

Microbiome Information for: Bipolar 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 Bipolar 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	High	1760	Enterococcus	genus	Low	1350
Bacteroidia	class	High	200643	Erysipelothrix	genus	Low	1647
Epsilonproteobacteria	class	High	29547	Escherichia	genus	High	561
Campylobacteraceae	family	High	72294	Faecalibacterium	genus	Low	216851
Christensenellaceae	family	Low	990719	Flavonifractor	genus	High	946234
Corynebacteriaceae	family	High	1653	Gemmiger	genus	Low	204475
Enterococcaceae	family	Low	81852	Halomonas	genus	High	2745
Marinifilaceae	family	High	1573805	Klebsiella	genus	High	570
Propionibacteriaceae	family	Low	31957	Megamonas	genus	Low	158846
Sphingobacteriaceae	family	Low	84566	Oscillibacter	genus	High	459786
Acidovorax	genus	Low	12916	Parabacteroides	genus	High	375288
Alistipes	genus	High	239759	Parasutterella	genus	Low	577310
Anaerovibrio	genus	Low	82373	Prevotella	genus	High	838
Bacteroides	genus	High	816	Propionibacterium	genus	Low	1743
Bilophila	genus	High	35832	Pseudomonas	genus	Low	286
Butyricoccus	genus	High	580596	Roseburia	genus	Low	841
Butyrimonas	genus	High	574697	Shigella	genus	High	620
Campylobacter	genus	High	194	Sphingobacterium	genus	Low	28453
Chryseobacterium	genus	Low	59732	Succinivibrio	genus	Low	83770
Coprococcus	genus	Low	33042	Tsukamurella	genus	High	2060
Dialister	genus	High	39948	Veillonella	genus	Low	29465
Eggerthella	genus	Low	84111	Weissella	genus	High	46255
				Faecalibacterium prausnitzii	species	High	853

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.

apple

arabinogalactan (prebiotic) 21 gram/day

berberine 1.5 gram/day

Bile Acid Sequestrant

Bofutsushosan

fasting

fat

glycyrrhizic acid (licorice) 32 gram/day

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2
gram/day

mediterranean diet

non-starch polysaccharides

pectin

proton-pump inhibitors (prescription) 60 mg/day

quercetin 2 gram/day

Slippery Elm

stevia 800 mg/day

triphala 9000 mg/day

vegetarians

vitamin d 50000 IU/day

xylan (prebiotic)

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.

acarbose,(prescription)	inulin (prebiotic)
amikacin (antibiotic)s	kanamycin (antibiotic)s
amoxicillin (antibiotic)s[CFS]	lactobacillus casei (probiotics)
anthralin,(prescription)	lactobacillus kefir (NOT KEFIR)
atorvastatin (prescription)	lactobacillus paracasei (probiotics)
azithromycin,(antibiotic)s[CFS]	lactobacillus reuteri (probiotics)
bacampicillin hydrochloride (antibiotic)	lactobacillus rhamnosus gg (probiotics)
bacillus subtilis (probiotics)	metronidazole (antibiotic)s[CFS]
bifidobacterium animalis lactis (probiotics)	nafcillin sodium salt monohydrate (antibiotic)
Bismuth Salts	neomycin (antibiotic)s[CFS]
brown rice	ofloxacin (antibiotic)s
buckwheat	paromomycin (antibiotic)s
Burdock Root	pediococcus acidilactic (probiotic)
cefador hydrate (antibiotic)	pivampicillin (antibiotic)
ceftazidime (antibiotic)s	raffinose(sugar beet)
chemotherapy (prescription)	resveratrol (grape seed/polyphenols/red wine)
chloramphenicol (antibiotic)s	ribostamycin sulfate salt (antibiotic)
clemizole hydrochloride,(prescription)	saccharomyces cerevisiae (probiotics)
clindamycin (antibiotic)s[CFS]	Shen Ling Bai Zhu San
dofazimine (antibiotic)	sisomicin sulfate (antibiotic)
clostridium butyricum (probiotics),Miya,Miyarisan	sodium butyrate
dequalinium dichloride	spectinomycin dihydrochloride (antibiotic)
didoxacillin sodium salt hydrate (antibiotic)	sucralose
doxorubicin hydrochloride,(prescription)	sulconazole nitrate,(prescription)
etoposide,(prescription)	suloctidil,(prescription)
fluoroquinolone (antibiotic)s	tannic acid
galla chinensis (herb)	trimethoprim (antibiotic)s
garlic (allium sativum)	Vitamin B-12
gentamicin (antibiotic)s	vitamin B3,niacin
grape polyphenols	Vitamin E
high-fat diets	walnuts
ibuprofen	wheat
	whole-grain barley

Sample of Literature Used

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Acne
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Allergic Rhinitis (Hay Fever)
Allergies
Alopecia (Hair Loss)
Alzheimer's disease
Amyotrophic lateral sclerosis (ALS) Motor Neuron
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