

Microbiome Information for: Abdominal Aortic Aneurysm

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 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/>)

Thorne (<https://www.thorne.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 Abdominal Aortic Aneurysm

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			
Lentisphaeria	class	Low	1313211	Oxalobacter	genus	High	846
Victivallaceae	family	Low	255528	Prevotella	genus	High	838
Anaerotruncus	genus	Low	244127	Victivallales	order	Low	278082
Aspergillus	genus	High	5052	Acinetobacter baumannii	species	High	470
Bilophila	genus	High	35832	Acinetobacter Iwoffii	species	High	28090
Catenibacterium	genus	High	135858	Bacteroides thetaiotaomicron	species	High	818

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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}	1.5 gram/day	Linum usitatissimum {Flaxseed}	30 mg/day
Abstinence from eating {Fasting}		Litchi chinensis {lychee fruit}	
α-Glucosaccharides {GOS}		long-term, moderate-intensity exercise {exercise}	
Amylum {Starch}		Malus domestica {apple}	
arabinogalactan {arabinogalactan}	21 gram/day	oligosaccharides {oligosaccharides}	
Aronia arbutifolia, Aronia melanocarpa {Chokeberry}		Outer Layers of Triticum aestivum {Wheat Bran}	
Avena sativa {Oats}		pectin {pectin}	
Brassica oleracea var. italica {Broccoli}		Phaseolus vulgaris {Boston bean}	
Cucurbita pepo {Pumpkin}		Pisum sativum {pea}	
dietary fiber		Poly[β-D-xylopyranose(1$\rightarrow$4)] {Xylan}	
Fiber, total dietary		proton-pump inhibitors (prescription)	60 mg/day
fruit		pseudo-cereals {amaranth, quinoa, taro, buckwheat}	
Ganoderma sichuanense {Reishi Mushroom}	3.4 gram/day	Pulses, Beans	
High glycemic diet {High-sugar diet (HSD)}		raffinose {sugar beet}	
High-amylose maize starch {HAMS}		red wine	250 ml/day
Hordeum vulgare {Barley}	60 gram/day	Slow digestible carbohydrates. {Low Glycemic}	
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	2 gram/day	Sulforaphane {Dark Greens}	
Humulus lupulus compound {Xanthohumol}		Tobacco consumption {Smoking}	
ketogenic diet		Traditional Mediterranean diet {Mediterranean diet}	
Lactobacillus rhamnosus {L. rhamnosus}	48 BCFU/day	wheat	
		β -lactoglobulin {Whey}	60 gram/day

Retail Probiotics

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

Swiss BioEnergetics / Full Spectrum Probiotic Defence
 Next Generation
 Northwest Natural Products / PB8
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 blackmore (au) / probiotics+ womens flora balance
 bravo europe / freeze-dried bravo
 Bulk Probiotics / L. Rhamnosus Probiotic Powder
 Jetson (US) / Mood Probiotics
 Symprove™
 seed / female version
 jarrow formulas / jarro-dophilus® ultra
 custom probiotics / six strain probiotic powder
 CVSHealth / Daily Probiotic
 Bromatech (IT) / Serobiome
 Nu U (uk) / Bio-Cultures Complex
 biospec / probiotic-5
 SuperSmart / Oral Health
 Ombre / Healthy Gut
 ISCON Elegance/ Ochek Capsule 10
 just for tummies / live bacteria
 1 md / complete probiotics platinum
 OMNI-BIOTIC®/ 10 AAD
 up4 / women's
 RepHresh / Pro-B Probiotic Supplement for Women
 Ombre / Harmony
 young living/life 9
 SuperSmart / Derma Relief
 Bioflora(MX) / Woman
 naturopathica (au) / gastrohealth women's probiotic with cranberry
 Wakunaga / Max Probiotic
 jarrow formulas / jarro-dophilus mood
 MegaFood / MegaFlora
 Ombre / Metabolic Booster
 spain (es) / ns florabiotic instant
 optibac / for women
 OMNI-BIOTIC®/ TRAVEL
 jarrow formulas / fem-dophilus®
 Wakunaga / Pro+ Synbiotic
 organic 3 / primal gut
 naturopathica (au)/ gastrohealth probiotic daily care
 Physis / Advance Probiotics
 Bromatech (IT) / Ramnoselle
 Dr. Mercola / Complete Probiotics
 Garden of Life / Dr. Formulated Once Daily Women's
 vinco / probiotic eight 65
 Biorela® Daily
 NOW FOODS / Clinical GI Probiotic
 hyperbiotics / pro-15
 nature's way (au) / restore probiotic 100 billion
 seed / male version
 solaray / microbiome probiotic colon formula
 lifted naturals / mood boosting probiotic
 cytoplan(uk) / dentavital bifidophilus
 bioglan bio (au) / happy probiotic 50

spain (es) / muvagyn probiotico
newrhythm / probiotics 20 stains
Lake Avenue Nutrition / Probiotics 10 Strain Blend
Pregnancy Care Probiotic
ASEA VIA / BIOME
bio-k+
jarrow formula / jarro-dophilus original
Bromatech(IT) / FEMELLE
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
SuperSmart / Candalb
custom probiotics / four strain lactobacilli
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
udo's choice /super 8 gold
zint nutrition / probiotic collagen +
Krauterhaus / Lactopro
LiveWell Nutrition / Pro-45
Advanced Bio-Cultures / Advance Multi Strain Probiotics
ProGoes® Forte
elixa / probiotic
bioray / cytoflora
jarrow formulas / fem dophilus
renew life / ultimate flora
up4 / ultra
Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
JGL / Lactogyn
bioglan bio (au) / happy probiotic 100
Global Healing Center / FloraTrex
naturopathica (au) / gastrohealth probiotic adults 50+
Metabolics / Lactobacillus Rhamnosus Powder
Bromatech (IT) / Psicobrain
Ombre / Mood Enhancer
spain (es) / aquilea intimus
Ombre / Restore
garden of life / primal defense
jamieson (can) / probiotic 10 bcfu
optibac / for those on antibiotics
Bromatech (IT) / Lautoselle
Resbiotic /resB® Lung Support
SuperSmart / Full Spectrum Probiotic Formula
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
custom probiotics / d-lactate free probiotics powder
jarrow formulas / jarro-dophilus eps
spain (es) / ns defenbiotic kids
Sash Vitality /Bio-Cultures Probiotics for Adults
CustomProbiotics.com / L. Rhamnosus Probiotic Powder
blackmore (au) / probiotics+ eczema relief
SuperSmart / Vaginal Health
7 AM Ultra Probiotics
quantum wellness / restora flora
Probiotic 10 Billion Active Cells Daily Maintenance
Ombre / Endless Energy
bravo europe / starter and complex
optibac / for every day
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
vita miracle / ultra-30 probiotics
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
fürstenmed / lacto-bifido

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.

amikacin	metronidazole [CFS]
amoxicillin [CFS]	minocycline [CFS]
benzylpenicillin sodium (antibiotic)	norfloxacin
ceftazidime	Ocimum basilicum {Basil}
chloramphenicol	ofloxacin
Cichorium intybus {Chicory}	Pimpinella anisum {Anise}
Cinnamomum zeylanicum {Ceylon Cinnamon}	piperacillin-tazobactam
ciprofloxacin [CFS]	Propolis {Bee glue}
colistin sulfate (antibiotic)	resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}
D-glucose {Glucose}	sparfloxacin (antibiotic)
Ethanoic acid {Vinegar}	Thymus vulgaris {thyme}
gentamicin	tigecycline
imipenem	trimethoprim
itraconazole,(prescription)	vancomycin (antibiotic)[CFS]
meropenem	Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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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-lactic 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