

## Microbiome Information for: Tourette syndrome

### 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 Tourette syndrome

*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 Low	216572	Allisonella histaminiformans species	Low	209880
Turicibacteraceae Verbarq et al. 2014	family Low	2810281	Catenibacterium mitsuokai species	Low	100886
Akkermansia	genus High	239934	Dialister succinatiphilus species	Low	487173
Alloprevotella	genus High	1283313	Holdemanella biformis species	Low	1735
Bacteroides	genus Low	816	Phocaeicola coprocola species	Low	310298
Lactobacillus	genus Low	1578	Phocaeicola vulgatus species	High	821
			Roseburia faecis species	Low	301302

## 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.

**Akkermansia muciniphila (probiotic)** 10 BCFU/day

**bifidobacterium animalis lactis (probiotics)** 1 BCFU/day

**bifidobacterium longum bb536 (probiotics)**

**cannabinoids**

**Cranberry**

**cranberry bean flour**

**grapes**

**Hesperidin (polyphenol)** 1.5 gram/day

**lactobacillus kefir (NOT KEFIR)**

**melatonin supplement** 10 mg/day

**Tudca**

**vitamin a** 25000 IU/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.

SuperSmart / Akkermansia Muciniphila Postbiotic (pasturized)

PrecisionBiotics / Zenflore

Spain (es) / ns defenbiotic kids

Pendulum / akkermansia muciniphila

Pendulum / Pendulum Glucose Control

Optibac Probiotics / Bifidobacterium lactis HN019

Microbiome Labs / ZENBIOME Dual

Klaire Labs / Ther-biotic factor 4

PoolPharma (IT) / ProbioTKMIO

HLH BIOPHARMA(DE) / LACTOBACT ® FORTE

Optibac / bifidobacteria & fibre

Activia drink

PIANETA FARMA/KefiBios

SuperSmart / Bifidobacterium longum (BB536)

**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	lactobacillus reuteri (probiotics)
arabinogalactan (prebiotic)	Moringa Oleifera
bacillus subtilis (probiotics)	pectin
barley	Pulses
Burdock Root	raffinose(sugar beet)
fat	resistant starch
galacto-oligosaccharides (prebiotic)	resveratrol (grape seed/polyphenols/red wine)
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	Slippery Elm
inulin (prebiotic)	soy
lactobacillus acidophilus (probiotics)	walnuts
Lactobacillus Johnsonii (probiotic)	wheat bran
lactobacillus plantarum (probiotics)	xylan (prebiotic)
	zinc

## Sample of Literature Used

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

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Acne  
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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**