

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/>)

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

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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
Lentisphaeria	class	Low	1313211
Victivallaceae	family	Low	255528
Anaerotruncus	genus	Low	244127
Aspergillus	genus	High	5052
Bilophila	genus	High	35832
Catenibacterium	genus	High	135858

Bacteria Name	Rank	Shift	Taxonomy ID
Oxalobacter	genus	High	846
Prevotella	genus	High	838
Victivallales	order	Low	278082
Acinetobacter baumannii	species	High	470
Acinetobacter Iwoffii	species	High	28090
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	Litchi chinensis {lychee fruit}
Abstention from eating {Fasting}	long-term, moderate-intensity exercise {exercise}
arabinogalactan {arabinogalactan} 21.gram/day	Malus domestica {apple}
Aronia arbutifolia,Aronia melanocarpa {Chokeberry}	oligosaccharides {oligosaccharides}
Avena sativa {Oats}	Outer Layers of Triticum aestivum {Wheat Bran}
bacillus	pectin {pectin}
Brassica oleracea var. italica {Broccoli}	Phaseolus vulgaris {Boston bean}
Cucurbita pepo {Pumpkin}	Poly[β-D-xylopyranose(1->4)] {Xylan}
Galacto-oligosaccharides {GOS}	pseudo-cereals {amaranth,quinoa, taro,buckwheat}
Ganoderma sichuanense {Reishi Mushroom} 3.4 gram/day	Pulses, Beans
Heridium erinaceus {Lion's Mane Mushroom }	raffinose {sugar beet}
Heyndrickxia coagulans {B. coagulans} 10 BCFU/day	red wine 250 ml/day
High-amylose maize starch {HAMS}	resistant starch
Hordeum vulgare {Barley} 60 gram/day	steviol glycosides {Stevia} 800 mg/day
Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2 gram/day	Sulforaphane {Dark Greens}
Humulus lupulus {Hops}	tea
Humulus lupulus compound {Xanthohumol}	Tobacco consumption {Smoking}
Hydrastis canadensis {Goldenseal}	wheat
Linum usitatissimum {Flaxseed} 30 mg/day	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

natviehealthcare.com/Renewbiome Bacillus
 Steris Pharma(IN)/OXABACTOR
 Steris Pharma(IN)/PYLODIGEST PRO
 vita miracle / ultra-30 probiotics
 global health trax / threelac
 vitamin angels / just thrive
 microbiome labs/ megasporebiotic
 perfect pass / perfect pass probiotic bacillus spore
 enviromedica terraflora sbo probiotic
 schiff / digestive advantage
 mwsb / candida yeast support
 source naturals / duraflora
 klaire labs / biospora
 organic 3 / primal soil
 daiichi sankyo healthcare (jp) / panlacmin tablet
 theramedix / probiotic
 biospec / probiotio-5
 thorne / bacillus coagulansvet 60 caps
 bio-botanical research / proflora4r restorative probiotic
 reserveage nutrition / beautiflora
 1 md / complete probiotics platinum
 corebiotic
 nature's way (au) / adult vita gummies daily probiotic 80s
 nature's way (au) / restore probiotic 100 billion
 blackmore (au) / probiotics+ bowel support
 Jetson / FIT
 LiveWell Nutrition / Pro-45
 Swiss BioEnergetics / Full Spectrum Probiotic Defence
 Nutrition Essentials / Probiotic (900 BCFU)
 Sun Wave Pharma/Bio Sun Instant
 Bromatech (IT) / Lautoselle
 Bromatech (IT) / Serobiome
 BIO-BOTANICAL RESEARCH / Megacidin
 Law of Nature / Best Days Formula
 Biomed / Bacillus Coagulans
 Maple Life Science™ / Streptococcus faecalis butyricum mesentericus sporogenes
 Bulk Probiotics / Bacillus Coagulans 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.

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