

## Microbiome Information for: hypertension (High Blood Pressure)

### 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

A Microbiome Analysis Company

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[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
Bacteroidia	class	Low	200643	Geosporobacter	genus	High	390805
Atopobiaceae	family	High	1643824	Gordonibacter	genus	High	644652
Erysipelotrichaceae	family	High	128827	Haemophilus	genus	Low	724
Lachnospiraceae	family	Low	186803	Intestinimonas	genus	High	1392389
Oscillospiraceae	family	Low	216572	Odoribacter	genus	Low	283168
Peptococcaceae	family	High	186807	Olsenella	genus	Low	133925
Acetobacteroides	genus	High	1647173	Oscillibacter	genus	Low	459786
Acinetobacter	genus	High	469	Parabacteroides	genus	High	375288
Adlercreutzia	genus	High	447020	Paraprevotella	genus	High	577309
Aeriscardovia	genus	Low	240233	Parasutterella	genus	Low	577310
Aestuariaispira	genus	High	1647175	Peptococcus	genus	High	2740
Alistipes	genus	Low	239759	Prevotella	genus	High	838
Barnesiella	genus	High	397864	Proteiniborus	genus	High	415014
Bifidobacterium	genus	High	1678	Quinella	genus	High	1567
Bilophila	genus	Low	35832	Romboutsia	genus	Low	1501226
Blautia	genus	Low	572511	Roseburia	genus	Low	841
Butyricoccus	genus	Low	580596	Ruminiclostridium	genus	Low	1508657
Butyricimonas	genus	Low	574697	Ruminococcus	genus	High	1263
Butyrivibrio	genus	Low	830	Shigella	genus	High	620
Catabacter	genus	High	270497	Staphylococcus	genus	High	1279
Cellulosibacter	genus	High	1246649	Succinivibrio	genus	High	83770
Cellulosilyticum	genus	Low	698776	Sutterella	genus	High	40544
Christensenella	genus	High	990721	Treponema	genus	Low	157
Collinsella	genus	High	102106	Turidibacter	genus	Low	191303
Coprococcus	genus	Low	33042	Vampirovibrio	genus	High	213484
Desulfovibrio	genus	High	872	Weissella	genus	High	46255
Dialister	genus	High	39948	Bacteroides fragilis	species	Low	817
Eisenbergiella	genus	Low	1432051	Bifidobacterium adolescentis	species	Low	1680
Enterococcus	genus	Low	1350	Bifidobacterium bifidum	species	Low	1681
Escherichia	genus	High	561	Bifidobacterium longum	species	Low	216816
Eubacterium	genus	Low	1730	Corynebacterium ammoniagenes	species	High	1697
Faecalibacterium	genus	Low	216851	Enterococcus faecalis	species	High	1351
Faecalibaculum	genus	High	1729679	Micrococcus luteus	species	High	1270
Faecalitalea	genus	High	1573534	Roseburia hominis	species	Low	301301
				Ruminococcus flavefaciens	species	High	1265

## 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.

5-fluorouracil,(prescription)  
 alexidine dihydrochloride  
 alfacalcidol,(prescription)  
 Amethopterin (R,S)  
 amiodarone hydrochloride,(prescription)  
 aprepitant,(prescription)  
 astemizole,(prescription)  
 auranofin,(prescription)  
 azlocillin sodium salt (antibiotic)  
 bacampicillin hydrochloride (antibiotic)  
 bacitracin (antibiotic)  
 Baking Soda, Sodium Bicarbonate  
 benfluorex hydrochloride,(prescription)  
 benzathine benzylpenicillin (antibiotic)  
 benzbromarone,(prescription)  
 benzethonium chloride  
 bepridil hydrochloride,(prescription)  
 brinzolamide,(prescription)  
 butenafine hydrochloride,(prescription)  
 cannabinoids  
 carbadox,(prescription)  
 carboxymethyl cellulose (prebiotic)  
 cefaclor hydrate (antibiotic)  
 cefadroxil (antibiotic)  
 cefazolin sodium salt (antibiotic)  
 cefdinir (antibiotic)  
 cefepime hydrochloride (antibiotic)  
 cefmetazole sodium salt (antibiotic)  
 cefoperazone dihydrate (antibiotic)  
 ceforanide (antibiotic)  
 cefotetan (antibiotic)  
 cefotiam hydrochloride (antibiotic)  
 Cefoxitin sodium salt  
 cefsulodin sodium salt (antibiotic)  
 cefuroxime sodium salt (antibiotic)  
 cephalosporanic acid; 7-amino (antibiotic)  
 cephalothin sodium salt (antibiotic)  
 chlorhexidine  
 chloroxine (antibiotic)  
 chlorprothixene hydrochloride,(prescription)  
 Chlortetracycline hydrochloride  
 cilostazol,(prescription)  
**CLARITHROMYCIN (ANTIBIOTIC)S[CFS]**  
 clemizole hydrochloride,(prescription)  
 clinafloxacin (antibiotic)  
**CLINDAMYCIN (ANTIBIOTIC)S[CFS]**  
 loracarbef (antibiotic)  
 low carbohydrate diet  
 low-fat diets  
 lynestrenol,(prescription)  
 mafenide hydrochloride (antibiotic)  
 Meclocycline sulfosalicylate  
 meclozine dihydrochloride,(prescription)  
 mefloquine hydrochloride,(prescription)  
 merbromin  
 metergoline,(prescription)  
 Methacycline hydrochloride  
 methiothepin maleate,(prescription)  
 methotrexate,(prescription)  
 methyl benzethonium chloride  
**METRONIDAZOLE (ANTIBIOTIC)S[CFS]**  
 monensin sodium salt,(prescription)  
 Morphine  
 moxalactam disodium salt (antibiotic)  
 moxifloxacin (antibiotic)  
 nadifloxacin (antibiotic)  
 nafcillin sodium salt monohydrate (antibiotic)  
 navy bean  
 nefazodone hcl,(prescription)  
 nicosamide,(prescription)  
 nifuroxazide (antibiotic)  
 nifurtimox,(prescription)  
 nimodipine,(prescription)  
 niridazole,(prescription)  
 nitrofurantoin,(prescription)  
 norcyclobenzaprine,(prescription)  
 norgestimate,(prescription)  
 novobiocin sodium salt,(prescription)  
 amidazole (antibiotic)s  
 oxcarbazepine,(prescription)  
 oxethazaine,(prescription)  
 oxiconazole nitrate,(prescription)  
 oxytetracycline dihydrate (antibiotic)  
 pefloxacin (antibiotic)  
 pentamidine isethionate,(prescription)  
 perhexiline maleate,(prescription)  
 perphenazine,(prescription)  
 phenethicillin potassium salt (antibiotic)  
 pinaverium bromide,(prescription)  
 pivampicillin (antibiotic)  
 propidium iodide non-drug  
 pyrimethamine,(prescription)

cloquinol,(prescription)  
**dofazimine (antibiotic)**  
 Clomiphene citrate (Z,E)  
 closantel,(prescription)  
 clotrimazole,(prescription)  
**colistin sulfate (antibiotic)**  
 cyclosporin a,(prescription)  
 daunorubicin hydrochloride,(prescription)  
**Demeclocycline hydrochloride**  
**dequalinium dichloride**  
 desloratadine,(prescription)  
 diacerein,(prescription)  
**didoxacillin sodium salt hydrate (antibiotic)**  
 dienestrol,(prescription)  
 diethylstilbestrol,(prescription)  
**dirithromycin (antibiotic)**  
 doxazosin mesylate,(prescription)  
 doxorubicin hydrochloride,(prescription)  
**DOXYCYCLINE (ANTIBIOTIC)S[CFS]**  
 ebselen non-drug  
 econazole nitrate,(prescription)  
**enoxacin (antibiotic)**  
**ERYTHROMYCIN (ANTIBIOTIC)S[CFS]**  
 felodipine,(prescription)  
 florfenicol  
**flucloxacillin sodium (antibiotic)**  
**flumequine (antibiotic)**  
 furaltadone hydrochloride,(prescription)  
**furazolidone (antibiotic)**  
**fusidic acid sodium salt (antibiotic)**  
**gatifloxacin (antibiotic)**  
 gluten-free diet  
 hexachlorophene  
 hexestrol,(prescription)  
 hycanthone,(prescription)  
 isoconazole,(prescription)  
**josamycin (antibiotic)**  
 lacidipine,(prescription)  
 leflunomide,(prescription)  
**lincomycin (antibiotics)**  
**linezolid (antibiotic)**  
 linseed(flaxseed) 30 mg/day  
 loperamide hydrochloride,(prescription)

quercetin, resveratrol  
 quinacrine dihydrochloride dihydrate,(prescription)  
**Rifabutin**  
**rifampicin (antibiotics)**  
**rifapentine (antibiotic)**  
**rifaximin (antibiotics)** 1600 mg/day  
 risperidone,(prescription)  
**roxithromycin (antibiotics)**  
**rufloxacin (antibiotic)**  
**sarafloxacin (antibiotic)**  
 secnidazole,(prescription)  
 sertraline,(prescription)  
 simvastatin,(prescription)  
 smoking  
 sodium stearyl lactylate  
**spiramycin (antibiotic)**  
**sulbactam (antibiotic)**  
 suloctidil,(prescription)  
**talampicillin hydrochloride (antibiotic)**  
 tamoxifen citrate,(prescription)  
 temozolomide,(prescription)  
 terfenadine,(prescription)  
**thiamphenicol (antibiotic)**  
 thiethylperazine dimalate,(prescription)  
 thimerosal (mercury vacine perservative)  
 thioestrepton,(prescription)  
 thonzonium bromide,(pharmacological additive)  
 tibolone,(prescription)  
**ticarcillin sodium (antibiotic)**  
**tinidazole (antibiotic)**  
 tioconazole,(prescription)  
 Tiratricol, 3,3',5-triiodothyroacetic acid  
 toremifene,(prescription)  
**Tosufloxacin hydrochloride**  
 triflupromazine hydrochloride,(prescription)  
 trifluridine,(prescription)  
 troglitazone,(prescription)  
**troleandomycin (antibiotic)**  
 tylosin,(prescription)  
 vecuronium bromide,(prescription)  
**Vitamin B1,thiamine hydrochloride** 1.8 gram/day  
 zafirlukast,(prescription)  
 zotepine,(prescription)  
 zuclopenthixol dihydrochloride,(prescription)

## 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.

arabinogalactan (prebiotic)

bacillus subtilis (probiotics)

barley

berberine

gentamicin (antibiotic)s

inulin (prebiotic)

lactobacillus plantarum (probiotics)

lactobacillus reuteri (probiotics)

lactobacillus rhamnosus gg (probiotics)

vitamin d

walnuts

wheat

## Sample of Literature Used

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

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Antiphospholipid syndrome (APS)

Asthma

Atherosclerosis

Atrial fibrillation

Autism

Autoimmune Disease

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Bipolar Disorder

Brain Trauma

Breast Cancer

Cancer (General)

Carcinoma

cdk15 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

Colorectal Cancer

Constipation

Coronary artery disease

COVID-19

Crohn's Disease

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Eczema

Endometriosis

Eosinophilic Esophagitis

Epilepsy

erectile dysfunction

Fibromyalgia

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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  
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Inflammatory Bowel Disease  
Insomnia  
Intelligence  
Intracranial aneurysms  
Irritable Bowel Syndrome  
Juvenile idiopathic arthritis  
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Long COVID  
Low bone mineral density  
Lung Cancer  
Mast Cell Issues/ mastitis  
ME/CFS with IBS  
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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  
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**