

Microbiome Information for: hypertension (High Blood Pressure)

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 hypertension (High Blood Pressure)

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
Fusobacteriia	class	High	203490	Odoribacter	genus	Low	283168
Alcaligenaceae	family	Low	506	Olsenella	genus	Low	133925
Atopobiaceae	family	High	1643824	Oscillibacter	genus	Low	459786
Bifidobacteriaceae	family	Low	31953	Parabacteroides	genus	High	375288
Lachnospiraceae	family	Low	186803	Paraprevotella	genus	High	577309
Oscillospiraceae	family	Low	216572	Parasutterella	genus	Low	577310
Peptococcaceae	family	High	186807	Peptococcus	genus	High	2740
Acetobacteroides	genus	High	1647173	Phascolarctobacterium	genus	Low	33024
Acinetobacter	genus	High	469	Prevotella	genus	High	838
Aeriscardovia	genus	Low	240233	Proteiniborus	genus	High	415014
Aestuariispira	genus	High	1647175	Quinella	genus	High	1567
Akkermansia	genus	High	239934	Roseburia	genus	Low	841
Anaerostipes	genus	High	207244	Rothia	genus	High	508215
Bacteroides	genus	Low	816	Ruminiclostridium	genus	Low	1508657
Barnesiella	genus	High	397864	Ruminococcus	genus	High	1263
Bifidobacterium	genus	Low	1678	Shigella	genus	High	620
Bilophila	genus	Low	35832	Slackia	genus	High	84108
Blautia	genus	Low	572511	Staphylococcus	genus	High	1279
Borrelia	genus	High	138	Streptococcus	genus	High	1301
Butyricicoccus	genus	Low	580596	Succinivibrio	genus	High	83770
Butyricimonas	genus	Low	574697	Sutterella	genus	High	40544
Butyrivibrio	genus	Low	830	Treponema	genus	Low	157
Catabacter	genus	High	270497	Turicibacter	genus	Low	191303
Cellulosibacter	genus	High	1246649	Tyzzerella	genus	High	1506577
Cellulosilyticum	genus	Low	698776	Vampirovibrio	genus	High	213484
Christensenella	genus	High	990721	Victivallis	genus	High	172900
Collinsella	genus	High	102106	Weissella	genus	High	46255
Coprobacter	genus	Low	1348911	Bacteroidales	order	Low	171549
Coprococcus	genus	Low	33042	[Ruminococcus] torques	species	High	33039
Desulfovibrio	genus	High	872	Akkermansia muciniphila	species	High	239935
Dialister	genus	High	39948	Bacteroides fragilis	species	Low	817
Dorea	genus	High	189330	Bacteroides thetaiotaomicron	species	Low	818
Dysgonomonas	genus	Low	156973	Bifidobacterium adolescentis	species	Low	1680
Eisenbergiella	genus	Low	1432051	Bifidobacterium bifidum	species	Low	1681
Erysipelatoclostridium	genus	Low	1505663	Bifidobacterium longum	species	Low	216816
Escherichia	genus	High	561	Bordetella pertussis	species	High	520
Faecalibacterium	genus	Low	216851	Burkholderia cepacia	species	High	292
Faecalibaculum	genus	High	1729679	Chlamydia pneumoniae	species	High	83558
Faecalitalea	genus	High	1573534	Corynebacterium ammoniagenes	species	High	1697
Fusicatenibacter	genus	High	1407607	Enterococcus faecalis	species	High	1351
Geosporobacter	genus	High	390805	Faecalibacterium prausnitzii	species	Low	853

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Gordonibacter	genus	High	644652	Fusobacterium mortiferum	species	High	850
Haemophilus	genus	Low	724	Lachnospira eligens	species	Low	39485
Intestinimonas	genus	High	1392389	Micrococcus luteus	species	High	1270
Klebsiella	genus	High	570	Parabacteroides merdae	species	High	46503
Lachnobacterium	genus	High	140625	Roseburia hominis	species	Low	301301
Lachnospirillum	genus	High	1506553	Roseburia inulinivorans	species	High	360807
Lachnospira	genus	High	28050	Ruminococcus flavefaciens	species	High	1265
Lactobacillus	genus	High	1578	Treponema pallidum	species	High	160

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-Amino-4-(methylthio)butanoic acid {Methionine} 5 gram/day

2-Aminopentanedioic acid {glutamate}

2-hydroxyethyl)trimethylazanium {choline} 1 g/day

Below normal temperature {Cold exposure}

Camellia Linnaeus {camellia}

Cannabis sativa {Marijuana}

d-galactose {milk sugar}

Escherichia coli cryodesiccata {colinfant probiotics}

Ethyl alcohol {Grain alcohol}

fat

Fermented Brassica oleracea {Sauerkraut}

Glycine max {Doenjang}

high red meat

Lentilactobacillus kefir {Kefibios}

Ligilactobacillus salivarius {L. salivarius} 9 BCFU/day

Nicotine, Nicotine Patch

Sleep apnea {partial sleep deprivation}

Sodium 2-stearoyllactate {sodium stearoyl lactylate}

Sucralose {Splenda} 340 mg/day

Thiamine {Vitamin B1} 1.8 gram/day

Tobacco consumption {Smoking}

Under cooked animal protein {Rare meat}

Retail Probiotics

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

wakamoto (jp) / strong wakamoto w
bravo europe / freeze-dried bravo
Nu U (uk) / Bio-Cultures Complex
CustomProbiotics.com / L. Salivarius Probiotic Powder
Metabolics / Lactobacillus Salivarius Powder
PIANETA FARMA/KefiBios
Bromatech (IT) / Acronelle
Maple Life Science™ / Lactobacillus salivarius
Bulk Probiotics / L. Salivarius Probiotic Powder

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}
 (2->1)-beta-D-fructofuranan {Inulin}
 arabinogalactan {arabinogalactan}
 bacillus
 bacillus,lactobacillus,streptococcus,saccharomyces probiotic
 bifidobacterium
 bifidobacterium longum {B.Longum }
 Bovine Milk Products {Dairy}
 Diferuloylmethane {Curcumin}
 fruit
 fruit/legume fibre
 Heyndrickxia coagulans {B. coagulans}

Lactiseibacillus casei {L. casei}
 Lactobacillus plantarum {L. plantarum}
 long-term, moderate-intensity exercise {exercise}
 oligosaccharides {oligosaccharides}
 pectin {pectin}
 Propolis {Bee glue}
 resistant starch
 Saccharomyces cerevisiae var boulardii {S. boulardii}
 β-glucan {Beta-Glucan}
 Thymus vulgaris {thyme}
 wheat
 yogurt
 Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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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