

## Microbiome Information for: Bipolar Disorder

### 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**

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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

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## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Bipolar 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 |
|----------------------|--------|-------|-------------|--------------------------------|---------|-------|-------------|
| Actinomycetes        | class  | High  | 1760        | Erysipelothrix                 | genus   | Low   | 1647        |
| Bacteroidia          | class  | High  | 200643      | Escherichia                    | genus   | High  | 561         |
| Betaproteobacteria   | class  | High  | 28216       | Faecalibacterium               | genus   | Low   | 216851      |
| Campylobacteraceae   | family | High  | 72294       | Flavonifractor                 | genus   | High  | 946234      |
| Christensenellaceae  | family | Low   | 990719      | Gemmiger                       | genus   | Low   | 204475      |
| Corynebacteriaceae   | family | High  | 1653        | Halomonas                      | genus   | High  | 2745        |
| Enterococcaceae      | family | Low   | 81852       | Klebsiella                     | genus   | High  | 570         |
| Lachnospiraceae      | family | Low   | 186803      | Lachnoclostridium              | genus   | High  | 1506553     |
| Marinifilaceae       | family | High  | 1573805     | Megamonas                      | genus   | Low   | 158846      |
| Propionibacteriaceae | family | Low   | 31957       | Oscillibacter                  | genus   | High  | 459786      |
| Sphingobacteriaceae  | family | Low   | 84566       | Parabacteroides                | genus   | High  | 375288      |
| Acidovorax           | genus  | Low   | 12916       | Parasutterella                 | genus   | Low   | 577310      |
| Alistipes            | genus  | High  | 239759      | Prevotella                     | genus   | High  | 838         |
| Anaerovibrio         | genus  | Low   | 82373       | Propionibacterium              | genus   | Low   | 1743        |
| Atopobium            | genus  | High  | 1380        | Pseudomonas                    | genus   | Low   | 286         |
| Bacteroides          | genus  | High  | 816         | Roseburia                      | genus   | Low   | 841         |
| Bilophila            | genus  | High  | 35832       | Shigella                       | genus   | High  | 620         |
| Butyricicoccus       | genus  | High  | 580596      | Sphingobacterium               | genus   | Low   | 28453       |
| Butyricimonas        | genus  | High  | 574697      | Succinivibrio                  | genus   | Low   | 83770       |
| Campylobacter        | genus  | High  | 194         | Tsukamurella                   | genus   | High  | 2060        |
| Chryseobacterium     | genus  | Low   | 59732       | Veillonella                    | genus   | Low   | 29465       |
| Clostridium          | genus  | High  | 1485        | Weissella                      | genus   | High  | 46255       |
| Coprococcus          | genus  | Low   | 33042       | Chryseobacterium indoltheticum | species | High  | 254         |
| Dialister            | genus  | High  | 39948       | Erythrobacter litoralis        | species | High  | 39960       |
| Eggerthella          | genus  | High  | 84111       | Faecalibacterium prausnitzii   | species | High  | 853         |
| Enterobacter         | genus  | High  | 547         | Neisseria gonorrhoeae          | species | High  | 485         |
| Enterococcus         | genus  | Low   | 1350        | Pasteurella multocida          | species | High  | 747         |
|                      |        |       |             | Treponema pallidum             | species | High  | 160         |

## 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.

|                                                                                     |              |                                                     |             |
|-------------------------------------------------------------------------------------|--------------|-----------------------------------------------------|-------------|
| 5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine} | 1.5 gram/day | Lactococcus lactis {Streptococcus lactis}           |             |
| 2-Amino-4-(methylthio)butanoic acid {Methionine}                                    | 5 gram/day   | Malus domestica {apple}                             |             |
| 2-Amino-5-(carbamoylamino)pentanoic acid {Citrulline}                               |              | non-starch polysaccharides                          |             |
| Abstention from eating {Fasting}                                                    |              | Outer Layers of Triticum aestivum {Wheat Bran}      |             |
| Ayurvedic herbal formula {Triphala}                                                 | 9000 mg/day  | partially hydrolysed guar gum                       |             |
| cellulose                                                                           |              | Poly[β-D-xylopyranose(1->4)] {Xylan}                |             |
| Ethanoic acid {Vinegar}                                                             |              | Polydextrose {polydextrose}                         |             |
| Ethyl alcohol {Grain alcohol}                                                       |              | proton-pump inhibitors (prescription)               | 60 mg/day   |
| Fiber, total dietary                                                                |              | Slow digestible carbohydrates. {Low Glycemic}       |             |
| fruit/legume fibre                                                                  |              | Sulforaphane {Dark Greens}                          |             |
| fucoidan {Brown Algae Extract}                                                      | 8.8 gram/day | Tobacco consumption {Smoking}                       |             |
| Ganoderma sichuanense {Reishi Mushroom}                                             | 3.4 gram/day | Traditional Mediterranean diet {Mediterranean diet} |             |
| high red meat                                                                       |              | Ulmus rubra {slippery elm}                          |             |
| Human milk oligosaccharides (prebiotic, Holigos, Stachyose)                         | 2            | vegetarians                                         |             |
| gram/day                                                                            |              | β-lactoglobulin {Whey}                              | 60 gram/day |
| ketogenic diet                                                                      |              |                                                     |             |

## **Retail Probiotics**

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

Bulk Probiotics / Lactococcus Lactis Probiotic Powder  
Filmjök (SE) / Filmjök

**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}                              | imipenem                                                                     |
| 2-(3,4-Dihydroxyphenyl)-3,7-dihydroxychromen-4-one {Fisetin}      | Lactobacillus casei {L. casei}                                               |
| 2-(3,4-Dihydroxyphenyl)-5,7-dihydroxy-4H-chromen-4-one {Luteolin} | Lactobacillus paracasei {L. paracasei}                                       |
| allium sativum {garlic}                                           | Lactiplantibacillus pentosus {L. pentosus}                                   |
| amikacin                                                          | Lactobacillus acidophilus {L. acidophilus}                                   |
| amoxicillin [CFS]                                                 | Lactobacillus paracasei, Lactobacillus acidophilus, Bifidobacterium animalis |
| Amylum {Starch}                                                   | Lactobacillus plantarum {L. plantarum}                                       |
| Arthrospira platensis {Spirulina}                                 | Lactobacillus rhamnosus gg, Bifidobacterium animalis lactis                  |
| azithromycin, [CFS]                                               | , Lactobacillus paracasei {cvs maximum strength probiotic}                   |
| bacillus                                                          | Limosilactobacillus fermentum {L. fermentum}                                 |
| bacillus licheniformis {b. licheniformis}                         | Limosilactobacillus reuteri {L. Reuteri}                                     |
| bacillus subtilis {B. Subtilis }                                  | long-term, moderate-intensity exercise {exercise}                            |
| bacillus subtilis, Lactobacillus acidophilus                      | metronidazole [CFS]                                                          |
| bacillus, Lactobacillus, streptococcus, saccharomyces probiotic   | nuts                                                                         |
| bifidobacterium                                                   | Ocimum gratissimum {Clove basil}                                             |
| Bifidobacterium animalis {B. animalis}                            | ofloxacin                                                                    |
| bifidobacterium longum {B. Longum }                               | pediococcus acidilactic {RBB9 PEDIOCOCCUS ACIDILACTI}                        |
| Bovine Milk Products {Dairy}                                      | Pentadigalloylglucose {Tannic Acid}                                          |
| Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}            | Probiotic Mixture 1 {Japanese Vet Probiotic}                                 |
| chloramphenicol                                                   | Probiotic Mixture 2 {Vetafarm Probiotic}                                     |
| Cichorium intybus {Chicory}                                       | resveratrol-pterostilbene {grapes, blueberries}                              |
| ciprofloxacin [CFS]                                               | Saccharomyces cerevisiae var boulardii {S. boulardii}                        |
| Clostridium butyricum MIYAIRI 588 {Miyarisan}                     | Shen Ling Bai Zhu San {参苓白术散}                                                |
| Dodecanoic acid {Lauric acid}                                     | Solanum tuberosum {Potatoes}                                                 |
| enterococcus faecium {E. faecium}                                 | soy                                                                          |
| fluoroquinolone                                                   | Thymus vulgaris {thyme}                                                      |
| gentamicin                                                        | trimethoprim                                                                 |
| Heyndrickxia coagulans {B. coagulans}                             | walnuts                                                                      |
| high-fat diets                                                    | whole-grain diet                                                             |
|                                                                   | yogurt                                                                       |
|                                                                   | Zingiber officinale Roscoe {ginger}                                          |

## Sample of Literature Used

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Allergies

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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  
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Halitosis  
Hashimoto's thyroiditis  
Heart Failure  
hemorrhagic stroke  
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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  
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Liver Cirrhosis  
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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**