

## Microbiome Information for: Tic Disorder

### 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**

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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

892 Lake Samish Rd, Bellingham WA 98229

Email: [Research@MicrobiomePrescription.com](mailto:Research@MicrobiomePrescription.com)

## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Tic 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
Oscillospiraceae	family	High	216572	Catenibacterium mitsuokai	species	Low	100886
Prevotellaceae	family	Low	171552	Dialister succinatiphilus	species	Low	487173
Bifidobacterium	genus	Low	1678	Holdemanella biformis	species	Low	1735
Catenibacterium	genus	Low	135858	Intestinibacter bartlettii	species	Low	261299
Collinsella	genus	Low	102106	Phocaeicola coprocola	species	Low	310298
Coprobacillus	genus	High	100883	Phocaeicola plebeius	species	High	310297
Dorea	genus	Low	189330	Phocaeicola vulgatus	species	High	821
Faecalibacterium	genus	High	216851	Prevotella copri	species	Low	165179
Odoribacter	genus	High	283168	Prevotella stercorea	species	Low	363265
Ruminococcus	genus	High	1263	Roseburia faecis	species	Low	301302
Allisonella histaminiformans	species	Low	209880	Streptococcus lutetiensis	species	Low	150055
				Subdoligranulum variabile	species	Low	214851

## 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.

Arbutin (polyphenol) 100 mg/day	N-Acetyl Cysteine (NAC), 2400 mg/day
bacillus coagulans (probiotics) 10 BCFU/day	quercetin, resveratrol
Caffeine	resistant starch
capsaicin (hot pepper)	retinoic acid, (Vitamin A derivative)
carboxymethyl cellulose (prebiotic)	tea
Curcumin 3 gram/day	Tributyrin
diosmin, (polyphenol) 1500 mg/day	vegetarians
Guaiacol (polyphenol)	Vitamin B1, thiamine hydrochloride 1.8 gram/day
Hesperidin (polyphenol) 1.5 gram/day	Vitamin B-12 10 mg/day
luteolin (flavonoid) 400 mg/day	vitamin B3, niacin 3000 mg/day
mastic gum (prebiotic) 1000 mg/day	Vitamin B6, pyridoxine hydrochloride 200 mg/day
melatonin supplement 10 mg/day	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.

nature's way (au) / adult vita gummies daily probiotic 80s

align / align

Bromatech (IT) / Lautoselle

source naturals / duraflora

thorne / bacillus coagulansvet 60 caps

schiff / digestive advantage

daiichi sankyo healthcare (jp) / panlacmin tablet

biospec / probiotic-5

**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.

apple	inulin (prebiotic)
arabinogalactan (prebiotic)	lactobacillus paracasei (probiotics)
bacillus subtilis (probiotics)	lactobacillus plantarum,xylooligosaccharides,(prebiotic)
banana	(probiotics)
barley,oat	lactulose
bifidobacterium animalis lactis (probiotics)	linseed(flaxseed)
bifidobacterium longum (probiotics)	navy bean
Cacao	oats
chondrus crispus,red sea weed	omega-3 fatty acids
clostridium butyricum (probiotics),Miya,Miyarisan	pea (fiber, protein)
Conjugated Linoleic Acid	quercetin
fructo-oligosaccharides (prebiotic)	raffinose(sugar beet)
fruit/legume fibre	soy
galacto-oligosaccharides (prebiotic)	triphala
Glucomannan	wasabi
green tea	wheat
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	wheat bran
	whey

## Sample of Literature Used

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## Additional APriori Analysis Available

Available at: <https://microbiomeprescription.com/Library/PubMed>

Acne  
ADHD  
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**