Microbiome Information for: obsessive-compulsive 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 *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/)
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

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of obsessive-compulsive 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
Enterobacteriaceae	*family*	High	*543*
Lachnospiraceae	*family*	Low	*186803*
Ruminococcaceae	*family*	Low	*541000*
Actinomyces	*genus*	Low	*1654*
Aestuariispira	*genus*	High	*1647175*
Agathobacter	*genus*	Low	*1766253*
Alistipes	*genus*	High	*239759*
Anaeroplasma	*genus*	Low	*2086*
Anaerostipes	*genus*	Low	*207244*
Barnesiella	*genus*	High	*397864*
Bifidobacterium	*genus*	Low	*1678*
Blautia	*genus*	Low	*572511*
Coprococcus	*genus*	Low	*33042*
Dorea	*genus*	Low	*189330*
Enterobacter	*genus*	High	*547*
Enterococcus	*genus*	High	*1350*
Enterorhabdus	*genus*	Low	*580024*
Escherichia	*genus*	High	*561*
Eubacterium	*genus*	Low	*1730*
Holdemanella	*genus*	High	*1573535*
Klebsiella	*genus*	High	*570*
Lachnobacterium	*genus*	Low	*140625*
Lachnoclostridium	*genus*	High	*1506553*
Lachnospira	*genus*	High	*28050*
Lactobacillus	*genus*	Low	*1578*
Odoribacter	*genus*	Low	*283168*
Parabacteroides	*genus*	High	*375288*
Parasutterella	*genus*	Low	*577310*

Bacteria Name	Rank	Shift	Taxonomy ID
Peptococcus	*genus*	High	*2740*
Prevotella	*genus*	Low	*838*
Propionibacterium	*genus*	Low	*1743*
Romboutsia	*genus*	Low	*1501226*
Slackia	*genus*	Low	*84108*
Staphylococcus	*genus*	High	*1279*
Streptococcus	*genus*	High	*1301*
Sutterella	*genus*	High	*40544*
Turicibacter	*genus*	Low	*191303*
Veillonella	*genus*	High	*29465*
[Ruminococcus] torques	*species*	Low	*33039*
Akkermansia muciniphila	*species*	Low	*239935*
Bacteroides fragilis	*species*	High	*817*
Bacteroides ovatus	*species*	High	*28116*
Bacteroides uniformis	*species*	High	*820*
Bifidobacterium animalis	*species*	Low	*28025*
Blautia obeum	*species*	High	*40520*
Clostridium difficile	*species*	High	*1496*
Coprococcus catus	*species*	High	*116085*
Escherichia coli	*species*	High	*562*
Eubacterium ventriosum	*species*	High	*39496*
Klebsiella pneumoniae	*species*	High	*573*
Limosilactobacillus reuteri	*species*	High	*1598*
Methanobrevibacter smithii	*species*	Low	*2173*
Phocaeicola vulgatus	*species*	High	*821*
Prevotella copri	*species*	Low	*165179*
Ruminococcus bromii	*species*	High	*40518*
Ruminococcus gnavus	*species*	Low	*33038*

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
Astragalus
candida albicans (prescription)
carboxymethyl cellulose (prebiotic)
Carrot (juice)
catecholamines (polyphenol)
Cayenne
colinfant e.coli probiotics
Cottage Cheese
dairy
d-ribose 10 gram/day
extra virgin olive oil
Fish Sauce
fluorine
glycyrrhizic acid (licorice) 32 gram/day
high red meat
iron 400 mg/day
Krill Oil 4 gram/day
ku ding cha tea
lactose
lactulose
lard
mannooligosaccharide (prebiotic) 8 gram/day
nuts
Psyllium (Plantago Ovata Husk) 6.8 gram/day
rare meat
red alga Laurencia tristicha
schisandra chinensis(magnolia berry or five-flavor-fruit)
Slippery Elm
smoking
sugar
symbioflor 2 e.coli probiotics
Tributyrin
Vitamin B9,folic acid 5 mg/day

Retail Probiotics

Over 260 retail probiotics were evaluted with the following deem 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 signigicant 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.

arabinogalactan (prebiotic)
bacillus subtilis (probiotics)
barley
berberine
Cacao
cinnamon (oil. spice)
clostridium butyricum (probiotics),Miya,Miyarisan
foeniculum vulgare,fennel
garlic (allium sativum)
Glucomannan
inulin (prebiotic)
lactobacillus casei (probiotics)
lactobacillus paracasei (probiotics)
lactobacillus plantarum (probiotics)
lactobacillus reuteri (probiotics)
lactobacillus rhamnosus gg (probiotics)
oregano (origanum vulgare, oil) |
rosmarinus officinalis,rosemary
soy
syzygium aromaticum (clove)
thyme (thymol, thyme oil)

Sample of Literature Used

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

Searching for host immune-microbiome mechanisms in obsessive-compulsive disorder: A narrative literature review and future directions.
Neuroscience and biobehavioral reviews , Volume: 125 2021 Jun
Authors Troyer EA,Kohn JN,Ecklu-Mensah G,Aleti G,Rosenberg DR,Hong S

The gut microbiome and inflammation in obsessive-compulsive disorder patients compared to age- and sex-matched controls: a pilot study.
Acta psychiatrica Scandinavica , Volume: 142 Issue: 4 2020 Oct
Authors Turna J,Grosman Kaplan K,Anglin R,Patterson B,Soreni N,Bercik P,Surette MG,Van Ameringen M

Natural compulsive-like behaviour in the deer mouse (Peromyscus maniculatus bairdii) is associated with altered gut microbiota composition.
The European journal of neuroscience , Volume: 51 Issue: 6 2020 Mar
Authors Scheepers IM,Cryan JF,Bastiaanssen TFS,Rea K,Clarke G,Jaspan HB,Harvey BH,Hemmings SMJ,Santana L,van der Sluis R,Malan-Müller S,Wolmarans W

Positive efficacy of Lactiplantibacillus plantarum MH-301 as a postoperative adjunct to endoscopic sclerotherapy for internal hemorrhoids: a randomized, double-blind, placebo-controlled trial.
Food & function , 2023 Sep 1
Authors Zhang K,Liu H,Liu P,Feng Q,Gan L,Yao L,Huang G,Fang Z,Chen T,Fang N

Effect of an Enteroprotective Complementary Feed on Faecal Markers of Inflammation and Intestinal Microbiota Composition in Weaning Puppies.
Veterinary sciences , Volume: 10 Issue: 7 2023 Jul 3
Authors Meineri G,Cocolin L,Morelli G,Schievano C,Atuahene D,Ferrocino I

The anti-hyperlipidemic effect and underlying mechanisms of barley (Hordeum vulgare L.) grass polysaccharides in mice induced by a high-fat diet.
Food & function , 2023 Jul 14
Authors Yan JK,Chen TT,Li LQ,Liu F,Liu X,Li L

Cinnamon oil solid self-microemulsion mediates chronic mild stress-induced depression in mice by modulating monoamine neurotransmitters, corticosterone, inflammation cytokines, and intestinal flora.
Heliyon , Volume: 9 Issue: 6 2023 Jun
Authors Ma T,Tang B,Wang Y,Shen M,Ping Y,Wang L,Su J

Targeted modification of gut microbiota and related metabolites via dietary fiber.
Carbohydrate polymers , Volume: 316 2023 Sep 15
Authors Nie Q,Sun Y,Li M,Zuo S,Chen C,Lin Q,Nie S

Low dosage fluorine ameliorates the bioaccumulation, hepatorenal dysfunction and oxidative stress, and gut microbiota perturbation of cadmium in rats.
Environmental pollution (Barking, Essex : 1987) , Volume: 324 2023 May 1
Authors Li D,Yang C,Xu X,Li S,Luo G,Zhang C,Wang Z,Sun D,Cheng J,Zhang Q

Effects of Dietary Oregano Essential Oil on Cecal Microorganisms and Muscle Fatty Acids of Luhua Chickens.
Animals : an open access journal from MDPI , Volume: 12 Issue: 22 2022 Nov 20
Authors Wu T,Yang F,Jiao T,Zhao S

Lactobacillus rhamnosus GG protects against atherosclerosis by improving ketone body synthesis.
Applied microbiology and biotechnology , Volume: 106 Issue: 24 2022 Dec
Authors Zhai T,Ren W,Wang P,Zheng L

Miya Improves Osteoarthritis Characteristics via the Gut-Muscle-Joint Axis According to Multi-Omics Analyses.
Frontiers in pharmacology , Volume: 13 2022
Authors Xu T,Yang D,Liu K,Gao Q,Liu Z,Li G

Licorice extract ameliorates hyperglycemia through reshaping gut microbiota structure and inhibiting TLR4/NF-?B signaling pathway in type 2 diabetic mice.
Food research international (Ottawa, Ont.) , Volume: 153 2022 Mar
Authors Zhang Y,Xu Y,Zhang L,Chen Y,Wu T,Liu R,Sui W,Zhu Q,Zhang M

Effects of Dietary Supplementation With *Bacillus subtilis*, as an Alternative to Antibiotics, on Growth Performance, Serum Immunity, and Intestinal Health in Broiler Chickens.
Frontiers in nutrition , Volume: 8 2021
Authors Qiu K,Li CL,Wang J,Qi GH,Gao J,Zhang HJ,Wu SG

Active Smoking Induces Aberrations in Digestive Tract Microbiota of Rats.

Frontiers in cellular and infection microbiology , Volume: 11 2021
Authors Wang X,Ye P,Fang L,Ge S,Huang F,Polverini PJ,Heng W,Zheng L,Hu Q,Yan F,Wang W
Long-Term Overconsumption of Fat and Sugar Causes a Partially Reversible Pre-inflammatory Bowel Disease State.

Frontiers in nutrition , Volume: 8 2021
Authors Arnone D,Vallier M,Hergalant S,Chabot C,Ndiaye NC,Moulin D,Aignatoaei AM,Alberto JM,Louis H,Boulard O,Mayeur C,Dreumont N,Peuker K,Strigli A,Zeissig S,Hansmannel F,Chamaillard M,Kökten T,Peyrin-Biroulet L
Bacillus subtilis Attenuates Hepatic and Intestinal Injuries and Modulates Gut Microbiota and Gene Expression Profiles in Mice Infected with *Schistosoma japonicum*.

Frontiers in cell and developmental biology , Volume: 9 2021
Authors Lin D,Song Q,Zhang Y,Liu J,Chen F,Du S,Xiang S,Wang L,Wu X,Sun X
Multidimensional exploration of essential oils generated via eight oregano cultivars: Compositions, chemodiversities, and antibacterial capacities.

Food chemistry , Volume: 374 2022 Apr 16
Authors Hao Y,Kang J,Yang R,Li H,Cui H,Bai H,Tsitsilin A,Li J,Shi L
Gut microbiome and metabolome in a non-human primate model of chronic excessive alcohol drinking.

Translational psychiatry , Volume: 11 Issue: 1 2021 Dec 1
Authors Piacentino D,Grant-Beurmann S,Vizioli C,Li X,Moore CF,Ruiz-Rodado V,Lee MR,Joseph PV,Fraser CM,Weerts EM,Leggio L
Metagenomic Analysis of Intestinal Microbiota in Florated Rats.

Biological trace element research , Volume: 200 Issue: 7 2022 Jul
Authors Komuroglu AU,Seckin H,Ertas M,Meydan I
Antimicrobial, immunological and biochemical effects of florfenicol and garlic (Allium sativum) on rabbits infected with Escherichia coli serotype O55: H7.

Veterinary research communications , 2021 Nov 10
Authors Farag VM,El-Shafei RA,Elkenany RM,Ali HS,Eladl AH
Cinnamaldehyde Promotes the Intestinal Barrier Functions and Reshapes Gut Microbiome in Early Weaned Rats.

Frontiers in nutrition , Volume: 8 2021
Authors Qi L,Mao H,Lu X,Shi T,Wang J
Effects of dietary tributyrin and physterol ester supplementation on growth performance, intestinal morphology, microbiota and metabolites in weaned piglets.

Journal of applied microbiology , 2021 Oct 27
Authors Chen G,Zhuo R,Ding H,Yang K,Xue J,Zhang S,Chen L,Yin Y,Fang R
Supplementation with *Lactiplantibacillus plantarum* IMC 510 Modifies Microbiota Composition and Prevents Body Weight Gain Induced by Cafeteria Diet in Rats.

International journal of molecular sciences , Volume: 22 Issue: 20 2021 Oct 16
Authors Micioni Di Bonaventura MV,Coman MM,Tomassoni D,Micioni Di Bonaventura E,Botticelli L,Gabrielli MG,Rossolini GM,Di Pilato V,Cecchini C,Amedei A,Silvi S,Verdenelli MC,Cifani C
Treatment with a spore-based probiotic containing five strains of Bacillus induced changes in the metabolic activity and community composition of the gut microbiota in a SHIME® model of the human gastrointestinal system.

Food research international (Ottawa, Ont.) , Volume: 149 2021 Nov
Authors Marzorati M,Van den Abbeele P,Bubeck S,Bayne T,Krishnan K,Young A
Bacillus pumilus and *Bacillus subtilis* Promote Early Maturation of Cecal Microbiota in Broiler Chickens.

Microorganisms , Volume: 9 Issue: 9 2021 Sep 7
Authors Bilal M,Achard C,Barbe F,Chevaux E,Ronholm J,Zhao X
The Prebiotic Potential of Inulin-type Fructans: A Systematic Review.

Advances in nutrition (Bethesda, Md.) , 2021 Sep 23
Authors Hughes RL,Alvarado DA,Swanson KS,Holscher HD
Dietary and Pharmacologic Manipulations of Host Lipids and Their Interaction With the Gut Microbiome in Non-human Primates.

Frontiers in medicine , Volume: 8 2021
Authors Lang JM,Sedgeman LR,Cai L,Layne JD,Wang Z,Pan C,Lee R,Temel RE,Lusis AJ
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
The Protection of *Lactiplantibacillus plantarum* CCFM8661 Against Benzopyrene-Induced Toxicity *via* Regulation of the Gut Microbiota.

Frontiers in immunology , Volume: 12 2021

Authors Yu L,Zhang L,Duan H,Zhao R,Xiao Y,Guo M,Zhao J,Zhang H,Chen W,Tian F
Low-Dose Lactulose as a Prebiotic for Improved Gut Health and Enhanced Mineral Absorption.
Frontiers in nutrition , Volume: 8 2021
Authors Karakan T,Tuohy KM,Janssen-van Solingen G
Prebiotic fructans have greater impact on luminal microbiology and CD3+ T cells in healthy siblings than patients with Crohn`s disease: A pilot study investigating the potential for primary prevention of inflammatory bowel disease.
Clinical nutrition (Edinburgh, Scotland) , Volume: 40 Issue: 8 2021 Jun 23
Authors Hedin CR,McCarthy NE,Louis P,Farquharson FM,McCartney S,Stagg AJ,Lindsay JO,Whelan K
Effects of Bacillus subtilis and Bacillus licheniformis on growth performance, immunity, short chain fatty acid production, antioxidant capacity, and cecal microflora in broilers.
Poultry science , Volume: 100 Issue: 9 2021 Jun 26
Authors Xu Y,Yu Y,Shen Y,Li Q,Lan J,Wu Y,Zhang R,Cao G,Yang C
Effects of Fermented Milk Containing *Lacticaseibacillus paracasei* Strain Shirota on Constipation in Patients with Depression: A Randomized, Double-Blind, Placebo-Controlled Trial.
Nutrients , Volume: 13 Issue: 7 2021 Jun 29
Authors Zhang X,Chen S,Zhang M,Ren F,Ren Y,Li Y,Liu N,Zhang Y,Zhang Q,Wang R
Microbiota and Metabolite Modifications after Dietary Exclusion of Dairy Products and Reduced Consumption of Fermented Food in Young and Older Men.
Nutrients , Volume: 13 Issue: 6 2021 Jun 1
Authors Kim J,Burton-Pimentel KJ,Fleuti C,Blaser C,Scherz V,Badertscher R,Marmonier C,Lyon-Belgy N,Caille A,Pidou V,Blot A,Bertelli C,David J,Bütikofer U,Greub G,Dardevet D,Polakof S,Vergères G
Concentrated Raw Fibers Enhance the Fiber-Degrading Capacity of a Synthetic Human Gut Microbiome.
International journal of molecular sciences , Volume: 22 Issue: 13 2021 Jun 25
Authors Steimle A,Neumann M,Grant ET,Turner JD,Desai MS
Lactobacillus paracasei modulates the gut microbiota and improves inflammation in type 2 diabetic rats.
Food & function , 2021 Jun 11
Authors Zeng Z,Guo X,Zhang J,Yuan Q,Chen S
Modulatory Effects of *Bacillus subtilis* on the Performance, Morphology, Cecal Microbiota and Gut Barrier Function of Laying Hens.
Animals : an open access journal from MDPI , Volume: 11 Issue: 6 2021 May 24
Authors Zhang G,Wang H,Zhang J,Tang X,Raheem A,Wang M,Lin W,Liang L,Qi Y,Zhu Y,Jia Y,Cui S,Qin T
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
Lactobacillus Sps in Reducing the Risk of Diabetes in High-Fat Diet-Induced Diabetic Mice by Modulating the Gut Microbiome and Inhibiting Key Digestive Enzymes Associated with Diabetes.
Biology , Volume: 10 Issue: 4 2021 Apr 20
Authors Gulnaz A,Nadeem J,Han JH,Lew LC,Son JD,Park YH,Rather IA,Hor YY
The Anti-Inflammatory Effect and Mucosal Barrier Protection of *Clostridium butyricum* RH2 in Ceftriaxone-Induced Intestinal Dysbacteriosis.
Frontiers in cellular and infection microbiology , Volume: 11 2021
Authors Li Y,Liu M,Liu H,Sui X,Liu Y,Wei X,Liu C,Cheng Y,Ye W,Gao B,Wang X,Lu Q,Cheng H,Zhang L,Yuan J,Li M
Implications of Tributyrin on Gut Microbiota Shifts Related to Performances of Weaning Piglets.
Microorganisms , Volume: 9 Issue: 3 2021 Mar 12
Authors Miragoli F,Patrone V,Prandini A,Sigolo S,Dell`Anno M,Rossi L,Senizza A,Morelli L,Callegari ML
Beverages containing Lactobacillus paracasei LC-37 improved functional dyspepsia through regulation of the intestinal microbiota and their metabolites.
Journal of dairy science , 2021 Mar 10
Authors Sun E,Zhang X,Zhao Y,Li J,Sun J,Mu Z,Wang R
Effects of colon-targeted vitamins on the composition and metabolic activity of the human gut microbiome- a pilot study.
Gut microbes , Volume: 13 Issue: 1 2021 Jan-Dec
Authors Pham VT,Fehlbaum S,Seifert N,Richard N,Bruins MJ,Sybesma W,Rehman A,Steinert RE
Prevention and Alleviation of Dextran Sulfate Sodium Salt-Induced Inflammatory Bowel Disease in Mice With *Bacillus subtilis*-Fermented Milk *via* Inhibition of the Inflammatory Responses and Regulation of the Intestinal Flora.
Frontiers in microbiology , Volume: 11 2020
Authors Zhang X,Tong Y,Lyu X,Wang J,Wang Y,Yang R

Effects of Iron and Zinc Biofortified Foods on Gut Microbiota In Vivo (*Gallus gallus*): A Systematic Review.

Nutrients , Volume: 13 Issue: 1 2021 Jan 9

Authors Juste Contin Gomes M,Stampini Duarte Martino H,Tako E

Berberine alters gut microbial function through modulation of bile acids.

BMC microbiology , Volume: 21 Issue: 1 2021 Jan 11

Authors Wolf PG,Devendran S,Doden HL,Ly LK,Moore T,Takei H,Nittono H,Murai T,Kurosawa T,Chlipala GE,Green SJ,Kakiyama G,Kashyap P,McCracken VJ,Gaskins HR,Gillevet PM,Ridlon JM

Lactulose ingestion causes an increase in the abundance of gut-resident bifidobacteria in Japanese women: a randomised, double-blind, placebo-controlled crossover trial.

Beneficial microbes , 2021 Jan 4

Authors Sakai Y,Hamano H,Ochi H,Abe F,Masuda K,Iino H

Exopolysaccharides from Lactobacillus plantarum YW11 improve immune response and ameliorate inflammatory bowel disease symptoms.

Acta biochimica Polonica , Volume: 67 Issue: 4 2020 Dec 17

Authors Min Z,Xiaona H,Aziz T,Jian Z,Zhennai Y

Adjunctive treatment with probiotics partially alleviates symptoms and reduces inflammation in patients with irritable bowel syndrome.

European journal of nutrition , 2020 Nov 22

Authors Xu H,Ma C,Zhao F,Chen P,Liu Y,Sun Z,Cui L,Kwok LY,Zhang H

Alcohol decreases intestinal ratio of *Lactobacillus* to *Enterobacteriaceae* and induces hepatic immune tolerance in a murine model of DSS-colitis.

Gut microbes , Volume: 12 Issue: 1 2020 Nov 9

Authors Kuprys PV,Cannon AR,Shieh J,Iftekhar N,Park SK,Eberhardt JM,Ding X,Choudhry MA

Black garlic melanoidins prevent obesity, reduce serum LPS levels and modulate the gut microbiota composition in high-fat diet-induced obese C57BL/6J mice.

Food & function , Volume: 11 Issue: 11 2020 Nov 18

Authors Wu J,Liu Y,Dou Z,Wu T,Liu R,Sui W,Jin Y,Zhang M

Enterococcus faecium R0026 combined with *Bacillus subtilis* R0179 prevent obesity-associated hyperlipidaemia and modulate gut microbiota in C57BL/6 mice.

Journal of microbiology and biotechnology , 2020 Oct 20

Authors Huang J,Huang J,Yin T,Lv H,Zhang P,Li H

Neuroprotective effects associated with immune modulation by selected lactic acid bacteria in a Parkinson`s disease model.

Nutrition (Burbank, Los Angeles County, Calif.) , Volume: 79-80 2020 Nov - Dec

Authors Perez Visñuk D,Savoy de Giori G,LeBlanc JG,de Moreno de LeBlanc A

Modulatory Effects of Triphala and Manjistha Dietary Supplementation on Human Gut Microbiota: A Double-Blind, Randomized, Placebo-Controlled Pilot Study.

Journal of alternative and complementary medicine (New York, N.Y.) , Volume: 26 Issue: 11 2020 Nov

Authors Peterson CT,Pourang A,Dhaliwal S,Kohn JN,Uchitel S,Singh H,Mills PJ,Peterson SN,Sivamani RK

Relative abundance of the Prevotella genus within the human gut microbiota of elderly volunteers determines the inter-individual responses to dietary supplementation with wheat bran arabinoxylan-oligosaccharides.

BMC microbiology , Volume: 20 Issue: 1 2020 Sep 14

Authors Chung WSF,Walker AW,Bosscher D,Garcia-Campayo V,Wagner J,Parkhill J,Duncan SH,Flint HJ

Impacts of Habitual Diets Intake on Gut Microbial Counts in Healthy Japanese Adults.

Nutrients , Volume: 12 Issue: 8 2020 Aug 12

Authors Sugimoto T,Shima T,Amamoto R,Kaga C,Kado Y,Watanabe O,Shiinoki J,Iwazaki K,Shigemura H,Tsuji H,Matsumoto S

Nuts and their Effect on Gut Microbiota, Gut Function and Symptoms in Adults: A Systematic Review and Meta-Analysis of Randomised Controlled Trials.

Nutrients , Volume: 12 Issue: 8 2020 Aug 6

Authors Creedon AC,Hung ES,Berry SE,Whelan K

Schisandra chinensis ameliorates depressive-like behaviors by regulating microbiota-gut-brain axis via its anti-inflammation activity.

Phytotherapy research : PTR , 2020 Aug 5

Authors Yan T,Wang N,Liu B,Wu B,Xiao F,He B,Jia Y

Effect of High versus Low Dairy Consumption on the Gut Microbiome: Results of a Randomized, Cross-Over Study.

Nutrients , Volume: 12 Issue: 7 2020 Jul 17

Authors Swarte JC,Eelderink C,Douwes RM,Said MY,Hu S,Post A,Westerhuis R,Bakker SJL,Harmsen HJM

Dietary supplementation with Bacillus subtilis DSM 32315 alters the intestinal microbiota and metabolites in weaned piglets.

Journal of applied microbiology , 2020 Jul 6
Authors Ding H,Zhao X,Ma C,Gao Q,Yin Y,Kong X,He J
Soy food intake associates with changes in the metabolome and reduced blood pressure in a gut microbiota dependent manner.
Nutrition, metabolism, and cardiovascular diseases : NMCD , 2020 May 18
Authors Shah RD,Tang ZZ,Chen G,Huang S,Ferguson JF
Cocoa Polyphenols and Gut Microbiota Interplay: Bioavailability, Prebiotic Effect, and Impact on Human Health.
Nutrients , Volume: 12 Issue: 7 2020 Jun 27
Authors Sorrenti V,Ali S,Mancin L,Davinelli S,Paoli A,Scapagnini G
Cocoa Polyphenols and Gut Microbiota Interplay: Bioavailability, Prebiotic Effect, and Impact on Human Health.
Nutrients , Volume: 12 Issue: 7 2020 Jun 27
Authors Sorrenti V,Ali S,Mancin L,Davinelli S,Paoli A,Scapagnini G
Thyroid-Gut-Axis: How Does the Microbiota Influence Thyroid Function?
Nutrients , Volume: 12 Issue: 6 2020 Jun 12
Authors Knezevic J,Starchl C,Tmava Berisha A,Amrein K
Antioxidant, Anti-Inflammatory, and Microbial-Modulating Activities of Essential Oils: Implications in Colonic Pathophysiology.
International journal of molecular sciences , Volume: 21 Issue: 11 2020 Jun 10
Authors Spisni E,Petrocelli G,Imbesi V,Spigarelli R,Azzinnari D,Donati Sarti M,Campieri M,Valerii MC
Mechanistic insights into the attenuation of intestinal inflammation and modulation of the gut microbiome by krill oil using in vitro and in vivo models.
Microbiome , Volume: 8 Issue: 1 2020 Jun 4
Authors Liu F,Smith AD,Solano-Aguilar G,Wang TTY,Pham Q,Beshah E,Tang Q,Urban JF Jr,Xue C,Li RW
The in vitro Effect of Fibers With Different Degrees of Polymerization on Human Gut Bacteria.
Frontiers in microbiology , Volume: 11 2020
Authors Chen M,Fan B,Liu S,Imam KMSU,Xie Y,Wen B,Xin F
Supplemental Clostridium butyricum Modulates Lipid Metabolism Through Shaping Gut Microbiota and Bile Acid Profile of Aged Laying Hens.
Frontiers in microbiology , Volume: 11 2020
Authors Wang WW,Wang J,Zhang HJ,Wu SG,Qi GH
Cocoa diet modulates gut microbiota composition and improves intestinal health in Zucker diabetic rats.
Food research international (Ottawa, Ont.) , Volume: 132 2020 Jun
Authors Álvarez-Cilleros D,Ramos S,López-Oliva ME,Escrivá F,Álvarez C,Fernández-Millán E,Martín MÁ
Cocoa diet modulates gut microbiota composition and improves intestinal health in Zucker diabetic rats.
Food research international (Ottawa, Ont.) , Volume: 132 2020 Jun
Authors Álvarez-Cilleros D,Ramos S,López-Oliva ME,Escrivá F,Álvarez C,Fernández-Millán E,Martín MÁ
Effects of Tributyrin Supplementation on Growth Performance, Insulin, Blood Metabolites and Gut Microbiota in Weaned Piglets.
Animals : an open access journal from MDPI , Volume: 10 Issue: 4 2020 Apr 22
Authors Sotira S,Dell`Anno M,Caprarulo V,Hejna M,Pirrone F,Callegari ML,Tucci TV,Rossi L
Effect of Berberine on Atherosclerosis and Gut Microbiota Modulation and Their Correlation in High-Fat Diet-Fed ApoE-/- Mice.
Frontiers in pharmacology , Volume: 11 2020
Authors Wu M,Yang S,Wang S,Cao Y,Zhao R,Li X,Xing Y,Liu L
Alterations in cecal microbiota and intestinal barrier function of laying hens fed on fluoride supplemented diets.
Ecotoxicology and environmental safety , Volume: 193 2020 Apr 15
Authors Miao L,Gong Y,Li H,Xie C,Xu Q,Dong X,Elwan HAM,Zou X
Prebiotic activity of garlic (Allium sativum) extract on Lactobacillus acidophilus.
Veterinary world , Volume: 12 Issue: 12 2019 Dec
Authors Sunu P,Sunarti D,Mahfudz LD,Yunianto VD
Dietary prophage inducers and antimicrobials: toward landscaping the human gut microbiome.
Gut microbes , 2020 Jan 13
Authors Boling L,Cuevas DA,Grasis JA,Kang HS,Knowles B,Levi K,Maughan H,McNair K,Rojas MI,Sanchez SE,Smurthwaite C,Rohwer F
Food for thought about manipulating gut bacteria.
Nature , Volume: 577 Issue: 7788 2020 Jan
Authors Delzenne NM,Bindels LB
Lactose drives Enterococcus expansion to promote graft-versus-host disease.

Science (New York, N.Y.) , Volume: 366 Issue: 6469 2019 Nov 29
Authors Stein-Thoeringer CK,Nichols KB,Lazrak A,Docampo MD,Slingerland AE,Slingerland JB,Clurman AG,Armijo G,Gomes ALC,Shono Y,Staffas A,Burgos da Silva M,Devlin SM,Markey KA,Bajic D,Pinedo R,Tsakmaklis A,Littmann ER,Pastore A,Taur Y,Monette S,Arcila ME,Pickard AJ,Maloy M,Wright RJ,Amoretti LA,Fontana E,Pham D,Jamal MA,Weber D,Sung AD,Hashimoto D,Scheid C,Xavier JB,Messina JA,Romero K,Lew M,Bush A,Bohannon L,Hayasaka K,Hasegawa Y,Vehreschild MJGT,Cross JR,Ponce DM,Perales MA,Giralt SA,Jenq RR,Teshima T,Holler E,Chao NJ,Pamer EG,Peled JU,van den Brink MRM
The effect of inulin and resistant maltodextrin on weight loss during energy restriction: a randomised, placebo-controlled, double-blinded intervention.

European journal of nutrition , 2019 Oct 11
Authors Hess AL,Benítez-Páez A,Blædel T,Larsen LH,Iglesias JR,Madera C,Sanz Y,Larsen TM,MyNewGut Consortium.
Transfusional iron overload and intravenous iron infusions modify the mouse gut microbiota similarly to dietary iron.

NPJ biofilms and microbiomes , Volume: 5 2019
Authors La Carpia F,Wojczyk BS,Annavajhala MK,Rebbaa A,Culp-Hill R,D`Alessandro A,Freedberg DE,Uhlemann AC,Hod EA
Transfusional iron overload and intravenous iron infusions modify the mouse gut microbiota similarly to dietary iron.

NPJ biofilms and microbiomes , Volume: 5 Issue: 1 2019
Authors La Carpia F,Wojczyk BS,Annavajhala MK,Rebbaa A,Culp-Hill R,D`Alessandro A,Freedberg DE,Uhlemann AC,Hod EA
Lactulose drives a reversible reduction and qualitative modulation of the faecal microbiota diversity in healthy dogs.

Scientific reports , Volume: 9 Issue: 1 2019 Sep 16
Authors Ferreira MDF,Salavati Schmitz S,Schoenebeck JJ,Clements DN,Campbell SM,Gaylor DE,Mellanby RJ,Gow AG,Salavati M
Effects of Lactobacillus plantarum on the intestinal morphology, intestinal barrier function and microbiota composition of suckling piglets.

Journal of animal physiology and animal nutrition , 2019 Sep 9
Authors Wang Q,Sun Q,Qi R,Wang J,Qiu X,Liu Z,Huang J
Lactobacillus reuteri DSM 17938 feeding of healthy newborn mice regulates immune responses while modulating gut microbiota and boosting beneficial metabolites.

American journal of physiology. Gastrointestinal and liver physiology , 2019 Sep 4
Authors Liu Y,Tian X,He B,Hoang TK,Taylor CM,Blanchard E,Freeborn J,Park S,Luo M,Couturier J,Tran DQ,Roos S,Wu G,Rhoads JM
Dietary Factors and Modulation of Bacteria Strains of Akkermansia muciniphila and Faecalibacterium prausnitzii: A Systematic Review.

Nutrients , Volume: 11 Issue: 7 2019 Jul 11
Authors Verhoog S,Taneri PE,Roa Díaz ZM,Marques-Vidal P,Troup JP,Bally L,Franco OH,Glisic M,Muka T
The role of short-chain fatty acids in microbiota-gut-brain communication.

Nature reviews. Gastroenterology & hepatology , Volume: 16 Issue: 8 2019 Aug
Authors Dalile B,Van Oudenhove L,Vervliet B,Verbeke K
Fermented Momordica charantia L. juice modulates hyperglycemia, lipid profile, and gut microbiota in type 2 diabetic rats.

Food research international (Ottawa, Ont.) , Volume: 121 2019 Jul
Authors Gao H,Wen JJ,Hu JL,Nie QX,Chen HH,Xiong T,Nie SP,Xie MY
Spent Coffee Grounds Extract, Rich in Mannooligosaccharides, Promotes a Healthier Gut Microbial Community in a Dose-Dependent Manner.

Journal of agricultural and food chemistry , Volume: 67 Issue: 9 2019 Mar 6
Authors Pérez-Burillo S,Pastoriza S,Fernández-Arteaga A,Luzón G,Jiménez-Hernández N,D`Auria G,Francino MP,Rufián-Henares JÁ
Intestinal Morphologic and Microbiota Responses to Dietary Bacillus spp. in a Broiler Chicken Model.

Frontiers in physiology , Volume: 9 2018
Authors Li CL,Wang J,Zhang HJ,Wu SG,Hui QR,Yang CB,Fang RJ,Qi GH
The Effect of Psyllium Husk on Intestinal Microbiota in Constipated Patients and Healthy Controls.

International journal of molecular sciences , Volume: 20 Issue: 2 2019 Jan 20
Authors Jalanka J,Major G,Murray K,Singh G,Nowak A,Kurtz C,Silos-Santiago I,Johnston JM,de Vos WM,Spiller R
Arabinoxylan from Argentinian whole wheat flour promote the growth of Lactobacillus reuteri and Bifidobacterium breve.

Letters in applied microbiology , Volume: 68 Issue: 2 2019 Feb
Authors Paesani C,Salvucci E,Moiraghi M,Fernandez Canigia L,Pérez GT
Strategies to promote abundance of Akkermansia muciniphila, an emerging probiotics in the gut, evidence from dietary intervention studies.

Journal of functional foods , Volume: 33 2017 Jun
Authors Zhou K
Inulin-type fructans improve active ulcerative colitis associated with microbiota changes and increased short-chain fatty acids levels.

Gut microbes , 2018 Nov 5
Authors Valcheva R,Koleva P,Martínez I,Walter J,Gänzle MG,Dieleman LA
Simultaneous Supplementation of Bacillus subtilis and Antibiotic Growth Promoters by Stages Improved Intestinal Function of Pullets by Altering Gut Microbiota.
Frontiers in microbiology , Volume: 9 2018
Authors Li X,Wu S,Li X,Yan T,Duan Y,Yang X,Duan Y,Sun Q,Yang X
Antidepressant Effects of Rosemary Extracts Associate With Anti-inflammatory Effect and Rebalance of Gut Microbiota.
Frontiers in pharmacology , Volume: 9 2018
Authors Guo Y,Xie J,Li X,Yuan Y,Zhang L,Hu W,Luo H,Yu H,Zhang R
Supplemental Bacillus subtilis DSM 32315 manipulates intestinal structure and microbial composition in broiler chickens.
Scientific reports , Volume: 8 Issue: 1 2018 Oct 18
Authors Ma Y,Wang W,Zhang H,Wang J,Zhang W,Gao J,Wu S,Qi G
Antimicrobial activity of spices essential oils and its effectiveness on mature biofilms of human pathogens.
Natural product research , 2018 Oct 13
Authors Condò C,Anacarso I,Sabia C,Iseppi R,Anfelli I,Forti L,de Niederhäusern S,Bondi M,Messi P
Effects of dietary supplementation with Clostridium butyricum on laying performance, egg quality, serum parameters, and cecal microflora of laying hens in the late phase of production.
Poultry science , Volume: 98 Issue: 2 2019 Feb 1
Authors Zhan HQ,Dong XY,Li LL,Zheng YX,Gong YJ,Zou XT
Effects of in vitro gastrointestinal digestion and colonic fermentation on a rosemary (Rosmarinus officinalis L) extract rich in rosmarinic acid.
Food chemistry , Volume: 271 2019 Jan 15
Authors Gonçalves GA,Corrêa RCG,Barros L,Dias MI,Calhelha RC,Correa VG,Bracht A,Peralta RM,Ferreira ICFR
Fiber Supplements Derived From Sugarcane Stem, Wheat Dextrin and Psyllium Husk Have Different In Vitro Effects on the Human Gut Microbiota.
Frontiers in microbiology , Volume: 9 2018
Authors Gamage HKAH,Tetu SG,Chong RWW,Bucio-Noble D,Rosewarne CP,Kautto L,Ball MS,Molloy MP,Packer NH,Paulsen IT
Inulin fiber dose-dependently modulates energy balance, glucose tolerance, gut microbiota, hormones and diet preference in high-fat-fed male rats.
The Journal of nutritional biochemistry , Volume: 59 2018 Sep
Authors Singh A,Zapata RC,Pezeshki A,Reidelberger RD,Chelikani PK
Beneficial effects of the commercial lactic acid bacteria product, Vigiis 101, on gastric mucosa and intestinal bacterial flora in rats.
Journal of microbiology, immunology, and infection = Wei mian yu gan ran za zhi , 2018 Jun 23
Authors Kao L,Liu TH,Tsai TY,Pan TM
Effects of garlic polysaccharide on alcoholic liver fibrosis and intestinal microflora in mice.
Pharmaceutical biology , Volume: 56 Issue: 1 2018 Dec
Authors Wang Y,Guan M,Zhao X,Li X

Additional APriori Analysis Available

Available at: https://microbiomeprescription.com/Library/PubMed

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