

Microbiome Information for: hemorrhagic 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 hemorrhagic 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	Catenibacterium	genus	High		135858
Methanobacteria	class	High		183925	Dorea	genus	High		189330
Acidaminococcaceae	family	High		909930	Eisenbergiella	genus	High		1432051
Lachnospiraceae	family	High		186803	Fusobacterium	genus	High		848
Methanobacteriaceae	family	High		2159	Hungatella	genus	High		1649459
Rikenellaceae	family	Low		171550	Parabacteroides	genus	High		375288
Alistipes	genus	High		239759	Eubacteriales	order	Low		186802
Atopobium	genus	High		1380	Methanobacteriales	order	High		2158
					Rhodospirillales	order	High		204441

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

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

bifidobacterium

bifidobacterium longum {B.Longum} 10 BCFU/day

Hordeum vulgare {Barley} 60 gram/day

Lactiseibacillus casei {L. casei} 48 BCFU/day

Lactiseibacillus rhamnosus {L. rhamnosus} 48 BCFU/day

Lactobacillus plantarum {L. plantarum} 60 BCFU/day

long-term, moderate-intensity exercise {exercise}

resistant starch

Rheum x hybridum {Rhubarb}

β-glucan {Beta-Glucan} 500 mg/day

wheat

Retail Probiotics

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

fürstenmed / lacto-bifido
 theramedix / probiotic
 newrhythm / probiotics 20 stains
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 ASEA VIA / BIOME
 HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
 udo's choice /super 8 gold
 Krauterhaus / Lactopro
 Advanced Bio-Cultures / Advance Multi Strain Probiotics
 elixa / probiotic
 renew life / ultimate flora
 up4 / ultra
 Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
 bioray / cytoflora
 bioglan bio (au) / happy probiotic 100
 Global Healing Center / FloraTrex
 garden of life / primal defense
 SuperSmart / Full Spectrum Probiotic Formula
 quantum wellness / restora flora
 vita miracle / ultra-30 probiotics
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
 Next Generation
 Northwest Natural Products / PB8
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 Physician Choice /60 Billion Probiotics
 seed / female version
 1 md / complete probiotics platinum
 MegaFood / MegaFlora
 organic 3 / primal gut
 Dr. Mercola / Complete Probiotics
 Garden of Life / Dr. Formulated Once Daily Women's
 Physis / Advance Probiotics
 hyperbiotics / pro-15
 nature's way (au) / restore probiotic 100 billion
 seed / male version
 solaray / mycrobioime probiotic colon formula
 lifted naturals / mood boosting probiotic
 bioglan bio (au) / happy probiotic 50
 NOW FOODS / Clinical GI Probiotic
 vinco / probiotic eight 65
 fairvital / microflora basic
 Wakunaga / Max Probiotic
 OMNI-BIOTIC®/ TRAVEL
 young living/life 9
 SuperSmart / Derma Relief
 jarrow formulas / jarro-dophilus® ultra
 Bromatech (IT) / Serobiome
 Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
 OMNI-BIOTIC®/ 10 AAD
 Probiotic 10 Billion Active Cells Daily Maintenance
 renew life men's probiotic - ultimate
 jarrow formulas / jarro-dophilus eps
 7 AM Ultra Probiotics
 nature's way (au) /restore probiotic bowel & colon health 30s

visbiome
douglas laboratories / multi probiotic 40 billion
Ombre / Mood Enhancer
SuperSmart / Lactoxira
LiveWell Nutrition / Pro-45
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
jarrow formula / jarro-dophilus original
Wholesome Wellness / Raw Probiotic
Swiss BioEnergetics / Full Spectrum Probiotic Defence
bio-k+
probiotic pur (de) / realdose nutrition
Windlove Probiotics / Ecologic®825
SuperSmart / Candalb
custom probiotics / four strain lactobacilli
Bromatech(IT) / FEMELLE
zint nutrition / probiotic collagen +
Smidge / Sensitive Probiotic
up4 / adult
jamieson (can) / probiotic 10 bcfu
spain (es) / vivomixx
Bromatech (IT) / Lautoselle
naturopathica (au) / gastrohealth probiotic adults 50+
Realdose
ProbioMax® Daily DF
Resbiotic / resB® Lung Support
blackmore (au) / probiotics+ eczema relief
SuperSmart / Vaginal Health
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
custom probiotics / d-lactate free probiotics powder
Sash Vitality / Bio-Cultures Probiotics for Adults
Seeking Health / Probiota HistaminX
bravo europe / starter and complex
optibac / for every day
jarrow formula / ideal bowel support® lp299v®
SuperSmart / Probio Forte
organic 3 / gutpro
up4 / women's
just for tummies / live bacteria
biospec / probiotic-5
SuperSmart / Oral Health
Ombre / Healthy Gut
custom probiotics / six strain probiotic powder
naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
CVSHealth / Daily Probiotic
Ombre / Heart Health
Symprove™
Bioflora(MX) / Woman
nature's bounty / probioti 10
Invivo / Bio.Me Femme UT
Ombre / Metabolic Booster
jarrow formulas / jarro-dophilus mood
Wakunaga / Pro+ Synbiotic
naturopathica (au) / gastrohealth probiotic daily care
cytoplan(uk) / dentavital bifidophilus
CustomProbiotics.com / B. Longum Probiotic Powder
HLH BIOPHARMA(DE) / LACTOBACT® LDL-CONTROL
Maple Life Science™ / Lactobacillus plantarum
Purica Probiotic Cardio

ecology_allergycare
PrecisionBiotics / Immune
Genesis Bifidobacterium Complex BB Probiotic
blackmore (au) / probiotics+ daily health
Bromatech (IT) / Ramnoselle
Floradapt Cardio
HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS
Biorela® Daily
naturopathica (au) / gastrohealth women's probiotic with cranberry
spain (es) / ns florabiotic instant
optibac / for women
jarrow formulas / fem-dophilus®
nature's way (au) / restore probiotic 30 billion 30s
blackmore (au) / probiotics+ bowel support
PharmExtracta (IT) / INatal Sachets
Probiotic Sticks
NaturalPharma / Profit Probiotics
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
UltraFlora® Intensive Care
Sanogermina / AB-Kolicare
Bromatech (IT) / Adomelle
UltraFlora® Immune Booster
InnovixLabs / Mood Probiotic
klair labs / ther-biotic factor 4
goodbelly drink
Bulk Probiotics / L. Rhamnosus Probiotic Powder
Microbiome Labs / ZENBIOME Dual
canada (ca) / calmbiotic
Jetson (US) / Mood Probiotics
Bulk Probiotics / L. Casei Probiotic Powder (Candida Support)
Bromatech (IT) / Citogenex
ImmuneBiotech Medical Sweden AB / GutMagnific®
PoolPharma (IT) / ProbioTKMIO
Wakunaga / 50+
PharmExtracta (IT) / Gliadines buccal stickpacks
ISCON Elegance/ Ochek Capsule 10
HMF Metabolic
blackmores (au) / probiotics+ immune defence
CustomProbiotics.com / L. Plantarum Probiotic Powder
Nu U (uk) / Bio-Cultures Complex
RepHresh / Pro-B Probiotic Supplement for Women
Ombre / Harmony
blackmore (au) / probiotics+ womens flora balance
bravo europe / freeze-dried bravo
Wakunaga / Daily Probiotic
wakamoto (jp) / wakamoto pharmaceutical intestinal drug
custom probiotics / five strain bifidobacteria
Bromatech (IT) / Bifiselle
Ombre / Endless Energy
CustomProbiotics.com / L. Rhamnosus Probiotic Powder
klair labs / target gb-x
spain (es) / ns defenbiotic kids
naturopathica (au) / gastrohealth fibrepro
philips / colon health
ferring / vsl#3
Align / Align® Chewables
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
JGL / Lactogyn

Align® Extra Strength
Floradapt Gut Comfort
optibac / for your cholesterol
jarrow formulas / bifidus balance® + fos
Nature's Lab Intensive GI
Schwabe Pharma Italia / MegaStress
Metabolics / Lactobacillus Rhamnosus Powder
HLH BIOPHARMA(DE) / LACTOBACT ® AAD
jarrow formulas / fem dophilus
Purica Probiotic Intensive GI
optibac / for those on antibiotics
Bulk Probiotics / L. Plantarum Probiotic Powder
spain (es) / I3.1
Ombre / Restore
Bromatech (IT) / Psicobrain
spain (es) / aquilea intimus
PrecisionBiotics / Zenflore
PharmExtracta / Bowell
CustomProbiotics.com / L. Casei Probiotic Powder
nature's way (au) / restore probiotic daily health 90s
Metabolics / Lactobacillus Plantarum Powder
Nature's Lab Cardio
Jetson (US) / Immunity Probiotics
align / align
Ombre / Ultimate Immunity
Seeking Health / Probiota Bifidobacterium
ProGoes® Forte
Metabolics / Bifidobacterium Longum Powder
Pregnancy Care Probiotic
Bulk Probiotics / B. Longum Probiotic Powder
Maple Life Science™ / Bifidobacterium longum
spain (es) / muvagyn probiotico
blackmores (au) / probiotics + adults daily (90 capsules)
Bromatech (IT) / Rotanelle plus
Immune Defense Daily Chewable Probiotic

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.

3,4-dihydroxyphenyllactic acid {Rosmarinic acid}

acetylsalicylic acid, aspirin

Below normal temperature {Cold exposure}

colostrum

Crataegus {Hawthorn}

D-glucose {Glucose}

Garcinia mangostana {Mangosteen}

grapes

henopodium quinoa {Quinoa}

olive oil {olive oil}

resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}

terpenophenolics {cannabinoids}

Thiamine {Vitamin B1}

Sample of Literature Used

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

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The causal effects between gut microbiota and hemorrhagic stroke: a bidirectional two-sample Mendelian randomization study.

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Lactiplantibacillus plantarum Lp20 Alleviates High Fat Diet-Induced Obesity in Mice via Its Bile Salt Hydrolase Activity.

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Unveiling the survivability of probiotic CA15 strain with and without fluconazole co-administration and its effect on gut microbiota and metabolome through SHIME® model.

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Acne

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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