

Microbiome Information for: Mood Disorders

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 Mood Disorders

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	Methanobrevibacter	genus	High	2172
Actinomycetia	class	High	1760	Mogibacterium	genus	High	86331
Bacteroidia	class	High	200643	Morganella	genus	High	581
Betaproteobacteria	class	High	28216	Murimonas	genus	Low	1774128
Deferribacteres	class	Low	68337	Odoribacter	genus	High	283168
Deltaproteobacteria	class	High	28221	Olsenella	genus	High	133925
Elusimicrobia	class	Low	641853	Oscillibacter	genus	High	459786
Epsilonproteobacteria	class	High	29547	Oscillospira	genus	High	119852
Gammaproteobacteria	class	High	1236	Parabacteroides	genus	High	375288
Mollicutes	class	Low	31969	Paraprevotella	genus	High	577309
Spirochaetia	class	Low	203692	Parvimonas	genus	High	543311
Acidaminococcaceae	family	High	909930	Peptostreptococcus	genus	High	1257
Akkermansiaceae	family	High	1647988	Phascolarctobacterium	genus	High	33024
Alcaligenaceae	family	Low	506	Porphyromonas	genus	High	836
Bacteroidaceae	family	High	815	Prevotella	genus	Low	838
Bifidobacteriaceae	family	High	31953	Propionibacterium	genus	Low	1743
Campylobacteraceae	family	High	72294	Pseudomonas	genus	Low	286
Chitinophagaceae	family	Low	563835	Pyramidobacter	genus	Low	638847
Christensenellaceae	family	Low	990719	Roseburia	genus	Low	841
Clostridiales Family IV. Incertae Sedis	family	High	1689151	Rothia	genus	High	32207
Clostridiales Family XI. Incertae Sedis	family	High	543310	Rothia	genus	High	508215
Corynebacteriaceae	family	High	1653	Ruminococcus	genus	Low	1263
Enterobacteriaceae	family	High	543	Saccharimonas	genus	Low	1331051
Enterococcaceae	family	Low	81852	Saccharomyces	genus	High	4930
Erysipelotrichaceae	family	High	128827	Shigella	genus	High	620
Eubacteriaceae	family	High	186806	Slackia	genus	High	84108
Fusobacteriaceae	family	High	203492	Solobacterium	genus	High	123375
Lachnospiraceae	family	Low	186803	Sphaerochaeta	genus	High	399320
Leuconostocaceae	family	Low	81850	Sphingobacterium	genus	Low	28453
Marinifilaceae	family	High	1573805	Streptococcus	genus	High	1301
Muribaculaceae	family	Low	2005473	Subdoligranulum	genus	High	292632
Nocardiaceae	family	High	85025	Succinivibrio	genus	High	83770
Oscillospiraceae	family	Low	216572	Sutterella	genus	Low	40544
Peptostreptococcaceae	family	High	186804	Tsukamurella	genus	High	2060
Porphyromonadaceae	family	High	171551	Turicibacter	genus	High	191303
Prevotellaceae	family	Low	171552	Veillonella	genus	Low	29465
Propionibacteriaceae	family	Low	31957	Weissella	genus	High	46255
Rhodocyclaceae	family	Low	75787	Actinomycetales	order	High	2037
Rhodospirillaceae	family	High	41295	Bacteroidales	order	High	171549
				Bifidobacteriales	order	Low	85004
				Burkholderiales	order	High	80840

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Rikenellaceae	family	Low	171550	Eggerthellales	order	High	1643822
Ruminococcaceae	family	Low	541000	Eubacteriales	order	High	186802
Sphingobacteriaceae	family	Low	84566	Rhodocyclales	order	Low	206389
Sphingomonadaceae	family	High	41297	Sphingomonadales	order	High	204457
Streptococcaceae	family	High	1300	[Clostridium] symbiosum	species	High	1512
Streptomycetaceae	family	High	2062	[Eubacterium] rectale	species	Low	39491
Sutterellaceae	family	Low	995019	[Eubacterium] siraeum	species	High	39492
Veillonellaceae	family	Low	31977	Acidaminococcus fermentans	species	High	905
Acidovorax	genus	Low	12916	Acidaminococcus intestini	species	Low	187327
Actinomyces	genus	High	1654	Akkermansia muciniphila	species	High	239935
Adlercreutzia	genus	Low	447020	Alkaliphilus oremlandii	species	High	461876
Agathobacter	genus	Low	1766253	Alkaliphilus peptidifermentans	species	High	426129
Aggregatibacter	genus	High	416916	Anaerobutyricum hallii	species	High	39488
Alistipes	genus	High	239759	Anaerotignum propionicum	species	High	28446
Anaerococcus	genus	High	165779	Bacteroides caccae	species	High	47678
Anaerofilum	genus	High	52784	Bacteroides caecigallinarum	species	High	1411144
Anaerofustis	genus	High	264995	Bacteroides fragilis	species	High	817
Anaerostipes	genus	High	207244	Bacteroides helcogenes	species	Low	290053
Anaerotruncus	genus	High	244127	Bacteroides uniformis	species	High	820
Anaerovibrio	genus	Low	82373	Bifidobacterium adolescentis	species	High	1680
Apiotrichum	genus	High	105983	Bifidobacterium bifidum	species	High	1681
Asaccharobacter	genus	High	553372	Bifidobacterium breve	species	Low	1685
Aspergillus	genus	Low	5052	Bifidobacterium pseudolongum	species	High	1694
Atopobium	genus	High	1380	Butyrivibrio crossotus	species	High	45851
Bacteroides	genus	High	816	Campylobacter jejuni	species	High	197
Bifidobacterium	genus	Low	1678	Clostridium butyricum	species	Low	1492
Bilophila	genus	High	35832	Clostridium perfringens	species	High	1502
Blautia	genus	Low	572511	Collinsella aerofaciens	species	Low	74426
Bulleidia	genus	High	118747	Coprococcus comes	species	Low	410072
Butyridimonas	genus	High	574697	Cronobacter sakazakii	species	High	28141
Campylobacter	genus	High	194	Cronobacter turicensis	species	High	413502
Chryseobacterium	genus	Low	59732	Desulfotomaculum ruminis	species	High	1564
Clostridium	genus	Low	1485	Desulfovibrio piger	species	Low	901
Collinsella	genus	High	102106	Desulfovibrio vulgaris	species	High	881
Comamonas	genus	High	283	Eggerthella lenta	species	High	84112
Coprococcus	genus	Low	33042	Enterocloster bolteae	species	High	208479
Coriobacterium	genus	High	33870	Enterococcus faecium	species	High	1352
Corynebacterium	genus	High	1716	Escherichia sp.	species	High	1884818
Deinococcus	genus	High	1298	Eubacterium coprostanoligenes	species	Low	290054
Desulfitobacterium	genus	High	36853	Eubacterium ruminantium	species	High	42322
Desulfovibrio	genus	High	872	Faecalibacterium prausnitzii	species	High	853
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
Enterococcus	genus	Low	1350	Lactacaseibacillus rhamnosus	species	Low	47715
Epulopiscium	genus	High	2383	Lactiplantibacillus pentosus	species	Low	1589
Erysipelothrix	genus	Low	1647	Lactobacillus crispatus	species	High	47770

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Escherichia	genus	High	561	Lactobacillus gasseri	species	High	1596
Eubacterium	genus	High	1730	Lactobacillus helveticus	species	Low	1587
Faecalibacterium	genus	Low	216851	Lactobacillus intestinalis	species	High	151781
Flavonifractor	genus	High	946234	Lancefieldella parvula	species	High	1382
Fusicatenibacter	genus	High	1407607	Limosilactobacillus reuteri	species	High	1598
Fusobacterium	genus	High	848	Megasphaera elsdenii	species	High	907
Gelria	genus	High	189326	Mycolicibacterium neoaurum	species	High	1795
Gemella	genus	High	1378	Paenibacillus polymyxa	species	High	1406
Gemmiger	genus	Low	204475	Parabacteroides distasonis	species	High	823
Haemophilus	genus	Low	724	Parabacteroides merdae	species	Low	46503
Halomonas	genus	High	2745	Parasporobacterium paucivorans	species	High	115544
Heliobacterium	genus	High	2697	Phocaeicola plebeius	species	High	310297
Holdemania	genus	High	61170	Ruminococcus callidus	species	Low	40519
Howardella	genus	Low	404402	Schnuerera ultunensis	species	High	45497
Hungatella	genus	High	1649459	Streptococcus gallolyticus	species	High	315405
Intestinibacter	genus	High	1505657	Streptococcus infantarius	species	Low	102684
Klebsiella	genus	High	570	Streptococcus parasanguinis	species	High	1318
Lachnodostridium	genus	High	1506553	Streptococcus urinalis	species	Low	149016
Lachnospira	genus	High	28050	Streptococcus vestibularis	species	High	1343
Lactonifractor	genus	High	420345	Syntrophomonas wolfei	species	High	863
Lutispora	genus	Low	667112	Veillonella parvula	species	High	29466
Megamonas	genus	Low	158846	Coriobacterineae	suborder	High	255727
Megasphaera	genus	High	906				

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.

arabinogalactan (prebiotic) 21 gram/day

berberine 1.5 gram/day

carboxymethyl cellulose (prebiotic)

fat

galacto-oligosaccharides (prebiotic) 10 gram/day

glycyrrhizic acid (licorice) 32 gram/day

high red meat

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2

gram/day

iron 400 mg/day

ku ding cha tea

lactulose

lard

non-starch polysaccharides

Slippery Elm

smoking

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.

Arbutin (polyphenol)	luteolin (flavonoid)
bacillus subtilis (probiotics)	melatonin supplement
barley	N-Acetyl Cysteine (NAC),
bifidobacterium animalis lactis (probiotics)	neem
bifidobacterium longum (probiotics)	oregano (origanum vulgare, oil)
Bismuth Salts	pediococcus acidilactic (probiotic)
brown rice	quercetin, resveratrol
Caffeine	retinoic acid, (Vitamin A derivative)
chicken	saccharomyces cerevisiae (probiotics)
cinnamon (oil, spice)	Shen Ling Bai Zhu San
clostridium butyricum (probiotics), Miya, Miyarisan	soy
Curcumin	sucralose
diosmin, (polyphenol)	syzygium aromaticum (clove)
disodium fumarate (food additive)	tea
foeniculum vulgare, fennel	thyme (thymol, thyme oil)
galla chinensis (herb)	Vitamin B1, thiamine hydrochloride
garlic (allium sativum)	Vitamin B-12
glycine	vitamin B3, niacin
Hesperidin (polyphenol)	Vitamin B6, pyridoxine hydrochloride
inulin (prebiotic)	vitamin B7, biotin
lactobacillus casei (probiotics)	Vitamin B9, folic acid
lactobacillus plantarum (probiotics)	walnuts
lactobacillus reuteri (probiotics)	wheat
lactobacillus rhamnosus gg (probiotics)	whey
	whole-grain barley

Sample of Literature Used

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

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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