

## Microbiome Information for: Stress / posttraumatic stress disorder

### 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

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Email: [Research@MicrobiomePrescription.com](mailto:Research@MicrobiomePrescription.com)

## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Stress / posttraumatic stress disorder

*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
Actinomycetia	class	Low	1760	Escherichia	genus	High	561
Gammaproteobacteria	class	High	1236	Faecalibacterium	genus	Low	216851
Coriobacteriaceae	family	High	84107	Fusobacterium	genus	High	848
Enterobacteriaceae	family	High	543	Lactobacillus	genus	High	1578
Erysipelotrichaceae	family	High	128827	Methanobrevibacter	genus	High	2172
Lachnospiraceae	family	Low	186803	Oscillospira	genus	Low	119852
Ruminococcaceae	family	Low	541000	Parabacteroides	genus	High	375288
Acidaminococcus	genus	High	904	Peptoniphilus	genus	High	162289
Adlercreutzia	genus	Low	447020	Peptostreptococcus	genus	High	1257
Akkermansia	genus	High	239934	Phascolarctobacterium	genus	Low	33024
Anaeroplasma	genus	Low	2086	Porphyromonas	genus	High	836
Anaerostipes	genus	High	207244	Rhodococcus	genus	High	1827
Atopobium	genus	Low	1380	Rhodococcus	genus	High	1661425
Bulleidia	genus	High	118747	Shigella	genus	High	620
Christensenella	genus	High	990721	Sphingomonas	genus	High	13687
Clostridium	genus	High	1485	Staphylococcus	genus	High	1279
Collinsella	genus	Low	102106	Turicibacter	genus	High	191303
Coprobacillus	genus	High	100883	Akkermansia muciniphila	species	Low	239935
Coprococcus	genus	Low	33042	Bacteroides salyersiae	species	Low	291644
Coriobacterium	genus	Low	33870	Eggerthella lenta	species	Low	84112
Corynebacterium	genus	High	1716	Escherichia coli	species	High	562
Dehalobacterium	genus	High	51514	Faecalibacterium prausnitzii	species	Low	853
Dorea	genus	High	189330	Francisella tularensis	species	High	263
Enterococcus	genus	High	1350	Lactiplantibacillus plantarum	species	Low	1590
				Staphylococcus intermedius	species	High	1285

## 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.

Astragalus

Bofutsushosan

candida albicans (prescription)

Caraway

carboxymethyl cellulose (prebiotic)

carob

Carrot (juice)

Cayenne

Cilantro

Cottage Cheese

Dandelion

Echinacea 4 gram/day

Fish Sauce

fluorine

fructo-oligosaccharides (prebiotic) 15 gram/day

galactose (milk sugar)

Goldenseal

grape polyphenols

Hops

iron 400 mg/day

lactulose

Lemon peel

Mangosteen

mannooligosaccharide (prebiotic) 8 gram/day

Miso

navy bean

oligosaccharides (prebiotic)

omega-3 fatty acids 4 gram/day

Parsley

partial sleep deprivation

Piperine

raffinose(sugar beet)

resveratrol (grape seed/polyphenols/red wine) 2 gram/day

sesame cake/meal

Slippery Elm

sodium butyrate

Soy sauce

spirulina(cyanobacteria)

Sriracha sauce

symbioflor 2 e.coli probiotics

Titanium Dioxide (E171) (TiO2)

vitamin a 25000 IU/day

## **Retail Probiotics**

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

symbiopharm / symbioflo 2  
optibac / for every day  
ISCON Elegance/ Ochek Capsule 10  
Nutrition Essentials / Probiotic (900 BCFU)  
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.

Cacao	<i>lactobacillus rhamnosus gg</i> (probiotics)
cinnamon (oil, spice)	neem
<i>clostridium butyricum</i> (probiotics), Miya, Miyarisan	oregano ( <i>origanum vulgare</i> , oil)
Curcumin	peppermint (spice, oil)
<i>foeniculum vulgare</i> , fennel	quercetin
garlic ( <i>allium sativum</i> )	<i>rosmarinus officinalis</i> , rosemary
inulin (prebiotic)	<i>salvia officinalis</i> (sage)
<i>lactobacillus casei</i> (probiotics)	<i>syzygium aromaticum</i> (clove)
<i>lactobacillus plantarum</i> (probiotics)	thyme (thymol, thyme oil)
<i>lactobacillus reuteri</i> (probiotics)	triphala

## Sample of Literature Used

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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  
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Tourette syndrome  
Type 1 Diabetes  
Type 2 Diabetes  
Ulcerative colitis  
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