

Microbiome Information for: Abdominal Aortic Aneurysm

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 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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-

a]quinolizinium {Berberine} 1.5 gram/day

Abstention from eating {Fasting}

α -Glucosaccharides {GOS}

arabinogalactan {arabinogalactan} 21 gram/day

Aronia arbutifolia, Aronia melanocarpa {Chokeberry}

Avena sativa {Oats}

Brassica oleracea var. italica {Broccoli}

Cucurbita pepo {Pumpkin}

fruit

Ganoderma sichuanense {Reishi Mushroom} 3.4 gram/day

henopodium quinoa {Quinoa}

Heridium erinaceus {Lion's Mane Mushroom}

High-amylose maize starch {HAMS}

Hordeum vulgare {Barley} 60 gram/day

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2 gram/day

Humulus lupulus compound {Xanthohumol}

Lactobacillus rhamnosus {L. rhamnosus} 48 BCFU/day

Lactobacillus plantarum {L. plantarum} 60 BCFU/day

Linum usitatissimum {Flaxseed} 30 mg/day

Litchi chinensis {lychee fruit}

long-term, moderate-intensity exercise {exercise}

Malus domestica {apple}

oligosaccharides {oligosaccharides}

Outer Layers of Triticum aestivum {Wheat Bran}

pectin {pectin}

Phaseolus vulgaris {Boston bean}

Poly[β -D-xylopyranose(1 $\rightarrow$ 4)] {Xylan}

pseudo-cereals {amaranth, quinoa, taro, buckwheat}

Pulses, Beans

raffinose {sugar beet}

red wine 250 ml/day

Sulforaphane {Dark Greens}

Thiamine {Vitamin B1} 1.8 gram/day

Tobacco consumption {Smoking}

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.

Next Generation

Northwest Natural Products / PB8

naturopathica (au) / gastrohealth probiotic dairy free 50 billion

Resbiotic / resB® Lung Support

SuperSmart / Full Spectrum Probiotic Formula

jarrow formulas / jarro-dophilus eps

bioglan bio (au) / happy probiotic 100

Ombre / Mood Enhancer

garden of life / primal defense

fürstenmed / lacto-bifido

Swiss BioEnergetics / Full Spectrum Probiotic Defence

newrhythm / probiotics 20 strains

Lake Avenue Nutrition / Probiotics 10 Strain Blend

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

ASEA VIA / BIOME

Advanced Bio-Cultures / Advance Multi Strain Probiotics

elixa / probiotic

bioray / cytoflora

renew life / ultimate flora

up4 / ultra

Symprove™

seed / female version

jarrow formulas / jarro-dophilus® ultra

custom probiotics / six strain probiotic powder

7 AM Ultra Probiotics

quantum wellness / restora flora

biospec / probiotic-5

vita miracle / ultra-30 probiotics

jarrow formula / ideal bowel support® lp299v®

HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS

1 md / complete probiotics platinum

OMNI-BIOTIC®/ 10 AAD

up4 / women's

SuperSmart / Derma Relief

young living / life 9

Wakunaga / Max Probiotic

MegaFood / MegaFlora

OMNI-BIOTIC®/ TRAVEL

organic 3 / primal gut

Dr. Mercola / Complete Probiotics

Garden of Life / Dr. Formulated Once Daily Women's

vinco / probiotic eight 65

hyperbiotics / pro-15

nature's way (au) / restore probiotic 100 billion

seed / male version

solaray / mycrobio probiotic colon formula
Physis / Advance Probiotics
lifted naturals / mood boosting probiotic
bioglan bio (au) / happy probiotic 50
HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
Immune Defense Daily Chewable Probiotic
cytoplan(uk) / dentavital bifidophilus
Bromatech (IT) / Ramnoselle
Maple Life Science™ / Lactobacillus plantarum
Biorela® Daily
NOW FOODS / Clinical GI Probiotic
Purica Probiotic Cardio
Floradapt Cardio
naturopathica (au)/ gastrohealth probiotic daily care
jarrow formulas / fem-dophilus®
Wakunaga / Pro+ Synbiotic
Invivo / Bio.Me Femme UT
NaturalPharma / Profit Probiotics
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
UltraFlora® Intensive Care
spain (es) / ns florabiotic instant
optibac / for women
jarrow formulas / jarro-dophilus mood
Bromatech (IT) / Adomelle
nature's bounty / probioti 10
Bioflora(MX) / Woman
fairvital / microflora basic
naturopathica (au) / gastrohealth women's probiotic with cranberry
RepHresh / Pro-B Probiotic Supplement for Women
Ombre / Harmony
UltraFlora® Immune Booster
HMF Metabolic
CustomProbiotics.com / L. Plantarum Probiotic Powder
SuperSmart / Oral Health
ISCON Elegance/ Ochek Capsule 10
just for tummies / live bacteria
Probiotic 10 Billion Active Cells Daily Maintenance
Seeking Health / Probiota HistaminX
bravo europe / starter and complex
optibac / for every day
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
ImmuneBiotech Medical Sweden AB / GutMagnific®
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
CVSHealth / Daily Probiotic
Bromatech (IT) / Serobiome
Nu U (uk) / Bio-Cultures Complex
optibac / for your cholesterol
ProbioMax® Daily DF
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturerized)
JGL / Lactogyn
Floradapt Gut Comfort
jarrow formulas / fem dophilus
Purica Probiotic Intensive GI
Ombre / Ultimate Immunity
ProGoes® Forte
bio-k+
Metabolics / Lactobacillus Plantarum Powder
Nature's Lab Cardio

spain (es) / vivomixx
Smidge / Sensitive Probiotic
Pregnancy Care Probiotic
Windlove Probiotics / Ecologic®825
spain (es) / muvagyn probiotico
theramedix / probiotic
Bulk Probiotics / L. Plantarum Probiotic Powder
spain (es) / l3.1
jamieson (can) / probiotic 10 bcfu
optibac / for those on antibiotics
Bromatech (IT) / Lautoselle
renew life men's probiotic - ultimate
ferring / vsl#3
spain (es) / aquilea intimus
up4 / adult
Ombre / Restore
nature's way (au) / restore probiotic bowel & colon health 30s
visbiome
naturopathica (au) / gastrohealth probiotic adults 50+
Nature's Lab Intensive GI
Metabolics / Lactobacillus Rhamnosus Powder
SuperSmart / Lactoxira
Bromatech (IT) / Psicobrain
douglas laboratories / multi probiotic 40 billion
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
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
custom probiotics / d-lactate free probiotics powder
SuperSmart / Probio Forte
organic 3 / gutpro
blackmore (au) / probiotics+ womens flora balance
bravo europe / freeze-dried bravo
goodbelly drink
Bulk Probiotics / L. Rhamnosus Probiotic Powder
Jetson (US) / Mood Probiotics
Ombre / Heart Health

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.

(2E,4E)-5-(1,3-Benzodioxol-5-yl)-1-(1-piperidinyl)-2,4-pentadien-1-one {Piperine}	Menta × piperita {peppermint}
Cathelicidin antimicrobial peptide {LL37}	Mentha spicata {Spearmint}
Chamaemelum nobile {Camomile}	Metha family {Mint}
chlorhexidine	nicotinic acid {Vitamin B-3}
Cichorium intybus {Chicory}	Nigella sativa {black cumin}
Cinnamomum zeylanicum {Ceylon Cinnamon}	Ocimum basilicum {Basil}
cobalamin {Vitamin B-12}	origanum vulgare {oregano}
Coriandrum sativum {Coriander}	Pimpinella anisum {Anise}
Cuminum cyminum {Cumin}	Propolis {Bee glue}
D-glucose {Glucose}	resveratrol-pterostilbene {grapes, blueberries}
Diferuloylmethane {Curcumin}	resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}
Ethanoic acid {Vinegar}	rosmarinus officinalis {rosemary}
eugenol {Eugenic acid}	Saccharomyces cerevisiae var boulardii {S. boulardii}
green tea	soy
Honey {Honey }	syzygium aromaticum {clove}
laminaria hyperborea {Cuvie}	terpenophenolics {cannabinoids}
Laurus nobilis {Bay Leaf}	Thymus vulgaris {thyme}
Lentinula edodes {Shiitake Mushroom}	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