

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 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 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	Candida albicans	species	High	5476
Chlamydiaceae	family	High	809	Chlamydia pneumoniae	species	High	83558
Acidaminococcus	genus	High	904	Coxiella burnetii	species	High	777
Actinobacillus	genus	High	713	Dialister succinatiphilus	species	High	487173
Akkermansia	genus	Low	239934	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	Mycoplasmoides 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	Pseudoflavonifractor capillosus	species	High	106588
Ruminococcus	genus	High	1263	Pseudomonas aeruginosa	species	High	287
Actinomyces oris	species	High	544580	Roseburia intestinalis	species	Low	166486
Bacteroides fragilis	species	High	817	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

Galacto-oligosaccharides {GOS}

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.

theramedix / probiotic
blackmores (au) / probiotics + adults daily (90 capsules)
nature's way (au) / restore probiotic daily health 90s
jarrow formulas / bifidus balance® + fos
nature's way (au) / restore probiotic bowel & colon health 30s
naturopathica (au) / gastrohealth fibrepro
Physician Choice / 60 Billion Probiotics
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
blackmores (au) / probiotics+ immune defence
blackmore (au) / probiotics+ bowel support
nature's way (au) / restore probiotic 30 billion 30s
blackmore (au) / probiotics+ daily 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.

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 {Eugenic acid}
glycyrrhizic acid {licorice}
green tea
Lactaseibacillus 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}

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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

liver fibrosis
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