

## 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 have found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is believed 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**

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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 is 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

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Email: [Research@MicrobiomePrescription.com](mailto:Research@MicrobiomePrescription.com)

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## 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	class	Low	200643	Bacteroides fragilis	species	High	817
Chlamydiaceae	family	High	809	Candida albicans	species	High	5476
Acidaminococcus	genus	High	904	Chlamydia pneumoniae	species	High	83558
Actinobacillus	genus	High	713	Coxiella burnetii	species	High	777
Akkermansia	genus	Low	239934	Dialister succinatiphilus	species	High	487173
Bacteroides	genus	High	816	Enterococcus faecalis	species	High	1351
Bifidobacterium	genus	High	1678	Escherichia coli	species	High	562
Chlamydia	genus	High	810	Eubacterium coprostanoligenes	species	Low	290054
Clostridium	genus	Low	1485	Eubacterium xylanophilum	species	Low	39497
Collinsella	genus	High	102106	Faecalibacterium prausnitzii	species	High	853
Edwardsiella	genus	High	635	Fusobacterium varium	species	High	856
Erwinia	genus	High	551	Helicobacter pylori	species	High	210
Eubacterium	genus	Low	1730	Limosilactobacillus fermentum	species	High	1613
Fusobacterium	genus	High	848	Mycoplasmodies pneumoniae	species	High	2104
Helicobacter	genus	High	209	Odoribacter splanchnicus	species	Low	28118
Lactobacillus	genus	High	1578	Phocaeicola dorei	species	Low	357276
Prevotella	genus	High	838	Phocaeicola vulgatus	species	Low	821
Proteus	genus	High	583	Porphyromonas gingivalis	species	High	837
Providencia	genus	High	586	Prevotella intermedia	species	High	28131
Rikenella	genus	Low	28138	Proteus mirabilis	species	High	584
Roseburia	genus	Low	841	Pseudomonas aeruginosa	species	High	287
Ruminococcus	genus	High	1263	Roseburia intestinalis	species	Low	166486
Actinomyces oris	species	High	544580	Tannerella forsythia	species	High	28112
				Treponema denticola	species	High	158

## 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->1)-beta-D-fructofuranan {Inulin} 32 gram/day

bacillus subtilis {B.Subtilis } 10 BCFU/day

long-term, moderate-intensity exercise {exercise}

oligosaccharides {oligosaccharides}

resistant starch

synthetic disaccharide derivative of lactose {Lactulose}

Tobacco consumption {Smoking}

## Retail Probiotics

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

probiotic pur (de) / realdose nutrition  
Bulk Probiotics / *Bacillus Subtilis* Probiotic  
theramedix / probiotic  
blackmores (au) / probiotics + adults daily (90 capsules)  
aor / probiotic-3  
vitamin angels / just thrive  
nature's way (au) / restore probiotic daily health 90s  
microbiome labs / restorflora  
INVIVO THERAPEUTICS / Bio.Me IB +  
jarrow formulas / bifidus balance® + fos  
organic 3 / primal soil  
SuperSmart / *Bacillus Subtilis*  
Realdose  
BIO-BOTANICAL RESEARCH / Megacidin  
reserveage nutrition / beautiflora  
amy meyers / primal earth probiotic  
Jetson / Gut Prep  
nature's way (au) / restore probiotic bowel & colon health 30s  
naturopathica (au) / gastrohealth fibrepro  
Jetson / FIT  
Prescript-Assist®/SBO Probiotic  
Physician Choice / 60 Billion Probiotics  
enviromedica terraflora sbo probiotic  
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu  
corebiotic  
blackmores (au) / probiotics+ immune defence  
mwsb / candida yeast support  
microbiome labs/ megasporebiotic  
klaire labs / biospora  
Energybalance / ColoBiotica 28 Colon Support  
microbiome labs / hu58  
blackmore (au) / probiotics+ bowel support  
perfect pass / perfect pass probiotic bacillus spore  
global health trax / threelac  
nature's way (au) / restore probiotic 30 billion 30s  
Law of Nature / Best Days Formula  
bio-botanical research / proflora4r restorative probiotic  
blackmore (au) / probiotics+ daily health  
nature's instincts / ultra spore probiotic  
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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}  
3,3',4',5,7-pentahydroxyflavone {Quercetin}  
acetylsalicylic acid, aspirin  
Cinnamomum zeylanicum {Ceylon Cinnamon}  
Diferuloylmethane {Curcumin}  
eugenol {Eugenol acid}  
green tea  
Lacticaseibacillus rhamnosus {l. rhamnosus}  
Myristica fragrans {Nutmeg}

Nigella sativa {black cumin}  
Olea europaea {Olive leaf}  
Pistacia lentiscus {mastic gum}  
Propolis {Bee glue}  
resveratrol-pterostilbene {grapes, blueberries}  
schisandra chinensis {magnolia berry}  
Thymus vulgaris {thyme}  
Vaccinium {Cranberry}  
Zingiber officinale Roscoe {ginger}

## Sample of Literature Used

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

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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  
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Fibromyalgia  
Food Allergy

Functional constipation / chronic idiopathic constipation  
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Heart Failure  
hemorrhagic stroke  
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Hypothyroidism  
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IgA nephropathy (IgAN)  
Inflammatory Bowel Disease  
Insomnia  
Intelligence  
Intracranial aneurysms  
Irritable Bowel Syndrome  
ischemic stroke  
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Low bone mineral density  
Lung Cancer  
Lymphoma  
Mast Cell Issues / mastitis  
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ME/CFS without IBS  
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