

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 have found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is believed to reduce the severity of symptoms. In some cases, this correction may cause symptoms to disappear.

These are *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 individual's 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 is received.

In the USA

Ombre (<https://www.ombrelab.com/>)
Thorne (<https://www.thorne.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

[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Mood Disorders

Nota Benia: 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
Actinomycetes	class High	1760	Mogibacterium	genus	High	86331
Bacteroidia	class High	200643	Morganella	genus	High	90690
Betaproteobacteria	class High	28216	Morganella	genus	High	108061
Deferribacteres	class Low	68337	Murimonas	genus	Low	1774128
Delta proteobacteria	class High	28221	Odoribacter	genus	High	283168
Elusimicrobia	class Low	641853	Olsenella	genus	High	133925
Gammaproteobacteria	class High	1236	Oscillibacter	genus	High	459786
Mollicutes	class Low	31969	Oscillospira	genus	High	119852
Spirochaetia	class Low	203692	Parabacteroides	genus	High	375288
Terriglobia	class Low	204432	Paraprevotella	genus	High	577309
Acidaminococcaceae	family High	909930	Parimonas	genus	High	543311
Akkermansiaceae	family High	1647988	Peptostreptococcus	genus	High	1257
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 XI. Incertae Sedis	family High	543310	Rothia	genus	High	32207
Corynebacteriaceae	family High	1653	Rothia	genus	High	508215
Enterobacteriaceae	family High	543	Ruminococcus	genus	Low	1263
Enterococcaceae	family Low	81852	Saccharomyces	genus	High	4930
Erysipelotrichaceae	family High	128827	Shigella	genus	High	620
Eubacteriaceae	family High	186806	Slackia	genus	High	84108
Eubacteriales Family IV. Incertae Sedis	family High	1689151	Solobacterium	genus	High	123375
Fusobacteriaceae	family High	203492	Sphaerochaeta	genus	High	399320
Lachnospiraceae	family Low	186803	Sphingobacterium	genus	Low	28453
Leuconostocaceae	family Low	81850	Streptococcus	genus	High	1301
Marinifilaceae	family High	1573805	Subdoligranulum	genus	High	292632
Muribaculaceae	family Low	2005473	Succinivibrio	genus	High	83770
Nocardiaceae	family High	85025	Sutterella	genus	Low	40544
Oscillospiraceae	family Low	216572	Tsukamurella	genus	High	2060
Peptostreptococcaceae	family High	186804	Turicibacter	genus	High	191303
Porphyromonadaceae	family High	171551	Veillonella	genus	Low	29465
Prevotellaceae	family Low	171552	Weissella	genus	High	46255
Propionibacteriaceae	family Low	31957	Actinomycetales	order	High	2037
Rhodocyclaceae	family Low	75787	Bacteroidales	order	High	171549
Rhodospirillaceae	family High	41295	Bifidobacteriales	order	Low	85004
Rikenellaceae	family Low	171550	Burkholderiales	order	High	80840
			Eggerthellales	order	High	1643822

Bacteria Name	Rank Shift	Taxonomy ID	Bacteria Name	Rank Shift	Taxonomy ID
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] siraicum	species High	39492
Sutterellaceae	family Low	995019	Acidaminococcus fermentans	species High	905
Veillonellaceae	family Low	31977	Acidaminococcus intestini	species Low	187327
Acidovorax	genus Low	12916	Agathobacter rectalis	species Low	39491
Actinomyces	genus High	1654	Akkermansia muciniphila	species High	239935
Adlercreutzia	genus Low	447020	Alkaliphilus oremlandii	species High	461876
Agathobacter	genus Low	1766253	Alkaliphilus peptidifementans	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
Bilophila	genus High	35832	Clostridium butyricum	species Low	1492
Blautia	genus Low	572511	Clostridium perfringens	species High	1502
Bulleidia	genus High	118747	Collinsella aerofaciens	species Low	74426
Butyricimonas	genus High	574697	Coprococcus comes	species Low	410072
Campylobacter	genus High	194	Cronobacter sakazakii	species High	28141
Candidatus Epulonipiscum	genus High	2383	Cronobacter turicensis	species High	413502
Candidatus Saccharimonas	genus Low	1331051	Desulforamulus ruminis	species High	1564
Chryseobacterium	genus Low	59732	Desulfovibrio piger	species Low	901
Clostridium	genus Low	1485	Eggerthella lenta	species High	84112
Collinsella	genus High	102106	Enterocloster bolteae	species High	208479
Comamonas	genus High	283	Enterococcus faecium	species High	1352
Coprococcus	genus Low	33042	Escherichia sp.	species High	1884818
Coriobacterium	genus High	33870	Eubacterium coprostanoligenes	species Low	290054
Corynebacterium	genus High	1716	Eubacterium ruminantium	species High	42322
Deinococcus	genus High	1298	Faecalibacterium prausnitzii	species High	853
Desulfitobacterium	genus High	36853	Francisella tularensis	species Low	263
Desulfovibrio	genus High	872	Gabonia massiliensis	species Low	1686296
Dialister	genus Low	39948	Hungatella hathewayi	species High	154046
Eggerthella	genus High	84111	Lacrimispora indolis	species High	69825
Enterobacter	genus Low	547	Lacticaseibacillus rhamnosus	species Low	47715
Enterococcus	genus Low	1350	Lactiplantibacillus pentosus	species Low	1589
Erysipelothrix	genus Low	1647	Lactobacillus crispatus	species High	47770
			Lactobacillus gasseri	species High	1596

Bacteria Name	Rank Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Escherichia	genus High	561	Lactobacillus helveticus	species	Low	1587
Eubacterium	genus High	1730	Lactobacillus intestinalis	species	High	151781
Faecalibacterium	genus Low	216851	Lancefieldella parvula	species	High	1382
Flavonifractor	genus High	946234	Limosilactobacillus reuteri	species	High	1598
Fusicatenibacter	genus High	1407607	Megasphaera elsdenii	species	High	907
Fusobacterium	genus High	848	Mycolicibacterium neoaurum	species	High	1795
Gelria	genus High	189326	Nitratidesulfovibrio vulgaris	species	High	881
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
Lachnosporoides	genus High	1506553	Streptococcus urinalis	species	Low	149016
Lachnospira	genus High	28050	Streptococcus vestibularis	species	High	1343
Lactobacillus	genus High	1578	Syntrophomonas wolfei	species	High	863
Lactonifactor	genus High	420345	Veillonella parvula	species	High	29466
Lutispora	genus Low	667112	Coriobacterineae	suborder	High	255727
Megamonas	genus Low	158846				
Megasphaera	genus High	906				
Methanobrevibacter	genus High	2172				

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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolinium {Berberine} 15 gram/day

2H-1?6,2-benzothiazol-1,1,3-trione {Saccharin} 450 mg/day

Abstention from eating {Fasting}

Brassica oleracea var. italica {Broccoli}

Ethyl alcohol {Grain alcohol}

fat

fructo-oligosaccharides 15 gram/day

fruit

fruit/legume fibre

Ganoderma sichuanense {Reishi Mushroom} 3.4 gram/day

Ginkgo biloba {Ginkgo} 240 mg/day

grapes

high red meat

Hordeum vulgare {Barley} 60 gram/day

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2

gram/day

laminaria digitata {Oarweed}

Lycium barbarum x Lycium chinense, {Goji Fruit, Juice}

Malus domestica {apple}

Morus {Mulberry }

Musa acuminata {Banana}

oligosaccharides {oligosaccharides}

Outer Layers of Triticum aestivum {Wheat Bran}

partially hydrolysed guar gum

pectin {pectin}

Pulvis ledebouriellae compositae {Bofutsushosan}

Sulforaphane {Dark Greens}

synthetic disaccharide derivative of lactose {Lactulose}

theabrownin {theabrownin}

β-lactoglobulin {Whey} 60 gram/day

Retail Probiotics

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

jarrow formulas / bifidus balance® + fos

optibac / bifidobacteria & fibre

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.

2-(3,4-Dihydroxyphenyl)-5,7-dihydroxy-4H-chromen-4-one
{Luteolin}
2-Methyl-5-(1-methylethyl)phenol {Carvacrol}
allium sativum {garlic}
Azadirachta indica {Neem}
bacillus
bacillus,lactobacillus,streptococcus,saccharomyces probiotic
bifidobacterium
bifidobacterium infantis {B. infantis}
bifidobacterium longum {B.Longum }
Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}
Clostridium butyricum MIYAIRI 588 {Miyarisan}
Echinacea Moench {Echinacea}
enterococcus faecium {E. faecium}
Escherichia coli Nissle 1917 {Mutaflor}
eugenol {Eugenic acid}
gliadin, glutenin etc {Gluten}
Heyndrickxia coagulans {B. coagulans}
Lacticaseibacillus casei {L. casei}

Lacticaseibacillus paracasei {L.paracasei}
Lacticaseibacillus rhamnosus {l. rhamnosus}
Lactobacillus plantarum {L. plantarum}
lactobacillus rhamnosus gg
Limosilactobacillus reuteri {L. Reuteri}
long-term, moderate-intensity exercise {exercise}
nuts
origanum vulgare {oregano}
pediococcus acidilactic {RBB9 PEDIOCOCCUS ACIDILACTI}
Plantago {Psyllium}
Riboflavin {Vitamin B2}
Saccharomyces cerevisiae var boulardii {S. boulardii}
Shen Ling Bai Zhu San {参苓白术散}
soy
Streptococcus faecalis, Clostridium butyricum, Bacillus mesentericus {Bio-three}
terpenophenolics {cannabinoids}
Theobroma cacao {Cacao}
Thymus vulgaris {thyme}
walnuts

Sample of Literature Used

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

[Changes of gut microbiota reflect the severity of major depressive disorder: a cross sectional study.](#)

Translational psychiatry , Volume: 13 Issue: 1 2023 Apr 28

Authors Hu X,Li Y,Wu J,Zhang H,Huang Y,Tan X,Wen L,Zhou X,Xie P,Olasunkanmi Ol,Zhou J,Sun Z,Liu M,Zhang G,Yang J,Zheng P,Xie P

[Leveraging the microbiome to understand clinical heterogeneity in depression: findings from the T-RAD study.](#)

Translational psychiatry , Volume: 13 Issue: 1 2023 Apr 28

Authors Chin Fatt CR,Asbury S,Jha MK,Minhajuddin A,Sethuram S,Mayes T,Kennedy SH,Foster JA,Trivedi MH

[Gut Microbiota in Anxiety and Depression: Unveiling the Relationships and Management Options.](#)

Pharmaceuticals (Basel, Switzerland) , Volume: 16 Issue: 4 2023 Apr 9

Authors Kumar A,Pramanik J,Goyal N,Chauhan D,Sivamaruthi BS,Prajapati BG,Chaiyasut C

[Adverse childhood experiences and reoccurrence of illness impact the gut microbiome, which affects suicidal behaviors and the phenotype of major depression: towards enterotypic-phenotypes.](#)

Acta neuropsychiatrica , 2023 Apr 13

Authors Maes M,Vasupanrajit A,Jirakran K,Klomkiew P,Chanchaem P,Tunvirachaisakul C,Plaimas K,Suratanea A,Payungporn S

[Dysbiosis of the Gut Microbiota and Kynurenine \(Kyn\) Pathway Activity as Potential Biomarkers in Patients with Major Depressive Disorder.](#)

Nutrients , Volume: 15 Issue: 7 2023 Apr 3

Authors Lin P,Li D,Shi Y,Li Q,Guo X,Dong K,Chen Q,Lou X,Li Z,Li P,Jin W,Chen S,Sun Y,Sun J,Cheng X

[Altered gut bacterial-fungal interkingdom networks in children and adolescents with depression.](#)

Journal of affective disorders , Volume: 332 2023 Jul 1

Authors Hao SR,Zhang Z,Zhou YY,Zhang X,Sun WJ,Yang Z,Zhao JH,Jiang HY

[Bifidobacterium breve Bif11 supplementation improves depression-related neurobehavioural and neuroinflammatory changes in the mouse.](#)

Neuropharmacology , Volume: 229 2023 May 15

Authors Sushma G,Vaidya B,Sharma S,Devabattula G,Bishnoi M,Kondepudi KK,Sharma SS

[Characteristics of the gut microbiota in bipolar depressive disorder patients with distinct weight.](#)

CNS neuroscience & therapeutics , 2023 Jan 5

Authors Zhang P,Zhang D,Lai J,Fu Y,Wu L,Huang H,Pan Y,Jiang J,Xi C,Che Z,Song X,Hu S

[Gut microbial signatures and differences in bipolar disorder and schizophrenia of emerging adulthood.](#)

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Authors Chen YH,Zhou CH,Yu H,Wu WJ,Wang YW,Liu L,Hu GT,Li BJ,Peng ZW,Wang HN

[Outer membrane protein Amuc_1100 of Akkermansia muciniphila alleviates antibiotic-induced anxiety and depression-like behavior in mice.](#)

Physiology & behavior , Volume: 258 2023 Jan 1

Authors Sun Y,Zhu H,Cheng R,Tang Z,Zhang M

[Changes in fecal microbiota composition and the cytokine expression profile in school-aged children with depression: A case-control study.](#)

Frontiers in immunology , Volume: 13 2022

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[A Pilot Study of the Gut Microbiota Associated With Depressive Symptoms and Sleep Disturbance Among Chinese and Korean Immigrants in the United States.](#)

Biological research for nursing , Volume: 25 Issue: 1 2023 Jan

Authors Hope C,Shen N,Zhang W,Noh HI,Hertzberg VS,Kim S,Bai J

[Association Between Non-Suicidal Self-Injury and Gut Microbial Characteristics in Chinese Adolescent.](#)

Neuropsychiatric disease and treatment , Volume: 18 2022

Authors Cai LF,Wang SB,Hou CL,Li ZB,Liao YJ,Jia FJ

[Microbiota alterations in proline metabolism impact depression.](#)

Cell metabolism , Volume: 34 Issue: 5 2022 May 3

Authors Mayneris-Perxachs J,Castells-Nobau A,Arnoriaga-Rodríguez M,Martin M,de la Vega-Correa L,Zapata C,Burokas A,Blasco G,Coll C,Escrichs A,Biarnés C,Moreno-Navarrete JM,Puig J,Garre-Olmo J,Ramos R,Pedraza S,Brugada R,Vilanova JC,Serena J,Gich J,Ramíó-Torrentà L,Pérez-Brocal V,Moya A,Pamplona R,Sol J,Jové M,Ricart W,Portero-Otin M,Deco G,Maldonado R,Fernández-Real JM

[Bacteroides species differentially modulate depression-like behavior via gut-brain metabolic signaling.](#)

Brain, behavior, and immunity , Volume: 102 2022 May

Authors Zhang Y,Fan Q,Hou Y,Zhang X,Yin Z,Cai X,Wei W,Wang J,He D,Wang G,Yuan Y,Hao H,Zheng X

3 β -Hydroxysteroid dehydrogenase expressed by gut microbes degrades testosterone and is linked to depression in males.

Cell host & microbe , Volume: 30 Issue: 3 2022 Mar 9

Authors Li D,Liu R,Wang M,Peng R,Fu S,Fu A,Le J,Yao Q,Yuan T,Chi H,Mu X,Sun T,Liu H,Yan P,Wang S,Cheng S,Deng Z,Liu Z,Wang G,Li Y,Liu T

Lacticaseibacillus paracasei NK112 mitigates Escherichia coli-induced depression and cognitive impairment in mice by regulating IL-6 expression and gut microbiota.

Beneficial microbes , 2021 Sep 13

Authors Yun SW,Kim JK,Han MJ,Kim DH

Parabacteroides distasonis induces depressive-like behavior in a mouse model of Crohn's disease.

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Authors Gomez-Nguyen A,Basson AR,Dark-Fleury L,Hsu K,Osume A,Menghini P,Pizarro TT,Cominelli F

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Effect of Lacticaseibacillus paracasei Strain Shirota on Improvement in Depressive Symptoms, and Its Association with Abundance of Actinobacteria in Gut Microbiota.

Microorganisms , Volume: 9 Issue: 5 2021 May 10

Authors Otaka M,Kikuchi-Hayakawa H,Ogura J,Ishikawa H,Yomogida Y,Ota M,Hidese S,Ishida I,Aida M,Matsuda K,Kawai M,Yoshida S,Kunugi H

Heat-sterilized Bifidobacterium breve prevents depression-like behavior and interleukin-1 β expression in mice exposed to chronic social defeat stress.

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Progress in neuro-psychopharmacology & biological psychiatry , 2021 Mar 10

Authors Coello K,Hansen TH,Sorensen N,Ottesen NM,Miskoviak K,Pedersen O,Kessing LV,Vinberg M

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Bipolar disorders , 2021 Jan 29

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Brain, behavior, and immunity , Volume: 91 2021 Jan

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International journal of legal medicine , Volume: 135 Issue: 1 2021 Jan

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PeerJ , Volume: 8 2020

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Nutrients , Volume: 12 Issue: 6 2020 Jun 18

Authors Park M,Choi J,Lee HJ

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Alimentary pharmacology & therapeutics , Volume: 52 Issue: 2 2020 Jul

Authors Thomann AK,Mak JWY,Zhang JW,Wuestenberg T,Ebert MP,Sung JJY,Bernstein CN,Reindl W,Ng SC

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Schizophrenia research , 2020 Apr 23

Authors Yolken R,Prandovszky E,Severance EG,Hatfield G,Dickerson F

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Abdominal Aortic Aneurysm

Acne

Addison's Disease (hypocortisolism)

ADHD

Age-Related Macular Degeneration and Glaucoma

Allergic Rhinitis (Hay Fever)

Allergies

Allergy to milk products

Alopecia (Hair Loss)

Alzheimer's disease

Amyotrophic lateral sclerosis (ALS) Motor Neuron

Ankylosing spondylitis

Anorexia Nervosa

Antiphospholipid syndrome (APS)

Asthma

Atherosclerosis

Atrial fibrillation

Autism

Autoimmune Disease

Barrett esophagus cancer

benign prostatic hyperplasia

Biofilm

Bipolar Disorder

Brain Trauma

Breast Cancer

Cancer (General)

Carcinoma

cdkl5 deficiency disorder

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

Cognitive Function

Colorectal Cancer

Constipation

Coronary artery disease

COVID-19

Crohn's Disease

Cushing's Syndrome (hypercortisolism)

cystic fibrosis

d-lactic acidosis (one form of brain fog)

deep vein thrombosis

Denture Wearers Oral Shifts

Depression

Dermatomyositis
Eczema
Endometriosis
Eosinophilic Esophagitis
Epilepsy
erectile dysfunction
Fibromyalgia
Food Allergy
Functional constipation / chronic idiopathic constipation
gallstone disease (gsd)
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus
Generalized anxiety disorder
giant cell arteritis
Glioblastoma
Gout
Graves' disease
Gulf War Syndrome
Halitosis
Hashimoto's thyroiditis
Heart Failure
hemorrhagic stroke
Hemorrhoidal disease, Hemorrhoids, Piles
Hidradenitis Suppurativa
High Histamine/low DAO
hypercholesterolemia (High Cholesterol)
hyperglycemia
Hyperlipidemia (High Blood Fats)
hypersomnia
hypertension (High Blood Pressure)
Hypothyroidism
Hypoxia
IgA nephropathy (IgAN)
Inflammatory Bowel Disease
Insomnia
Intelligence
Intracranial aneurysms
Irritable Bowel Syndrome
ischemic stroke
Juvenile idiopathic arthritis
Liver Cirrhosis
Long COVID
Low bone mineral density
Lung Cancer
Lymphoma
Mast Cell Issues / mastitis
ME/CFS with IBS
ME/CFS without IBS
membranous nephropathy
Menopause
Metabolic Syndrome
Mood Disorders
multiple chemical sensitivity [MCS]
Multiple Sclerosis
Multiple system atrophy (MSA)
myasthenia gravis
neuropathic pain
Neuropathy (all types)
neuropsychiatric disorders (PANDAS, PANS)

**Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic
NonCeliac Gluten Sensitivity
Obesity
obsessive-compulsive disorder
Osteoarthritis
Osteoporosis
pancreatic cancer
Parkinson's Disease
Peanut Allergy
Polycystic ovary syndrome
Postural orthostatic tachycardia syndrome
Premenstrual dysphoric disorder
primary biliary cholangitis
Primary sclerosing cholangitis
Psoriasis
rheumatoid arthritis (RA),Spondyloarthritis (SpA)
Rosacea
Schizophrenia
scoliosis
sensorineural hearing loss
Sjögren syndrome
Sleep Apnea
Slow gastric motility / Gastroparesis
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
Vitiligo**