

Microbiome Information for: Depression

For 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/>)

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

[Our Facebook Discussion Page](#)

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Depression

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
Actinomycetes	class	Low	1760	Paraprevotella	genus	High	577309
Alphaproteobacteria	class	High	28211	Parasutterella	genus	High	577310
Bacteroidia	class	Low	200643	Parvimonas	genus	High	543311
Betaproteobacteria	class	High	28216	Penicillium	genus	Low	5073
Clostridia	class	Low	186801	Peptostreptococcus	genus	High	1257
Deferribacteres	class	Low	68337	Phascolarctobacterium	genus	High	33024
Elusimicrobia	class	Low	641853	Porphyromonas	genus	High	836
Gammaproteobacteria	class	High	1236	Prevotella	genus	Low	838
Mollicutes	class	Low	31969	Pseudobutyrvibrio	genus	Low	46205
Spirochaetia	class	Low	203692	Psychrobacter	genus	Low	497
Terriglobia	class	Low	204432	Pyramidobacter	genus	Low	638847
Acidaminococcaceae	family	High	909930	Rikenella	genus	Low	28138
Bifidobacteriaceae	family	High	31953	Romboutsia	genus	Low	1501226
Chitinophagaceae	family	Low	563835	Roseburia	genus	Low	841
Christensenellaceae	family	Low	990719	Rothia	genus	High	32207
Clostridiales Family XI. Incertae Sedis	family	High	543310	Rothia	genus	High	508215
Eggerthellaceae	family	High	1643826	Ruminococcus	genus	Low	1263
Enterobacteriaceae	family	High	543	Ruthenibacterium	genus	High	1905344
Enterococcaceae	family	High	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	Sphaerochaeta	genus	High	399320
Fusobacteriaceae	family	High	203492	Sphingobacterium	genus	Low	28453
Lachnospiraceae	family	Low	186803	Streptococcus	genus	High	1301
Nocardiaceae	family	High	85025	Subdoligranulum	genus	High	292632
Oscillospiraceae	family	Low	216572	Sutterella	genus	Low	40544
Oxalobacteraceae	family	High	75682	Thomasclavelia	genus	High	3025755
Porphyromonadaceae	family	High	171551	Turidibacter	genus	High	191303
Prevotellaceae	family	Low	171552	Veillonella	genus	Low	29465
Rhodospirillaceae	family	High	41295	Weissella	genus	High	46255
Rikenellaceae	family	High	171550	Peptostreptococcaceae incertae sedis	no rank	Low	200630
Ruminococcaceae	family	Low	541000	Burkholderiales	order	High	80840
Streptococcaceae	family	High	1300	Eggerthellales	order	High	1643822
Streptomycetaceae	family	High	2062	Eubacteriales	order	Low	186802
Sutterellaceae	family	Low	995019	Acidaminococcus fermentans	species	High	905
Veillonellaceae	family	Low	31977	Acidaminococcus intestini	species	Low	187327
Actinomyces	genus	High	1654	Agathobacter rectalis	species	Low	39491
Adlercreutzia	genus	High	447020	Akkermansia muciniphila	species	Low	239935
Agathobacter	genus	Low	1766253	Alkaliphilus peptidifermentans	species	High	426129
				Anaerotrignum propionicum	species	High	28446

Bacteria Name	Rank Shift	Taxonomy ID	Bacteria Name	Rank Shift	Taxonomy ID
Aggregatibacter	genus High	416916	Bacteroides caccae	species High	47678
Alistipes	genus High	239759	Bacteroides caecigallinarum	species High	1411144
Alloprevotella	genus High	1283313	Bacteroides fragilis	species High	817
Anaerofilum	genus High	52784	Bacteroides helcogenes	species Low	290053
Anaerostipes	genus High	207244	Bacteroides uniformis	species High	820
Anaerovorax	genus Low	109326	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 longum	species Low	216816
Atopobium	genus High	1380	Bifidobacterium pseudolongum	species High	1694
Bacteroides	genus High	816	Butyrivibrio crossotus	species High	45851
Bifidobacterium	genus Low	1678	Campylobacter jejuni	species High	197
Bilophila	genus High	35832	Candida albicans	species High	5476
Blautia	genus High	572511	Clostridium butyricum	species Low	1492
Bordetella	genus Low	517	Collinsella aerofaciens	species Low	74426
Bulleidia	genus High	118747	Coprococcus catus	species Low	116085
Butyricicoccus	genus Low	580596	Coprococcus comes	species Low	410072
Candidatus Arthromitus	genus High	49082	Desulforamulus ruminis	species High	1564
Candidatus Saccharimonas	genus Low	1331051	Desulfovibrio piger	species Low	901
Christensenella	genus Low	990721	Eggerthella lenta	species High	84112
Coprobacter	genus Low	1348911	Enterocloster boltea	species High	208479
Coprococcus	genus Low	33042	Enterococcus faecium	species High	1352
Coriobacterium	genus High	33870	Escherichia coli	species High	562
Deinococcus	genus High	1298	Escherichia sp.	species High	1884818
Desulfitobacterium	genus High	36853	Eubacterium coprostanoligenes	species Low	290054
Desulfovibrio	genus High	872	Eubacterium ruminantium	species High	42322
Dialister	genus Low	39948	Eubacterium xylanophilum	species Low	39497
Dysosmobacter	genus High	2591381	Faecalibacterium prausnitzii	species Low	853
Eggerthella	genus High	84111	Francisella tularensis	species Low	263
Eisenbergiella	genus Low	1432051	Gabonia massiliensis	species Low	1686296
Enterobacter	genus Low	547	Hungatella hathewayi	species High	154046
Enterococcus	genus High	1350	Lacrimispora indolis	species High	69825
Escherichia	genus High	561	Lactacaseibacillus rhamnosus	species Low	47715
Eubacterium	genus High	1730	Lactiplantibacillus pentosus	species Low	1589
Faecalibacterium	genus Low	216851	Lactobacillus crispatus	species High	47770
Flavonifractor	genus High	946234	Lactobacillus helveticus	species Low	1587
Fusobacterium	genus High	848	Lactobacillus intestinalis	species High	151781
Gelria	genus High	189326	Lancefieldella parvula	species High	1382
Gemella	genus High	1378	Ligilactobacillus murinus	species Low	1622
Gemmiger	genus Low	204475	Megasphaera elsdenii	species High	907
Halomonas	genus High	2745	Mycolicibacterium neoaurum	species High	1795
Heliobacterium	genus High	2697	Nitratidesulfovibrio vulgaris	species High	881
Holdemanella	genus Low	1573535	Paenibacillus polymyxa	species High	1406
Holdemania	genus High	61170	Parabacteroides distasonis	species High	823
Howardella	genus Low	404402	Parabacteroides merdae	species Low	46503
Hungatella	genus High	1649459	Parasporobacterium paucivorans	species High	115544

Bacteria Name	Rank Shift	Taxonomy ID	Bacteria Name	Rank Shift	Taxonomy ID
Intestinimonas	genus Low	1392389	Phocaeicola vulgatus	species High	821
Klebsiella	genus High	570	Roseburia hominis	species Low	301301
			Roseburia intestinalis	species Low	166486
Lachnospira	genus High	28050	Ruminococcus callidus	species Low	40519
Lactobacillus	genus Low	1578	Ruthenibacterium lactatiformans	species High	1550024
Lutispora	genus Low	667112	Schnuerera ultunensis	species High	45497
Mediterranea	genus High	1926659	Streptococcus gallolyticus	species High	315405
Megamonas	genus Low	158846	Streptococcus infantarius	species Low	102684
Megasphaera	genus High	906	Streptococcus parasanguinis	species High	1318
Murimonas	genus Low	1774128	Streptococcus urinalis	species Low	149016
Odoribacter	genus High	283168	Syntrophomonas wolfei	species High	863
Olsenella	genus High	133925	Turidibacter sanguinis	species High	154288
Oscillibacter	genus High	459786	Veillonella atypica	species Low	39777
Oscillospira	genus High	119852	Coriobacterineae	suborder High	255727
Pantoea	genus High	53335			
Parabacteroides	genus High	375288			

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.

Antibiotics annotated with [CFS] have been used with various degree of success with Myalgic Encephalomyelitis, Chronic Fatigue Syndrome, Chronic Lyme, Chronic Q-Fever and Long COVID conditions. Rotation of antibiotics with 3 weeks off between courses is recommended.

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

Ethyl alcohol {Grain alcohol}

Ferrum {Iron Supplements} 400 mg/day

high red meat

High-protein diet {Atkins low-carbohydrate diet}

N-(phosphonomethyl)glycine {glyphosate}

Nitrogen Oxide x Particulate Matter {Urban air pollutant}

proton-pump inhibitors (prescription) 60 mg/day

Sleep apnea {partial sleep deprivation}

Sodium Fluoride {Toothpaste fluoride}

Sucralose {Splenda} 340 mg/day

Under cooked animal protein {Rare meat}

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}	Lactocaseibacillus paracasei {L.paracasei}
bacillus	lactobacillus acidophilus {L. acidophilus}
bacillus subtilis {B.Subtilis }	Lactobacillus plantarum {L. plantarum}
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	Limosilactobacillus reuteri {L. Reuteri}
bifidobacterium	long-term, moderate-intensity exercise {exercise}
bifidobacterium longum {B.Longum }	oligosaccharides {oligosaccharides}
dietary fiber	pectin {pectin}
Fiber, total dietary	polyphenols
fruit	Saccharomyces cerevisiae var boulardii {S. boulardii}
fruit/legume fibre	Slow digestible carbohydrates. {Low Glycemic}
High-fibre diet {Whole food diet}	soy
Hordeum vulgare {Barley}	β-glucan {Beta-Glucan}
Lactocaseibacillus casei {L. casei}	whole-grain diet
	yogurt

Sample of Literature Used

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Additional APriori Analysis Available

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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