

Microbiome Information for: Stress / posttraumatic stress disorder

For 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

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Stress / posttraumatic stress disorder

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
Actinomycetia	class	Low	1760	Escherichia	genus	High	561
Gammaproteobacteria	class	High	1236	Faecalibacterium	genus	Low	216851
Coriobacteriaceae	family	High	84107	Fusobacterium	genus	High	848
Enterobacteriaceae	family	High	543	Lactobacillus	genus	High	1578
Erysipelotrichaceae	family	High	128827	Methanobrevibacter	genus	High	2172
Lachnospiraceae	family	Low	186803	Oscillospira	genus	Low	119852
Ruminococcaceae	family	Low	541000	Parabacteroides	genus	High	375288
Acidaminococcus	genus	High	904	Peptoniphilus	genus	High	162289
Adlercreutzia	genus	Low	447020	Peptostreptococcus	genus	High	1257
Akkermansia	genus	High	239934	Phascolarctobacterium	genus	Low	33024
Anaeroplasma	genus	Low	2086	Porphyromonas	genus	High	836
Anaerostipes	genus	High	207244	Rhodococcus	genus	High	1827
Atopobium	genus	Low	1380	Rhodococcus	genus	High	1661425
Bulleidia	genus	High	118747	Shigella	genus	High	620
Christensenella	genus	High	990721	Sphingomonas	genus	High	13687
Clostridium	genus	High	1485	Staphylococcus	genus	High	1279
Collinsella	genus	Low	102106	Turicibacter	genus	High	191303
Coprobacillus	genus	High	100883	Akkermansia muciniphila	species	Low	239935
Coprococcus	genus	Low	33042	Bacteroides salyersiae	species	Low	291644
Coriobacterium	genus	Low	33870	Eggerthella lenta	species	Low	84112
Corynebacterium	genus	High	1716	Escherichia coli	species	High	562
Dehalobacterium	genus	High	51514	Faecalibacterium prausnitzii	species	Low	853
Dorea	genus	High	189330	Francisella tularensis	species	High	263
Enterococcus	genus	High	1350	Lactiplantibacillus plantarum	species	Low	1590
				Staphylococcus intermedius	species	High	1285

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.

Antibiotics annotated with [CFS] have been used with various degree of success with Myalgic Encephalomyelitis, Chronic Fatigue Syndrome, Chronic Lyme, Chronic Q-Fever and Long COVID conditions. Rotation of antibiotics with 3 weeks off between courses is recommended.

Astragalus

Bofutsushosan

candida albicans (prescription)

Caraway

carboxymethyl cellulose (prebiotic)

carob

Carrot (juice)

Cayenne

chemotherapy (prescription)

Cilantro

Cottage Cheese

Dandelion

dibekacin (antibiotic)

Echinacea 4 gram/day

Fish Sauce

fluorine

fructo-oligosaccharides (prebiotic) 15 gram/day

galactose (milk sugar)

gluten-free diet

Goldenseal

grape polyphenols

high sugar diet

high-fat diets

Hops

iron 400 mg/day

isepamicin (antibiotic)

lactulose

Lemon peel

lincosamide (antibiotic)

lividomycin (antibiotic)

macrolide ((antibiotic)

Mangosteen

mannooligosaccharide (prebiotic) 8 gram/day

metformin (prescription)

Miso

navy bean

netilmicin (antibiotic)

oligosaccharides (prebiotic)

omega-3 fatty acids 4 gram/day

Parsley

partial sleep deprivation

penicillin-moxalactam (antibiotic)

Piperine

proton-pump inhibitors (prescription) 60 mg/day

raffinose(sugar beet)

resveratrol (grape seed/polyphenols/red wine) 2 gram/day

sesame cake/meal

Slippery Elm

sodium butyrate

Soy sauce

spirulina(cyanobacteria)

Sriracha sauce

symbioflor 2 e.coli probiotics

Titanium Dioxide (E171) (TiO2)

vitamin a 25000 IU/day

Retail Probiotics

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

symbiopharm / symbioflo 2
jarrow formulas / bifidus balance® + fos
optibac / for every day
ISCON Elegance/ Ochek Capsule 10
Nutrition Essentials / Probiotic (900 BCFU)
optibac / bifidobacteria & fibre

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.

amikacin (antibiotic)s
amoxicillin (antibiotic)s[CFS]
ampicillin (antibiotic)s[CFS]
benzylpenicillin sodium (antibiotic)
ceftriaxone (antibiotic)s
cinnamon (oil. spice)
ciprofloxacin (antibiotic)s[CFS]
Curcumin
fluoroquinolone (antibiotic)s
foeniculum vulgare,fennel
gentamicin (antibiotic)s

imipenem (antibiotic)s
lactobacillus casei (probiotics)
lactobacillus plantarum (probiotics)
oregano (origanum vulgare, oil) |
piperacillin-tazobactam (antibiotic)s
rosmarinus officinalis,rosemary
syzygium aromaticum (clove)
thyme (thymol, thyme oil)
tigecycline (antibiotic)s
trimethoprim (antibiotic)s
vancomycin (antibiotic)[CFS]

Sample of Literature Used

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

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 ADHD
 Allergic Rhinitis (Hay Fever)
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 Alzheimer's disease
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 Ankylosing spondylitis
 Anorexia Nervosa
 Antiphospholipid syndrome (APS)
 Asthma
 Atherosclerosis
 Autism
 Autoimmune Disease
 Barrett esophagus cancer
 Bipolar Disorder
 Brain Trauma
 Carcinoma
 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
 Colorectal Cancer
 Constipation
 Coronary artery disease
 COVID-19
 Crohn's Disease
 cystic fibrosis
 deep vein thrombosis
 Depression
 Dermatomyositis
 Eczema
 Endometriosis
 Eosinophilic Esophagitis
 Epilepsy
 Fibromyalgia
 Functional constipation / chronic idiopathic constipation

gallstone disease (gsd)
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus
Generalized anxiety disorder
Gout
Graves' disease
Hashimoto's thyroiditis
Hidradenitis Suppurativa
Histamine Issues From Ubiome
Histamine Issues,Mast Cell Issue, DAO Insufficiency
hypercholesterolemia (High Cholesterol)
hyperglycemia
Hyperlipidemia (High Blood Fats)
hypersomnia
hypertension (High Blood Pressure)
Hypoxia
IgA nephropathy (IgAN)
Inflammatory Bowel Disease
Insomnia
Intelligence
Irritable Bowel Syndrome
Juvenile idiopathic arthritis
Liver Cirrhosis
Long COVID
Lung Cancer
ME/CFS with IBS
ME/CFS without IBS
Menopause
Metabolic Syndrome
Mood Disorders
Multiple Sclerosis
Multiple system atrophy (MSA)
Neuropathy (all types)
neuropsychiatric disorders (PANDAS, PANS)
Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic
NonCeliac Gluten Sensitivity
Obesity
obsessive-compulsive disorder
Osteoarthritis
Osteoporosis
Parkinson's Disease
Postural orthostatic tachycardia syndrome
Premenstrual dysphoric disorder
Psoriasis
rheumatoid arthritis (RA),Spondyloarthritis (SpA)
Rosacea
Schizophrenia
Sjögren syndrome
Sleep Apnea
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