

Microbiome Information for: Atherosclerosis

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 Atherosclerosis

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	<i>class</i>	Low	200643	Lactobacillus	<i>genus</i>	High	1578
Akkermansia	<i>genus</i>	Low	239934	Prevotella	<i>genus</i>	High	838
Bifidobacterium	<i>genus</i>	High	1678	Proteus	<i>genus</i>	High	583
Clostridium	<i>genus</i>	Low	1485	Providencia	<i>genus</i>	High	586
Collinsella	<i>genus</i>	High	102106	Rikenella	<i>genus</i>	Low	28138
Edwardsiella	<i>genus</i>	High	635	Roseburia	<i>genus</i>	Low	841
Erwinia	<i>genus</i>	High	551	Ruminococcus	<i>genus</i>	High	1263
Eubacterium	<i>genus</i>	Low	1730	Eubacterium xylanophilum	<i>species</i>	Low	39497
Fusobacterium	<i>genus</i>	High	848	Odoribacter splanchnicus	<i>species</i>	Low	28118
				Roseburia intestinalis	<i>species</i>	Low	166486

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.

apple			
arabinogalactan (prebiotic)	21 gram/day		
bacillus subtilis (probiotics)	10 BCFU/day		
Burdock Root			
Cacao	20 gram/day		
fat			
fructo-oligosaccharides (prebiotic)	15 gram/day		
galacto-oligosaccharides (prebiotic)	10 gram/day		
Glucomannan	700 mg/day		
gum arabic (prebiotic)	30 gram/day		
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	2 gram/day		
lactobacillus casei (probiotics)	48 BCFU/day		
lactobacillus paracasei (probiotics)	40 BCFU/day		
lactobacillus plantarum (probiotics)	60 BCFU/day		
lactulose			
navy bean			
oligosaccharides (prebiotic)			
partially hydrolyzed guar gum	6 gram/day		
quebracho			
raffinose(sugar beet)			
resistant starch			
rosmarinus officinalis, rosemary			
soy	25 gram/day		
wheat bran			
whey	60 gram/day		

Retail Probiotics

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

garden of life / primal defense
douglas laboratories / multi probiotic 40 billion
bioglan bio (au) / happy probiotic 100
7 AM Ultra Probiotics
quantum wellness / restora flora
Lake Avenue Nutrition / Probiotics 10 Strain Blend
Windlove Probiotics / Ecologic®825
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
fürstenmed / lacto-bifido
newrhythm / probiotics 20 stains
renew life / ultimate flora
up4 / ultra
renew life men's probiotic - ultimate
SuperSmart / Full Spectrum Probiotic Formula
Physician Choice /60 Billion Probiotics
jarrow formulas / jarro-dophilus® ultra
nature's bounty / probioti 10
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
organic 3 / primal gut
Garden of Life / Dr. Formulated Once Daily Women's
hyperbiotics / pro-15
bioglan bio (au) / happy probiotic 50
solaray / microbiome probiotic colon formula
OMNI-BIOTIC®/ TRAVEL
Dr. Mercola / Complete Probiotics
vinco / probiotic eight 65
Physis / Advance Probiotics
Wakunaga / Max Probiotic
MegaFood / MegaFlora
Invivo / Bio.Me Femme UT
SuperSmart / Derma Relief
fairvital / microflora basic
OMNI-BIOTIC®/ 10 AAD
jarrow formulas / jarro-dophilus eps
visbiome
seed / female version
Ombre / Healthy Gut
UltraFlora® Immune Booster
ferring / vsl#3
elixa / probiotic
bioray / cytoflora
Krauterhaus / Lactopro
Jetson (US) / Immunity Probiotics
spain (es) / vivomixx
Advanced Bio-Cultures / Advance Multi Strain Probiotics
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
udo's choice /super 8 gold
ASEA VIA / BIOME
HLH BIOPHARMA(DE) / LACTOBACT ® METABOLIC
jarrow formula / jarro-dophilus original
Probiotic 10 Billion Active Cells Daily Maintenance
jarrow formula / ideal bowel support® lp299v®
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
Northwest Natural Products / PBB

naturopathica (au) / gastrohealth probiotic dairy free 50 billion
SuperSmart / Probio Forte
Immune Defense Daily Chewable Probiotic
SuperSmart / Lactoxira
Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
ProbioMax® Daily DF
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
Floradapt Gut Comfort
SuperSmart / Bacillus Subtilis
Nature's Lab Intensive GI
CustomProbiotics.com / L. Paracasei Probiotic Powder
Ombre / Mood Enhancer
amy meyers / primal earth probiotic
Jetson / Gut Prep
up4 / adult
nature's way (au) / restore probiotic bowel & colon health 30s
spain (es) / I3.1
jamieson (can) / probiotic 10 bcfu
Thryve LPCasei Th1, LPCasei Th2,L.Ferm IBF1, L.acidoph
Bromatech (IT) / Lautoselle
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains
organic 3 / gutpro
naturopathica (au) / gastrohealth antacid
bravo europe / freeze-dried bravo
UltraFlora® Restore
Seeking Health / Probiota HistaminX
bravo europe / starter and complex
optibac / for every day
Prescript-Assist®/SBO Probiotic
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
solgar / advanced 40+ acidophilus
aor / probiotic-3
CustomProbiotics.com / L. Casei Probiotic Powder
solgar / advanced multi-billion dophilus
optibac / for daily immunity
Bromatech(IT) / FEMELLE
bio-k+
microbiome labs / restorflora
zint nutrition / probiotic collagen +
Smidge / Sensitive Probiotic
SuperSmart / Candalb
custom probiotics / four strain lactobacilli
Bromatech (IT) / Aflugenex
INVIVO THERAPEUTICS / Bio.Me IB +
Metabolics / Lactobacillus Plantarum Powder
Nature's Lab Cardio
blackmores (au) / probiotics + adults daily (90 capsules)
Purica Probiotic Intensive GI
Ombre / Ultimate Immunity
optibac / for your cholesterol
jarrow formulas / bifidus balance® + fos
Resbiotic / resB® Lung Support
klaire labs / target gb-x
goodbelly drink
Schiff® Digestive Advantage® Advanced Probiotics Multi-Strain Support
Jetson (US) / Mood Probiotics
Ombre / Heart Health
Symprove™

custom probiotics / six strain probiotic powder
Bromatech (IT) / Citogenex
ImmuneBiotech Medical Sweden AB / GutMagnific®
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
Bromatech (IT) / Serobiome
HMF Metabolic
CustomProbiotics.com / L. Plantarum Probiotic Powder
danactive drink
ISCON Elegance/ Ochek Capsule 10
just for tummies / live bacteria
Sash Vitality / Bio-Cultures Probiotics for Adults
SuperSmart / Vaginal Health
up4 / women's
young living / life 9
Bromatech (IT) / Adomelle
Energybalance / ColoBiotica 28 Colon Support
optibac / bifidobacteria & fibre
blackmore (au) / probiotics+ bowel support
PharmExtracta (IT) / INatal Sachets
NaturalPharma / Profit Probiotics
microbiome labs / hu58
UltraFlora® Intensive Care
blackmore (au) / probiotics+ daily health
Floradapt Cardio
HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS
NOW FOODS / Clinical GI Probiotic
Purica Probiotic Cardio
ecology_allergycare
seed / male version
Maple Life Science™ / Lactobacillus plantarum
lifted naturals / mood boosting probiotic
HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
powerlabs (au) / ultra blend

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.

bacillus coagulans (probiotics)
barley
berberine
Cinnamaldehyde
cinnamon (oil. spice)
cranberry bean flour
iron
ku ding cha tea
mastic gum (prebiotic)
melatonin supplement
polydextrose

Polyethylene glycol
Psyllium (Plantago Ovata Husk)
refined wheat breads
rhubarb
syzygium aromaticum (clove)
Tributylin
triphala
vegetarians
vitamin d
walnuts
Xanthohumol

Sample of Literature Used

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Acne

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

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
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
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)
Inflammatory Bowel Disease
Insomnia
Intelligence
Intracranial aneurysms
Irritable Bowel Syndrome
Juvenile idiopathic arthritis
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
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