

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 *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	Lactococcus	genus	Low	1357
Saccharomycetes	class	High	4891	Massilia	genus	Low	149698
Bacteroidaceae	family	High	815	Megamonas	genus	High	158846
Butyricocccaceae	family	Low	3085642	Megasphaera	genus	High	906
Gemmataceae	family	Low	1914233	Oribacterium	genus	High	265975
Lachnospiraceae	family	Low	186803	Oscillibacter	genus	Low	459786
Prevotellaceae	family	Low	171552	Oxalobacter	genus	High	846
Ruminococcaceae	family	Low	541000	Parabacteroides	genus	High	375288
Acetanaerobacterium	genus	High	258514	Romboutsia	genus	Low	1501226
Agathobacter	genus	Low	1766253	Roseburia	genus	Low	841
Akkermansia	genus	High	239934	Rothia	genus	High	32207
Alistipes	genus	High	239759	Ruminococcus	genus	High	1263
Allobaculum	genus	High	174708	Shigella	genus	Low	620
Alloprevotella	genus	Low	1283313	Streptococcus	genus	High	1301
Bacteroides	genus	High	816	Themus	genus	High	270
Bifidobacterium	genus	High	1678	Tyzzereella	genus	High	1506577
Blautia	genus	High	572511	Veillonella	genus	High	29465
Butyricimonas	genus	Low	574697	Anaerobutyricum hallii	species	High	39488
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
Helicobacter	genus	High	209	Klebsiella pneumoniae	species	High	573
Lactobacillus	genus	High	1578	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

Avena sativa x Hordeum vulgare {barley,oat}

Bovine Milk Products {Dairy}

fructo-oligosaccharides 15 gram/day

fruit

fruit/legume fibre

Hordeum vulgare {Barley} 60 gram/day

Human milk oligosaccharides (prebiotic, Holiigos, Stachyose) 2

gram/day

Lactobacillus plantarum {L. plantarum} 60 BCFU/day

oligosaccharides {oligosaccharides}

synthetic disaccharide derivative of lactose {Lactulose}

yogurt

Retail Probiotics

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

theramedix / probiotic
 jarrow formula / ideal bowel support® lp299v®
 jarrow formulas / bifidus balance® + fos
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 naturopathica (au) / gastrohealth probiotic dairy free 20 bcfu
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)
 nature's way (au) / restore probiotic bowel & colon health 30s
 Physician Choice / 60 Billion Probiotics
 Garden of Life / Dr. Formulated Once Daily Women's
 Nutrition Essentials / Probiotic (900 BCFU)
 nature's way (au) / restore probiotic 100 billion
 nature's way (au) / restore probiotic daily health 90s
 nature's way (au) / restore probiotic 30 billion 30s
 blackmores (au) / probiotics + adults daily (90 capsules)
 blackmores (au) / probiotics+ immune defence
 blackmore (au) / probiotics+ eczema relief
 blackmore (au) / probiotics+ daily health
 Windlove Probiotics / Ecologic®825
 ASEA VIA / BIOME
 Seeking Health / Probiota HistaminX
 CustomProbiotics.com / L. Plantarum Probiotic Powder
 HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
 HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL
 OMNI-BIOTIC®/ 10 AAD
 OMNI-BIOTIC®/ TRAVEL
 Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
 7 AM Ultra Probiotics
 LiveWell Nutrition / Pro-45
 Physis / Advance Probiotics
 Swiss BioEnergetics / Full Spectrum Probiotic Defence
 NaturalPharma / Profit Probiotics
 Advanced Bio-Cultures / Advance Multi Strain Probiotics
 Metabolics / Lactobacillus Plantarum Powder
 Invivo / Bio.Me Femme UT
 ImmuneBiotech Medical Sweden AB / GutMagnific®
 Bromatech (IT) / Adomelle
 Smidge / Sensitive Probiotic
 Ombre / Mood Enhancer
 Ombre / Heart Health
 Ombre / Ultimate Immunity
 Krauterhaus / Lactopro
 Dr. Mercola / Complete Probiotics
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 MegaFood / MegaFlora
 ProbioMax® Daily DF
 Resbiotic / resB® Lung Support
 SuperSmart / Probio Forte
 SuperSmart / Full Spectrum Probiotic Formula
 SuperSmart / Candalb
 SuperSmart / Derma Relief
 SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)
 SuperSmart / Lactoxira
 ISCON Elegance/ Ochek Capsule 10

Bromatech(IT) / FEMELLE
Northwest Natural Products / PBB
Floradapt Cardio
Floradapt Gut Comfort
HMF Metabolic
Immune Defense Daily Chewable Probiotic
Nature's Lab Cardio
Nature's Lab Intensive GI
Purica Probiotic Cardio
Purica Probiotic Intensive GI
Symprove™
UltraFlora® Immune Booster
UltraFlora® Intensive Care
Maple Life Science™ / Lactobacillus plantarum
Wakunaga / Max Probiotic
Bulk Probiotics / L. Plantarum Probiotic Powder
Next Generation
bioglan bio (au) / happy probiotic 100
bioglan bio (au) / happy probiotic 50
jarro formulas / jarro-dophilus® ultra
newrhythm / probiotics 20 stains
naturopathica (au) / gastrohealth fibrepro
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
biospec / probiotic-5
zint nutrition / probiotic collagen +
elixa / probiotic
1 md / complete probiotics platinum
renew life / ultimate flora
garden of life / primal defense
hyperbiotics / pro-15
jarro formula / jarro-dophilus original
custom probiotics / four strain lactobacilli
custom probiotics / six strain probiotic powder
renew life men's probiotic - ultimate
lifted naturals / mood boosting probiotic
vita miracle / ultra-30 probiotics
bioray / cytoflora
seed / female version
seed / male version
quantum wellness / restora flora
nature's bounty / probioti 10
solaray / microbiome probiotic colon formula
ferring / vsl#3
fairvital / microflora basic
fürstenmed / lacto-bifido
jarro formulas / jarro-dophilus eps
udo's choice /super 8 gold
spain (es) / I3.1
spain (es) / vivomixx
goodbelly drink
visbiome
young living/life 9
optibac / for every day
optibac / for your cholesterol
optibac / bifidobacteria & fibre
organic 3 / gutpro
organic 3 / primal gut
up4 / ultra

up4 / adult
up4 / women's
douglas laboratories / multi probiotic 40 billion
vinco / probiotic eight 65

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.

2-(3,4-Dihydroxyphenyl)-5,7-dihydroxy-4H-chromen-4-one
{Luteolin}
allium sativum {garlic}
Azadirachta indica {Neem}
Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}
Cymbopogon citratus {Lemongrass}
Ferrum {Iron Supplements}
Hericum erinaceus {Lion's Mane Mushroom }
Humulus lupulus {Hops}
Metha family {Mint}
Ocimum basilicum {Basil}

Pimpinella anisum {Anise}
Propolis {Bee glue}
Prunus mume {Umeboshi}
Rheum × hybridum {Rhubarb}
Rhubarb x Peony {Rhubarb Peony Decoction}
Saccharomyces cerevisiae var boulardii {S. boulardii}
syzygium aromaticum {clove}
Thymus vulgaris {thyme}
vegetarians
walnuts
Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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

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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

cdk15 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**