

Microbiome Information for: Depression

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

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 Depression

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
Acidobacteria	class	Low	204432	Olsenella	genus	High	133925
Actinomycetia	class	Low	1760	Oscillibacter	genus	High	459786
Bacteroidia	class	Low	200643	Oscillospira	genus	High	119852
Betaproteobacteria	class	High	28216	Parabacteroides	genus	High	375288
Clostridia	class	Low	186801	Paraprevotella	genus	High	577309
Deferribacteres	class	Low	68337	Parasutterella	genus	High	577310
Elusimicrobia	class	Low	641853	Parvimonas	genus	High	543311
Gammaproteobacteria	class	High	1236	Peptostreptococcus	genus	High	1257
Mollicutes	class	Low	31969	Phascolarctobacterium	genus	High	33024
Spirochaetia	class	Low	203692	Porphyromonas	genus	High	836
Acidaminococcaceae	family	High	909930	Prevotella	genus	Low	838
Akkermansiaceae	family	High	1647988	Pyramidobacter	genus	Low	638847
Bacteroidaceae	family	High	815	Roseburia	genus	High	841
Bifidobacteriaceae	family	High	31953	Rothia	genus	High	32207
Chitinophagaceae	family	Low	563835	Rothia	genus	High	508215
Christensenellaceae	family	Low	990719	Ruminococcus	genus	Low	1263
Clostridiales Family IV. Incertae Sedis	family	High	1689151	Saccharimonas	genus	Low	1331051
Clostridiales Family XI. Incertae Sedis	family	High	543310	Saccharomyces	genus	High	4930
Enterobacteriaceae	family	High	543	Shigella	genus	High	620
Enterococcaceae	family	High	81852	Slackia	genus	High	84108
Erysipelotrichaceae	family	High	128827	Sphaerochaeta	genus	High	399320
Eubacteriaceae	family	High	186806	Sphingobacterium	genus	Low	28453
Fusobacteriaceae	family	High	203492	Streptococcus	genus	High	1301
Lachnospiraceae	family	Low	186803	Subdoligranulum	genus	High	292632
Muribaculaceae	family	Low	2005473	Sutterella	genus	Low	40544
Nocardiaceae	family	High	85025	Veillonella	genus	Low	29465
Oscillospiraceae	family	Low	216572	Weissella	genus	High	46255
Porphyromonadaceae	family	High	171551	Burkholderiales	order	High	80840
Prevotellaceae	family	Low	171552	Eggerthellales	order	High	1643822
Rhodospirillaceae	family	High	41295	[Eubacterium] rectale	species	Low	39491
Ruminococcaceae	family	Low	541000	Acidaminococcus fermentans	species	High	905
Streptococcaceae	family	High	1300	Acidaminococcus intestini	species	Low	187327
Streptomycetaceae	family	High	2062	Akkermansia muciniphila	species	Low	239935
Sutterellaceae	family	Low	995019	Alkaliphilus peptidifermentans	species	High	426129
Veillonellaceae	family	Low	31977	Anaerotignum propionicum	species	High	28446
Actinomyces	genus	High	1654	Bacteroides caccae	species	High	47678
Agathobacter	genus	Low	1766253	Bacteroides caecigallinarum	species	High	1411144
Aggregatibacter	genus	High	416916	Bacteroides fragilis	species	High	817
Alistipes	genus	High	239759	Bacteroides helcogenes	species	Low	290053
				Bacteroides uniformis	species	High	820
				Bifidobacterium adolescentis	species	High	1680

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Anaerofilum	genus	High	52784	Bifidobacterium bifidum	species	High	1681
Anaerostipes	genus	High	207244	Bifidobacterium breve	species	Low	1685
Apiotrichum	genus	High	105983	Bifidobacterium longum	species	Low	216816
Asaccharobacter	genus	High	553372	Bifidobacterium pseudolongum	species	High	1694
Aspergillus	genus	Low	5052	Butyrivibrio crossotus	species	High	45851
Atopobium	genus	High	1380	Campylobacter jejuni	species	High	197
Bacteroides	genus	High	816	Clostridium butyricum	species	Low	1492
Bifidobacterium	genus	Low	1678	Collinsella aerofaciens	species	Low	74426
Bulleidia	genus	High	118747	Coprococcus comes	species	Low	410072
Butyricoccus	genus	Low	580596	Desulfotomaculum ruminis	species	High	1564
Butyricimonas	genus	High	574697	Desulfovibrio piger	species	Low	901
Clostridium	genus	Low	1485	Desulfovibrio vulgaris	species	High	881
Collinsella	genus	Low	102106	Eggerthella lenta	species	High	84112
Coprococcus	genus	Low	33042	Enterocloster bolteae	species	High	208479
Coriobacterium	genus	High	33870	Enterococcus faecium	species	High	1352
Deinococcus	genus	High	1298	Escherichia sp.	species	High	1884818
Desulfitobacterium	genus	High	36853	Eubacterium coprostanoligenes	species	Low	290054
Desulfovibrio	genus	High	872	Eubacterium ruminantium	species	High	42322
Dialister	genus	Low	39948	Francisella tularensis	species	Low	263
Eggerthella	genus	High	84111	Hungatella hathewayi	species	High	154046
Enterobacter	genus	Low	547	Lacrimispora indolis	species	High	69825
Eubacterium	genus	High	1730	Lactacaseibacillus rhamnosus	species	Low	47715
Faecalibacterium	genus	Low	216851	Lactiplantibacillus pentosus	species	Low	1589
Flavonifractor	genus	High	946234	Lactobacillus crispatus	species	High	47770
Fusicatenibacter	genus	High	1407607	Lactobacillus helveticus	species	Low	1587
Fusobacterium	genus	High	848	Lactobacillus intestinalis	species	High	151781
Gelria	genus	High	189326	Lancefieldella parvula	species	High	1382
Gemella	genus	High	1378	Limosilactobacillus reuteri	species	High	1598
Gemmiger	genus	Low	204475	Megasphaera elsdenii	species	High	907
Haemophilus	genus	Low	724	Mycolicibacterium neoaurum	species	High	1795
Halomonas	genus	High	2745	Paenibacillus polymyxa	species	High	1406
Heliobacterium	genus	High	2697	Parabacteroides distasonis	species	High	823
Holdmania	genus	High	61170	Parabacteroides merdae	species	Low	46503
Howardella	genus	Low	404402	Parasporobacterium paucivorans	species	High	115544
Hungatella	genus	High	1649459	Ruminococcus callidus	species	Low	40519
Klebsiella	genus	High	570	Schnuerera ultunensis	species	High	45497
Lachnospira	genus	High	28050	Streptococcus gallolyticus	species	High	315405
Lactobacillus	genus	Low	1578	Streptococcus infantarius	species	Low	102684
Lutispora	genus	Low	667112	Streptococcus parasanguinis	species	High	1318
Megamonas	genus	Low	158846	Streptococcus urinalis	species	Low	149016
Megasphaera	genus	High	906	Syntrophomonas wolfei	species	High	863
Murimonas	genus	Low	1774128	Coriobacterineae	suborder	High	255727
Odoribacter	genus	High	283168				

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.

alcoholic beverages

berberine 1.5 gram/day

blueberry

Bofutsushosan

broccoli

brown algae

candida albicans (prescription)

carboxymethyl cellulose (prebiotic)

dairy

green-lipped mussel

iron 400 mg/day

ku ding cha tea

Lactobacillus salivarius UCC118

lactulose

lard

L-glutamine 5 gram/day

mannooligosaccharide (prebiotic) 8 gram/day

omega-3 fatty acids 4 gram/day

partial sleep deprivation

rare meat

red alga *Laurencia tristicha*

refined wheat breads

saccharin 450 mg/day

Sijunzi decoction

Slippery Elm

smoking

sugar

symbioflor 2 e.coli probiotics

xylitol

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.

bacillus subtilis (probiotics)

barley

Cacao

clostridium butyricum (probiotics),Miya,Miyarisan

garlic (allium sativum)

inulin (prebiotic)

lactobacillus casei (probiotics)

lactobacillus plantarum (probiotics)

lactobacillus reuteri (probiotics)

lactobacillus rhamnosus gg (probiotics)

oregano (origanum vulgare, oil) |

pomegranate

soy

thyme (thymol, thyme oil)

vitamin d

walnuts

Sample of Literature Used

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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