

## Microbiome Information for: neuropsychiatric disorders (PANDAS, PANS)

### 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**

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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 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

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of neuropsychiatric disorders (PANDAS, PANS)

*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
Bacteroidaceae	<i>family</i>	High	815	Tissierellaceae	<i>family</i>	Low	1737406
Carnobacteriaceae	<i>family</i>	Low	186828	Faecalibacterium	<i>genus</i>	Low	216851
Corynebacteriaceae	<i>family</i>	Low	1653	Gemella	<i>genus</i>	Low	1378
Erysipelotrichaceae	<i>family</i>	Low	128827	Odoribacter	<i>genus</i>	High	283168
Lachnospiraceae	<i>family</i>	Low	186803	Streptococcus	<i>genus</i>	High	1301
Rikenellaceae	<i>family</i>	High	171550	Turicibacter	<i>genus</i>	Low	191303
Ruminococcaceae	<i>family</i>	Low	541000	Escherichia coli	<i>species</i>	High	562
				Streptococcus pyogenes	<i>species</i>	High	1314

## 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.

1,4-a-D-glucan branched {Amylopectin}  
2-hydroxyethyl)trimethylazanium {choline} 1g/day  
amaranthus {amaranth}  
ascorbic acid {Vitamin C} 30 g/day  
*Escherichia coli* cryodesiccata {colinfant probiotics}  
Ethyl alcohol {Grain alcohol}  
Malus domestica {apple}

N(aminoiminomethyl)-N methyl glycine {Creatine}  
naringenin {grapefruit}  
pseudo-cereals {amaranth,quinoa, taro,buckwheat}  
raffinose {sugar beet}  
synthetic disaccharide derivative of lactose {Lactulose}  
Tributyrin  
Vsl#3 {Visibiome}  
Zinc {Zinc Supplements} 300 mg/day

## 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->1)-beta-D-fructofuranan {Inulin}	Lacticaseibacillus casei {L casei}
allium sativum {garlic}	Lacticaseibacillus paracasei {L.paracasei}
alpha-linolenic acid {Omega-3}	Lactobacillus plantarum {L. plantarum}
Azadirachta indica {Neem}	Limosilactobacillus reuteri {L. Reuteri}
bacillus	Menta × piperita {peppermint}
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	Metha family {Mint}
Cinnamomum zeylanicum {Ceylon Cinnamon}	origanum vulgare {oregano}
D(-)-Fructose {Fruit sugar}	Pentahydroxypentane {Xylitol}
Diferuloylmethane {Curcumin}	Propolis {Bee glue}
fruit/legume fibre	Punica granatum {pomegranate}
green tea	rosmarinus officinalis {rosemary}
Hericium erinaceus {Lion's Mane Mushroom }	syzygium aromaticum {clove}
Honey {Honey }	Thymus vulgaris {thyme}
	Zingiber officinale Roscoe {ginger}

## Sample of Literature Used

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Antiphospholipid syndrome (APS)  
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Autism  
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Barrett esophagus cancer  
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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