

Microbiome Information for: hypertension (High Blood Pressure)

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 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 hypertension (High Blood Pressure)

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
Fusobacteriia	class	High	203490	Lactobacillus	genus	High	1578
Alcaligenaceae	family	Low	506	Odoribacter	genus	Low	283168
Atopobiaceae	family	High	1643824	Olsenella	genus	Low	133925
Bifidobacteriaceae	family	Low	31953	Oscillibacter	genus	Low	459786
Lachnospiraceae	family	Low	186803	Parabacteroides	genus	High	375288
Oscillospiraceae	family	Low	216572	Paraprevotella	genus	High	577309
Peptococcaceae	family	High	186807	Parasutterella	genus	Low	577310
Acetobacteroides	genus	High	1647173	Peptococcus	genus	High	2740
Acinetobacter	genus	High	469	Phascolarctobacterium	genus	Low	33024
Aeriscardovia	genus	Low	240233	Prevotella	genus	High	838
Aestuariispira	genus	High	1647175	Proteiniborus	genus	High	415014
Akkermansia	genus	High	239934	Quinella	genus	High	1567
Anaerostipes	genus	High	207244	Roseburia	genus	Low	841
Bacteroides	genus	Low	816	Rothia	genus	High	508215
Barnesiella	genus	High	397864	Ruminiclostridium	genus	Low	1508657
Bifidobacterium	genus	Low	1678	Ruminococcus	genus	High	1263
Bilophila	genus	Low	35832	Shigella	genus	High	620
Blautia	genus	Low	572511	Slackia	genus	High	84108
Borrelia	genus	High	138	Staphylococcus	genus	High	1279
Butyricicoccus	genus	Low	580596	Streptococcus	genus	High	1301
Butyricimonas	genus	Low	574697	Succinivibrio	genus	High	83770
Butyrivibrio	genus	Low	830	Sutterella	genus	High	40544
Catabacter	genus	High	270497	Treponema	genus	Low	157
Cellulosibacter	genus	High	1246649	Turidibacter	genus	Low	191303
Cellulosilyticum	genus	Low	698776	Vampirovibrio	genus	High	213484
Christensenella	genus	High	990721	Victivallis	genus	High	172900
Collinsella	genus	High	102106	Weissella	genus	High	46255
Coprobacter	genus	Low	1348911	Bacteroidales	order	Low	171549
Coprococcus	genus	Low	33042	[Ruminococcus] torques	species	High	33039
Desulfovibrio	genus	High	872	Akkermansia muciniphila	species	High	239935
Dialister	genus	High	39948	Bacteroides fragilis	species	Low	817
Dorea	genus	High	189330	Bacteroides thetaiotaomicron	species	Low	818
Dysgonomonas	genus	Low	156973	Bifidobacterium adolescentis	species	Low	1680
Eisenbergiella	genus	Low	1432051	Bifidobacterium bifidum	species	Low	1681
Erysipelatoclostridium	genus	Low	1505663	Bifidobacterium longum	species	Low	216816
Escherichia	genus	High	561	Bordetella pertussis	species	High	520
Faecalibacterium	genus	Low	216851	Burkholderia cepacia	species	High	292
Faecalibaculum	genus	High	1729679	Chlamydia pneumoniae	species	High	83558
Faecalitalea	genus	High	1573534	Corynebacterium ammoniagenes	species	High	1697
Fusicatenibacter	genus	High	1407607	Enterococcus faecalis	species	High	1351
Geosporobacter	genus	High	390805	Faecalibacterium prausnitzii	species	Low	853

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Gordonibacter	genus	High	644652	Fusobacterium mortiferum	species	High	850
Haemophilus	genus	Low	724	Micrococcus luteus	species	High	1270
Intestinimonas	genus	High	1392389	Parabacteroides merdae	species	High	46503
Klebsiella	genus	High	570	Roseburia hominis	species	Low	301301
Lachnobacterium	genus	High	140625	Roseburia inulinivorans	species	High	360807
Lachnospira	genus	High	28050	Ruminococcus flavefaciens	species	High	1265
				Treponema pallidum	species	High	160

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-Amino-4-(methylthio)butanoic acid {Methionine}	5 gram/day	high red meat
2-hydroxyethyl)trimethylazanium {choline}	1 g/day	Ligilactobacillus salivarius {L. salivarius}
Below normal temperature {Cold exposure}		9 BCFU/day
Camellia Linnaeus {camellia}		Nicotine, Nicotine Patch
Cannabis sativa {Marijuana}		N-L-a-aspartyl-L-phenylalanine methyl ester {aspartame}
colostrum		Sleep apnea {partial sleep deprivation}
d-galactose {milk sugar}		Sodium 2-stearoyllactate {sodium stearoyl lactylate}
Escherichia coli cryodesiccata {colinfant probiotics}		Sucralose {Splenda}
Fermented Brassica oleracea {Sauerkraut}		340 mg/day
Glycine max {Doenjang}		Thiamine {Vitamin B1}
		1.8 gram/day
		Tobacco consumption {Smoking}
		Tudca

Retail Probiotics

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

Bromatech (IT) / Acronelle
Bromatech (IT) / Lautoselle
klair labs / target gb-x
Sash Vitality / Bio-Cultures Probiotics for Adults
SuperSmart / Vaginal Health
CustomProbiotics.com / L. Salivarius Probiotic Powder
bravo europe / freeze-dried bravo
Nu U (uk) / Bio-Cultures Complex
Maple Life Science™ / Lactobacillus salivarius
Bulk Probiotics / L. Salivarius Probiotic Powder
wakamoto (jp) / strong wakamoto w
HLH BIOPHARMA(DE) / LACTOBACT® OMNI FOS
Metabolics / Lactobacillus Salivarius Powder
ecology_allergycare

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}
(2->1)-beta-D-fructofuranan {Inulin}
arabinogalactan {arabinogalactan}
bacillus
bacillus,lactobacillus,streptococcus,saccharomyces probiotic
bifidobacterium longum {B.Longum }
Diferuloylmethane {Curcumin}

fruit
fruit/legume fibre
Lactobacillus plantarum {L. plantarum}
oligosaccharides {oligosaccharides}
pectin {pectin}
Propolis {Bee glue}
β-glucan {Beta-Glucan}
wheat

Sample of Literature Used

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Cushing's Syndrome (hypercortisolism)
cystic fibrosis
d-lactic acidosis (one form of brain fog)
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Denture Wearers Oral Shifts
Depression
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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)
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Schizophrenia
scoliosis
sensorineural hearing loss
Sjögren syndrome
Sleep Apnea
Slow gastric motility / Gastroparesis
Small Intestinal Bacterial Overgrowth (SIBO)
Stress / posttraumatic stress disorder
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Tic Disorder
Tourette syndrome
Type 1 Diabetes
Type 2 Diabetes
Ulcerative colitis
Unhealthy Ageing
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