinese gall}

Pleurotus ostreatus {Oyster mushroom}

Polyethylene oxide sorbitan mono-oleate {Polysorbate 80}

Pulvis ledebouriellae compositae {Bofutsushosan}

Sleep apnea {partial sleep deprivation}

Sodium Chloride {Salt}

Sucralose {Splenda} 340 mg/day

synthetic disaccharide derivative of lactose {Lactulose}

tea

Tobacco consumption {Smoking}

## Retail Probiotics

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

jarrow formulas / bifidus balance® + fos  
naturopathica (au) / gastrohealth fibrepro  
Lab One / N ° 1 SportBiotic  
blackmore (au) / probiotics+ eczema relief  
CustomProbiotics.com / B. Breve Probiotic Powder  
blackmores (au) / probiotics+ immune defence  
Maple Life Science™ / Bifidobacterium breve  
nature's way (au) / restore probiotic 30 billion 30s  
blackmore (au) / probiotics+ daily health  
PharmExtracta (IT) / Brevicillin Stick  
blackmores (au) / probiotics + adults daily (90 capsules)  
nature's way (au) / restore probiotic daily health 90s  
Bulk Probiotics / B. Breve Probiotic Powder

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.

2,3-dihydroxypropyl dodecanoate {Monolaurin}	Lacticaseibacillus casei {L. casei}
3,3',4',5,7-pentahydroxyflavone {Quercetin}	Lactobacillus delbrueckii subsp. bulgaricus {L bulgaricus}
Abstention from eating {Fasting}	Lactobacillus Johnsonii {Lactobacillus Johnsonii}
allium sativum {garlic}	Lactobacillus plantarum {L plantarum}
arabinogalactan {arabinogalactan}	Limosilactobacillus reuteri {L. Reuteri}
bacillus	long-term, moderate-intensity exercise {exercise}
bacillus licheniformis {b. licheniformis}	Malus domestica {apple}
bacillus subtilis {B.Subtilis }	Morinda citrifolia {Noni}
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	Panax ... {Ginseng}
bifidobacterium longum {B.Longum }	pectin {pectin}
Clostridium butyricum MIYAIRI 588 {Miyarisan}	Pediococcus pentosaceus {P. pentosaceus}
Diferuloylmethane {Curcumin}	polyphenols
fruit	Probiotic Mixture 2 {Vetafarm Probiotic}
fruit/legume fibre	Propolis {Bee glue}
fucoidan {Brown Algae Extract}	Saccharomyces cerevisiae var boulardii {S. boulardii}
Ganoderma sichuanense {Reishi Mushroom}	β-glucan {Beta-Glucan}
Hordeum vulgare {Barley}	yogurt

## Sample of Literature Used

The following are the most significant of the studies used to generate these suggestions.

[Association of glycerolipid metabolism with gut microbiota disturbances in a hamster model of high-fat diet-induced hyperlipidemia.](#)

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## Additional APriori Analysis Available

Available at: <https://microbiomeprescription.com/Library/PubMed>

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-Haptic 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**  
**Tic Disorder**  
**Tourette syndrome**  
**Type 1 Diabetes**  
**Type 2 Diabetes**  
**Ulcerative colitis**  
**Unhealthy Ageing**  
**Vitiligo**