

## Microbiome Information for: Schizophrenia

### 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 *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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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Schizophrenia

*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	High	1760	Haemophilus	genus	Low	724
Bacteroidia	class	High	200643	Holdemania	genus	High	61170
Clostridia	class	High	186801	Intestinibacter	genus	High	1505657
Deltaproteobacteria	class	High	28221	Klebsiella	genus	High	570
Gammaproteobacteria	class	High	1236	Lachnoclostridium	genus	High	1506553
Alcaligenaceae	family	Low	506	Lachnospira	genus	Low	28050
Bifidobacteriaceae	family	Low	31953	Lactobacillus	genus	High	1578
Chlamydiaceae	family	High	809	Lactonifactor	genus	High	420345
Desulfovibrionaceae	family	High	194924	Megamonas	genus	High	158846
Enterococcaceae	family	Low	81852	Megasphaera	genus	High	906
Lachnospiraceae	family	High	186803	Methanobrevibacter	genus	High	2172
Leuconostocaceae	family	Low	81850	Mogibacterium	genus	High	86331
Oscillospiraceae	family	High	216572	Morganella	genus	High	90690
Peptostreptococcaceae	family	High	186804	Morganella	genus	High	108061
Prevotellaceae	family	High	171552	Morganella	genus	High	581
Rhodocyclaceae	family	Low	75787	Odoribacter	genus	High	283168
Rikenellaceae	family	Low	171550	Parabacteroides	genus	High	375288
Ruminococcaceae	family	High	541000	Paraprevotella	genus	High	577309
Sphingomonadaceae	family	High	41297	Prevotella	genus	High	838
Veillonellaceae	family	Low	31977	Roseburia	genus	Low	841
Verrucomicrobiaceae	family	High	203557	Ruminococcus	genus	Low	1263
Acidaminococcus	genus	High	904	Sellimonas	genus	High	1769710
Actinomyces	genus	High	1654	Senegalimassilia	genus	High	1473205
Adlercreutzia	genus	Low	447020	Solobacterium	genus	High	123375
Akkermansia	genus	Low	239934	Staphylococcus	genus	High	1279
Anaerococcus	genus	High	165779	Streptococcus	genus	High	1301
Anaerofustis	genus	High	264995	Subdoligranulum	genus	Low	292632
Anaerostipes	genus	Low	207244	Succinivibrio	genus	High	83770
Anaerotruncus	genus	High	244127	Weissella	genus	High	46255
Aspergillus	genus	High	5052	Actinomycetales	order	High	2037
Atopobium	genus	High	1380	Bacteroidales	order	High	171549
Bacteroides	genus	High	816	Bifidobacteriales	order	Low	85004
Barnesiella	genus	High	397864	Eubacteriales	order	High	186802
Bilophila	genus	High	35832	Lactobacillales	order	High	186826
Blautia	genus	Low	572511	Rhodocyclales	order	Low	206389
Bulleidia	genus	High	118747	Sphingomonadales	order	High	204457
Butyricoccus	genus	Low	580596	[Clostridium] symbiosum	species	High	1512
Candidatus Epulonipiscium	genus	High	2383	[Eubacterium] siraeum	species	High	39492
Candidatus Saccharimonas	genus	Low	1331051	Akkermansia muciniphila	species	High	239935
Chlamydia	genus	High	810	Alkaliphilus oremlandii	species	High	461876
Clostridium	genus	High	1485	Anaerobutyricum hallii	species	High	39488

<b>Bacteria Name</b>	<b>Rank Shift Taxonomy ID</b>	<b>Bacteria Name</b>	<b>Rank Shift Taxonomy ID</b>
Collinsella	<i>genus</i> <b>High</b> 102106	Bacteroides uniformis	<i>species</i> <b>High</b> 820
Comamonas	<i>genus</i> <b>High</b> 283	Bartonella rochalimae	<i>species</i> <b>High</b> 395923
Coprococcus	<i>genus</i> <b>Low</b> 33042	Bifidobacterium adolescentis	<i>species</i> <b>High</b> 1680
Corynebacterium	<i>genus</i> <b>High</b> 1716	Bifidobacterium longum	<i>species</i> <b>High</b> 216816
Desulfovibrio	<i>genus</i> <b>High</b> 872	Candida albicans	<i>species</i> <b>High</b> 5476
Dialister	<i>genus</i> <b>Low</b> 39948	Clostridium perfringens	<i>species</i> <b>High</b> 1502
Eggerthella	<i>genus</i> <b>High</b> 84111	Cronobacter sakazakii	<i>species</i> <b>High</b> 28141
Enterococcus	<i>genus</i> <b>Low</b> 1350	Cronobacter turicensis	<i>species</i> <b>High</b> 413502
Eubacterium	<i>genus</i> <b>High</b> 1730	Enterococcus faecium	<i>species</i> <b>High</b> 1352
Faecalibacterium	<i>genus</i> <b>Low</b> 216851	Lactobacillus gasseri	<i>species</i> <b>High</b> 1596
Flavonifractor	<i>genus</i> <b>High</b> 946234	Neisseria gonorrhoeae	<i>species</i> <b>High</b> 485
Fusicatenibacter	<i>genus</i> <b>Low</b> 1407607	Phocaeicola plebeius	<i>species</i> <b>High</b> 310297
Fusobacterium	<i>genus</i> <b>High</b> 848	Streptococcus vestibularis	<i>species</i> <b>High</b> 1343
Gemmiger	<i>genus</i> <b>Low</b> 204475	Treponema pallidum	<i>species</i> <b>High</b> 160
		Veillonella parvula	<i>species</i> <b>High</b> 29466

## 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.

**3,3',4',5,7-pentahydroxyflavone {Quercetin}** 2 gram/day

Avena sativa {Oats}

Bovine Milk Products {Dairy}

dietary fiber

Fiber, total dietary

fruit

fruit/legume fibre

High-fibre diet {Whole food diet}

**Hordeum vulgare {Barley}** 60 gram/day

**Human milk oligosaccharides (prebiotic, Holigos, Stachyose)** 2

gram/day

**Lactobacillus plantarum {L. plantarum}** 60 BCFU/day

**oligosaccharides {oligosaccharides}**

**Outer Layers of Triticum aestivum {Wheat Bran}**

**polyphenols** 3 gram/day

**Slow digestible carbohydrates. {Low Glycemic}**

**yogurt**

**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 formula / ideal bowel support® lp299v®  
 HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS  
 Next Generation  
 Northwest Natural Products / PB8  
 SuperSmart / Probio Forte  
 organic 3 / gutpro  
 goodbelly drink  
 Ombre / Heart Health  
 Symprove™  
 seed / female version  
 jarrow formulas / jarro-dophilus® ultra  
 custom probiotics / six strain probiotic powder  
 ImmuneBiotech Medical Sweden AB / GutMagnific®  
 HMF Metabolic  
 CustomProbiotics.com / L. Plantarum Probiotic Powder  
 UltraFlora® Immune Booster  
 OMNI-BIOTIC®/ 10 AAD  
 up4 /women's  
 young living/life 9  
 Bromatech (IT) / Adomelle  
 nature's bounty / probioti 10  
 SuperSmart / Derma Relief  
 fairvital / microflora basic  
 Wakunaga / Max Probiotic  
 MegaFood / MegaFlora  
 Invivo / Bio.Me Femme UT  
 NaturalPharma / Profit Probiotics  
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)  
 UltraFlora® Intensive Care  
 OMNI-BIOTIC®/ TRAVEL  
 organic 3 / primal gut  
 Floradapt Cardio  
 Physis / Advance Probiotics  
 Dr. Mercola / Complete Probiotics  
 Garden of Life / Dr. Formulated Once Daily Women's  
 vinco / probiotic eight 65  
 Purica Probiotic Cardio  
 hyperbiotics / pro-15  
 seed / male version  
 solaray / mycrobome probiotic colon formula  
 Maple Life Science™ / Lactobacillus plantarum  
 lifted naturals / mood boosting probiotic  
 bioglan bio (au) / happy probiotic 50  
 HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL  
 Immune Defense Daily Chewable Probiotic  
 fürstenmed / lacto-bifido  
 newrhythm / probiotics 20 stains  
 Lake Avenue Nutrition / Probiotics 10 Strain Blend  
 Windove Probiotics / Ecologic®825  
 ASEA VIA / BIOME  
 jarrow formula / jarro-dophilus original  
 Bromatech(IT) / FEMELLE  
 HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM  
 SuperSmart / Candalb

custom probiotics / four strain lactobacilli  
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion  
udo's choice / super 8 gold  
zint nutrition / probiotic collagen +  
Smidge / Sensitive Probiotic  
Krauterhaus / Lactopro  
Metabolics / Lactobacillus Plantarum Powder  
Nature's Lab Cardio  
spain (es) / vivomixx  
Advanced Bio-Cultures / Advance Multi Strain Probiotics  
elixa / probiotic  
Ombre / Ultimate Immunity  
bioray / cytoflora  
Purica Probiotic Intensive GI  
renew life / ultimate flora  
up4 / ultra  
optibac / for your cholesterol  
ProbioMax® Daily DF  
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)  
Floradapt Gut Comfort  
bioglan bio (au) / happy probiotic 100  
Nature's Lab Intensive GI  
SuperSmart / Lactoxira  
douglas laboratories / multi probiotic 40 billion  
Ombre / Mood Enhancer  
up4 / adult  
visbiome  
garden of life / primal defense  
Bulk Probiotics / L. Plantarum Probiotic Powder  
spain (es) / I3.1  
renew life men's probiotic - ultimate  
ferring / vsl#3  
Resbiotic / resB® Lung Support  
SuperSmart / Full Spectrum Probiotic Formula  
jarro formulas / jarro-dophilus eps  
7 AM Ultra Probiotics  
quantum wellness / restora flora  
Seeking Health / Probiota HistaminX

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->1)-beta-D-fructofuranan {Inulin}	pioglitazone,(prescription)
amoxicillin [CFS]	Propolis {Bee glue}
azithromycin,[CFS]	Saccharomyces cerevisiae var boulardii {S. boulardii}
Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}	Shen Ling Bai Zhu San {参苓白术散}
chloramphenicol	sodium butyrate
clindamycin [CFS]	Sodium Chloride {Salt}
Diferuloylmethane {Curcumin}	Sodium Fluoride {Toothpaste fluoride}
Disodium fumarate {Fumaric acid disodium salt}	Solanum tuberosum {Potatoes}
doxycycline [CFS]	Sus domesticus {Pork}
Heyndrickxia coagulans {B. coagulans}	terpenophenolics {cannabinoids}
imipenem	tetracycline
low protein diet	Thymus vulgaris {thyme}
minocycline [CFS]	walnuts
nuts	Zingiber officinale Roscoe {ginger}

## Sample of Literature Used

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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

cdk15 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