

## Microbiome Information for: obsessive-compulsive 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**

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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

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of obsessive-compulsive 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
Enterobacteriaceae	family	High	543	Peptococcus	genus	High	2740
Lachnospiraceae	family	Low	186803	Prevotella	genus	Low	838
Ruminococcaceae	family	Low	541000	Propionibacterium	genus	Low	1743
Actinomyces	genus	Low	1654	Romboutsia	genus	Low	1501226
Aestuariuspira	genus	High	1647175	Slackia	genus	Low	84108
Agathobacter	genus	Low	1766253	Staphylococcus	genus	High	1279
Alistipes	genus	High	239759	Streptococcus	genus	High	1301
Anaeroplasma	genus	Low	2086	Sutterella	genus	High	40544
Anaerostipes	genus	Low	207244	Turicibacter	genus	Low	191303
Barnesiella	genus	High	397864	Veillonella	genus	High	29465
Bifidobacterium	genus	Low	1678	[Ruminococcus] torques	species	Low	33039
Blautia	genus	Low	572511	Akkermansia muciniphila	species	Low	239935
Coprococcus	genus	Low	33042	Bacteroides fragilis	species	High	817
Dorea	genus	Low	189330	Bacteroides ovatus	species	High	28116
Enterobacter	genus	High	547	Bacteroides uniformis	species	High	820
Enterococcus	genus	High	1350	Bifidobacterium animalis	species	Low	28025
Enterorhabdus	genus	Low	580024	Blautia obeum	species	High	40520
Escherichia	genus	High	561	Clostridium difficile	species	High	1496
Eubacterium	genus	Low	1730	Coprococcus catus	species	High	116085
Holdemanella	genus	High	1573535	Escherichia coli	species	High	562
Klebsiella	genus	High	570	Eubacterium ventriosum	species	High	39496
Lachnobacterium	genus	Low	140625	Klebsiella pneumoniae	species	High	573
Lachnoclostridium	genus	High	1506553	Limosilactobacillus reuteri	species	High	1598
Lachnospira	genus	High	28050	Methanobrevibacter smithii	species	Low	2173
Lactobacillus	genus	Low	1578	Phocaeicola vulgatus	species	High	821
Odoribacter	genus	Low	283168	Prevotella copri	species	Low	165179
Parabacteroides	genus	High	375288	Ruminococcus bromii	species	High	40518
Parasutterella	genus	Low	577310	Ruminococcus gnavus	species	Low	33038

## 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.

**5-fluorouracil,(prescription)**  
 alcoholic beverages  
**AZITHROMYCIN,(ANTIBIOTIC)S[CFS]**  
 benzbromarone,(prescription)  
 candida albicans (prescription)  
 carboxymethyl cellulose (prebiotic)  
 catecholamines (polyphenol)  
 celecoxib,(prescription)  
 clonixin lysinate,(prescription)  
 dairy  
 didazuril,(prescription)  
 dicumarol,(prescription)  
 diethylstilbestrol,(prescription)  
 diflunisal,(prescription)  
 d-ribose 10 gram/day  
 efavirenz,(prescription)  
 enoxacin (antibiotic)  
 extra virgin olive oil  
 famprofazone,(prescription)  
 fleroxacin (antibiotic)  
 floxuridine,(prescription)  
 flumequine (antibiotic)  
 fluorine  
 gluten-free diet  
 glycyrrhizic acid (licorice) 32 gram/day  
 high red meat  
 high sugar diet  
 high-fat diets  
 high-protein diet  
 hydrochlorothiazide,(prescription)  
 iron 400 mg/day  
 isepamicin (antibiotic)s  
 Krill Oil 4 gram/day  
 ku ding cha tea  
 lactose  
 lactulose  
 lard  
 lividomycin (antibiotic)s  
 lomefloxacin hydrochloride (antibiotic)  
 lorglumide sodium salt non-drug  
 low carbohydrate diet  
 low-fat diets  
 macrolide ((antibiotic)s)  
 mannoooligosaccharide (prebiotic) 8 gram/day  
 meclufenamic acid sodium salt monohydrate,(prescription)  
**NEOMYCIN (ANTIBIOTIC)S[CFS]**  
 nuts  
 paromomycin (antibiotic)s  
 pefloxacin (antibiotic)  
 penicillin-moxalactam (antibiotic)s  
 proton-pump inhibitors (prescription) 60 mg/day  
 Psyllium (Plantago Ovata Husk) 6.8 gram/day  
 red alga Laurencia tristicha  
 risperidone,(prescription)  
 schisandra chinensis(magnolia berry or five-flavor-fruit)  
 Slippery Elm  
 smoking  
 spectinomycin dihydrochloride (antibiotic)  
 sugar  
 symbioflor 2 e.coli probiotics  
 tiratricol, 3,3',5-triiodothyroacetic acid,(prescription)  
 tolfenamic acid,(prescription)  
 Tributyrin  
 triclosan  
 Vitamin B9,folic acid 5 mg/day

## **Retail Probiotics**

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

symbiopharm / symbioflo 2

**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]  
arabinogalactan (prebiotic)  
bacillus subtilis (probiotics)  
barley  
benzylpenicillin sodium (antibiotic)  
Cacao  
cinnamon (oil. spice)  
ciprofloxacin (antibiotic)s[CFS]  
clostridium butyricum (probiotics),Miya,Miyarisan  
fluoroquinolone (antibiotic)s  
gentamicin (antibiotic)s

imipenem (antibiotic)s  
inulin (prebiotic)  
lactobacillus casei (probiotics)  
lactobacillus plantarum (probiotics)  
lactobacillus reuteri (probiotics)  
lactobacillus rhamnosus gg (probiotics)  
minocycline (antibiotic)s[CFS]  
oregano (organum vulgare, oil) |  
piperacillin-tazobactam (antibiotic)s  
soy  
syzygium aromaticum (clove)  
thyme (thymol, thyme oil)  
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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Autism

Autoimmune Disease  
Barrett esophagus cancer  
Bipolar Disorder  
Brain Trauma  
Carcinoma  
Celiac Disease  
Cerebral Palsy  
Chronic Fatigue Syndrome  
Chronic Kidney Disease  
Chronic Lyme  
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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  
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Gout  
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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  
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Rosacea  
Schizophrenia  
Sjögren syndrome  
Sleep Apnea  
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