

Microbiome Information for: ischemic stroke

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/>)

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 ischemic stroke

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
Clostridia	class	Low	186801	Megamonas	genus	High	158846
Saccharomycetes	class	High	4891	Megasphaera	genus	High	906
Butyricicoccaceae	family	Low	3085642	Oribacterium	genus	High	265975
Clostridiaceae	family	Low	31979	Oxalobacter	genus	High	846
Lachnospiraceae	family	Low	186803	Parabacteroides	genus	High	375288
Ruminococcaceae	family	Low	541000	Romboutsia	genus	Low	1501226
Acetanaerobacterium	genus	High	258514	Roseburia	genus	Low	841
Agathobacter	genus	Low	1766253	Rothia	genus	High	32207
Alistipes	genus	High	239759	Ruminococcus	genus	High	1263
Alloprevotella	genus	Low	1283313	Shigella	genus	Low	620
Bifidobacterium	genus	High	1678	Streptococcus	genus	High	1301
Blautia	genus	High	572511	Thermus	genus	High	270
Butyricimonas	genus	Low	574697	Veillonella	genus	High	29465
Chlamydia	genus	High	810	Bifidobacterium longum	species	High	216816
Eisenbergiella	genus	Low	1432051	Escherichia coli	species	High	562
Escherichia	genus	Low	561	Eubacterium oxidoreducens	species	High	1732
Faecalibacterium	genus	Low	216851	Faecalibacterium prausnitzii	species	Low	853
Fusicatenibacter	genus	Low	1407607	Helicobacter pylori	species	High	210
Lactobacillus	genus	High	1578	Klebsiella pneumoniae	species	High	573
Lactococcus	genus	Low	1357	Lactococcus raffinolactis	species	Low	1366
				Pseudomonas aeruginosa	species	High	287

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	Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	2
Bifidobacterium animalis subsp. lactis {B. Lactis}	1 BCFU/day		
Bovine Milk Products {Dairy}		Lactobacillus plantarum {L. plantarum}	60 BCFU/day
fructo-oligosaccharides	15 gram/day	oligosaccharides {oligosaccharides}	
fruit		synthetic disaccharide derivative of lactose {Lactulose}	
Hordeum vulgare {Barley}	60 gram/day	yogurt	
		β-lactoglobulin {Whey}	60 gram/day

Retail Probiotics

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

theramedix / probiotic
 jarow formulas / bifidus balance® + fos
 nature's way (au) / restore probiotic bowel & colon health 30s
 ferring / vsl#3
 SuperSmart / Full Spectrum Probiotic Formula
 quantum wellness / restora flora
 jarow formula / ideal bowel support® lp299v®
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 organic 3 / gutpro
 Physician Choice / 60 Billion Probiotics
 HMF Metabolic
 blackmores (au) / probiotics+ immune defence
 nature's bounty / probioti 10
 optibac / bifidobacteria & fibre
 organic 3 / primal gut
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 lifted naturals / mood boosting probiotic
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
 biospec / probiotic-5
 FloraVantage® Control
 bioglan bio (au) / happy probiotic 50
 HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
 UltraFlora® Intensive Care
 OMNI-BIOTIC®/ TRAVEL
 nature's way (au) / restore probiotic 30 billion 30s
 HMF IBS Relief
 Maple Life Science™ / Bifidobacterium Animalis
 Floradapt Cardio
 Physis / Advance Probiotics
 blackmore (au) / probiotics+ daily health
 Dr. Mercola / Complete Probiotics
 Garden of Life / Dr. Formulated Once Daily Women's
 vinco / probiotic eight 65
 Purica Probiotic Cardio
 Activia®
 UltraFlora® Control
 hyperbiotics / pro-15
 nature's way (au) / restore probiotic 100 billion
 seed / male version
 solaray / microbiome probiotic colon formula
 Maple Life Science™ / Lactobacillus plantarum
 SuperSmart / Derma Relief
 HMF Forte
 fairvital / microflora basic
 Wakunaga / Max Probiotic
 spain (es) / profaes4 edad escolar
 MegaFood / MegaFlora
 Invivo / Bio.Me Femme UT
 blackmore (au) / probiotics+ bowel support
 NaturalPharma / Profit Probiotics
 CustomProbiotics.com / L. Plantarum Probiotic Powder
 ISCON Elegance/ Ochek Capsule 10
 1 md / complete probiotics platinum
 UltraFlora® Immune Booster

Nutrition Essentials / Probiotic (900 BCFU)
OMNI-BIOTIC®/ 10 AAD
up4 / women's
young living/life 9
Bromatech (IT) / Adomelle
goodbelly drink
Ombre / Heart Health
klaire labs / ther-biotic factor 4
Symprove™
optibac / for every day max
seed / female version
jarrow formulas / jarro-dophilus® ultra
PoolPharma (IT) / ProbioTKMIO
custom probiotics / six strain probiotic powder
HLH BIOPHARMA(DE) / LACTOBACT ® FORTE
FloraVantage® Balance
ImmuneBiotech Medical Sweden AB / GutMagnific®
Optibac Probiotics / Bifidobacterium lactis HN019
spain (es) / profaes4 viajeros
SuperSmart / Probio Forte
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
Next Generation
Northwest Natural Products / PB8
Probiotic 10 Billion Active Cells Daily Maintenance
Seeking Health / Probiota HistaminX
optibac / for every day
Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
vita miracle / ultra-30 probiotics
klaire labs / target gb-x
jarrow formulas / jarro-dophilus eps
spain (es) / ns defenbiotic kids
naturopathica (au) / gastrohealth fibrepro
blackmore (au) / probiotics+ eczema relief
7 AM Ultra Probiotics
Resbiotic / resB® Lung Support
Immune Defense Daily Chewable Probiotic
fürstenmed / lacto-bifido
Swiss BioEnergetics / Full Spectrum Probiotic Defence
visbiome
garden of life / primal defense
Bulk Probiotics / L. Plantarum Probiotic Powder
spain (es) / I3.1
renew life men's probiotic - ultimate
ProbioMax® Daily DF
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturerized)
Floradapt Gut Comfort
bioglan bio (au) / happy probiotic 100
HMF Intensive
Nature's Lab Intensive GI
SuperSmart / Lactoxira
douglas laboratories / multi probiotic 40 billion
Ombre / Mood Enhancer
up4 / adult
newrhythm / probiotics 20 stains
blackmores (au) / probiotics + adults daily (90 capsules)
Lake Avenue Nutrition / Probiotics 10 Strain Blend
Windlove Probiotics / Ecologic®825
ASEA VIA / BIOME

jarrow formula / jarro-dophilus original
nature's way (au) / restore probiotic daily health 90s
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 +
Smidge / Sensitive Probiotic
Krauterhaus / Lactopro
LiveWell Nutrition / Pro-45
Metabolics / Lactobacillus Plantarum Powder
Nature's Lab Cardio
spain (es) / vivomixx
genestra brands® hm
Advanced Bio-Cultures / Advance Multi Strain Probiotics
elixa / probiotic
Ombre / Ultimate Immunity
bioray / cytoflora
Purica Probiotic Intensive GI
renew life / ultimate flora
up4 / ultra
quality health(au) / fridge free probiotic 25b
optibac / for your cholesterol

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.

5,7-Dihydroxy-2-(4-hydroxyphenyl)-4H-1-benzopyran-4-one
{Apigenin }
allium sativum {garlic}
alpha-tocopherol {Vitamin E}
Azadirachta indica {Neem}
Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}
Cinnamomum zeylanicum {Ceylon Cinnamon}
Curcuma longa {Turmeric}
Cymbopogon citratus {Lemongrass}
D-(-)-Fructose {Fruit sugar}
Diferuloylmethane {Curcumin}
Ferrum {Iron Supplements}

Hericium erinaceus {Lion's Mane Mushroom }
Metha family {Mint}
Moringa Oleifera
Propolis {Bee glue}
Rheum × hybridum {Rhubarb}
Saccharomyces cerevisiae var boulardii {S. boulardii}
Sodium Chloride {Salt}
Thymus vulgaris {thyme}
vitamin d
walnuts
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