

## Microbiome Information for: hypercholesterolemia (High Cholesterol)

### For 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**

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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 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

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of hypercholesterolemia (High Cholesterol)

*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.

<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy ID</b>	<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy ID</b>
Bacillaceae	family	High	186817	Odoribacter	genus	High	283168
Coriobacteriaceae	family	High	84107	Prevotella	genus	High	838
Erysipelotrichaceae	family	Low	128827	Rothia	genus	High	32207
Allobaculum	genus	High	174708	Rothia	genus	High	508215
Anaeroplasma	genus	Low	2086	Selenomonas	genus	Low	970
Clostridium	genus	High	1485	Serratia	genus	High	613
Enterococcus	genus	Low	1350	Victivallis	genus	Low	172900
Faecalibacterium	genus	Low	216851	Chromatiales	order	High	135613
Haemophilus	genus	Low	724	Eubacteriales	order	High	186802
Leptotrichia	genus	High	32067	Akkermansia muciniphila	species	Low	239935
Megamonas	genus	High	158846	Enterococcus faecium	species	Low	1352
Methanosphaera	genus	High	2316	Lactiplantibacillus plantarum	species	Low	1590
Mitsuokella	genus	Low	52225	Limosilactobacillus reuteri	species	Low	1598

## 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.

Antibiotics annotated with [CFS] have been used with various degree of success with Myalgic Encephalomyelitis, Chronic Fatigue Syndrome, Chronic Lyme, Chronic Q-Fever and Long COVID conditions. Rotation of antibiotics with 3 weeks off between courses is recommended.

**AMPICILLIN (ANTIBIOTIC)[CFS]**  
 benzylpenicillin sodium (antibiotic)  
 ceftriaxone (antibiotic)  
 cinnamon (oil. spice) 6 gram/day  
**CIPROFLOXACIN (ANTIBIOTIC)[CFS]**  
 fat  
 fruit/legume fibre  
 gentamicin (antibiotic)s  
 imipenem (antibiotic)s  
 iron 400 mg/day  
 linseed(flaxseed) 30 mg/day  
 low protein diet

meropenem (antibiotic)s  
 Nicotine, Nicotine Patch  
 non-starch polysaccharides  
 piperacillin-tazobactam (antibiotic)s  
 quercetin 2 gram/day  
 Shen Ling Bai Zhu San  
 tetracycline (antibiotic)s  
 tigecycline (antibiotic)s  
 triphala 9000 mg/day  
**VANCOMYCIN (ANTIBIOTIC)[CFS]**  
 vegetarians  
 zinc 300 mg/day

## 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.

fructo-oligosaccharides (prebiotic)

inulin (prebiotic)

jerusalem artichoke (prebiotic)

metformin (prescription)

raffinose(sugar beet)

resistant starch

resveratrol (grape seed/polyphenols/red wine)

sesame cake/meal

soy

## Sample of Literature Used

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

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Amyotrophic lateral sclerosis (ALS) Motor Neuron

Ankylosing spondylitis

Anorexia Nervosa

Antiphospholipid syndrome (APS)

Asthma

Atherosclerosis

Atrial fibrillation

Autism

Autoimmune Disease

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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  
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COVID-19  
Crohn's Disease  
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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  
giant cell arteritis  
Glioblastoma  
Gout  
Graves' disease  
Halitosis  
Hashimoto's thyroiditis  
Heart Failure  
Hemorrhoidal disease, Hemorrhoids, Piles  
Hidradenitis Suppurativa  
Histamine Issues  
hypercholesterolemia (High Cholesterol)  
hyperglycemia  
Hyperlipidemia (High Blood Fats)  
hypersomnia  
hypertension (High Blood Pressure)  
Hypothyroidism  
Hypoxia  
IgA nephropathy (IgAN)  
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Intracranial aneurysms  
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Liver Cirrhosis  
Long COVID  
Low bone mineral density  
Lung Cancer  
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  
Polycystic ovary syndrome  
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Premenstrual dysphoric disorder  
primary biliary cholangitis  
Psoriasis  
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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  
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