

## Microbiome Information for: obsessive-compulsive 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 *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 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	Bacteria Name	Rank	Shift	Taxonomy ID
Enterobacteriaceae	family	High	543	Parasutterella	genus	Low	577310
Lachnospiraceae	family	Low	186803	Peptococcus	genus	High	2740
Ruminococcaceae	family	Low	541000	Prevotella	genus	Low	838
Actinomyces	genus	Low	1654	Propionibacterium	genus	Low	1743
Aestuariuspira	genus	High	1647175	Pseudomonas	genus	Low	286
Agathobacter	genus	Low	1766253	Romboutsia	genus	Low	1501226
Alistipes	genus	High	239759	Slackia	genus	Low	84108
Anaeroplasma	genus	Low	2086	Staphylococcus	genus	High	1279
Anaerostipes	genus	Low	207244	Streptococcus	genus	High	1301
Barnesiella	genus	High	397864	Sutterella	genus	High	40544
Bifidobacterium	genus	Low	1678	Turicibacter	genus	Low	191303
Blautia	genus	Low	572511	Veillonella	genus	High	29465
Coprococcus	genus	Low	33042	[Ruminococcus] torques	species	Low	33039
Corynebacterium	genus	Low	1716	Akkermansia muciniphila	species	Low	239935
Desulfovermiculus	genus	High	339721	Bacteroides fragilis	species	High	817
Dorea	genus	Low	189330	Bacteroides ovatus	species	High	28116
Enhydrobacter	genus	Low	212791	Bacteroides uniformis	species	High	820
Enterobacter	genus	High	547	Bifidobacterium animalis	species	Low	28025
Enterococcus	genus	High	1350	Blautia obeum	species	High	40520
Enterorhabdus	genus	Low	580024	Clostridioides difficile	species	High	1496
Escherichia	genus	High	561	Coprococcus catus	species	High	116085
Eubacterium	genus	Low	1730	Escherichia coli	species	High	562
Holdemanella	genus	High	1573535	Eubacterium ventriosum	species	High	39496
Klebsiella	genus	High	570	Klebsiella pneumoniae	species	High	573
Lachnobacterium	genus	Low	140625	Limosilactobacillus reuteri	species	High	1598
Lachnospirillum	genus	High	1506553	Mediterraneibacter gnavus	species	Low	33038
Lachnospira	genus	High	28050	Methanobrevibacter smithii	species	Low	2173
Lactobacillus	genus	Low	1578	Mycoplasmoides pneumoniae	species	High	2104
Novosphingobium	genus	Low	165696	Phocaeicola vulgatus	species	High	821
Odoribacter	genus	Low	283168	Ruminococcus bromii	species	High	40518
Parabacteroides	genus	High	375288	Segatella copri	species	Low	165179
				Streptococcus pyogenes	species	High	1314

## 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.

Ethyl alcohol {Grain alcohol}

Ferrum {Iron Supplements} 400 mg/day

High-protein diet {Atkins low-carbohydrate diet}

proton-pump inhibitors (prescription) 60 mg/day

Ulmus rubra {slippery elm}

## 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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}	imipenem
(2->1)-beta-D-fructofuranan {Inulin}	Lactacaseibacillus casei {L. casei}
allium sativum {garlic}	Lactacaseibacillus paracasei {L.paracasei}
amoxicillin [CFS]	Lactacaseibacillus rhamnosus {l. rhamnosus}
ampicillin [CFS]	lactobacillus acidophilus {L. acidophilus}
Azadirachta indica {Neem}	lactobacillus paracasei,lactobacillus acidophilus,bifidobacterium animalis
bacillus	Lactobacillus plantarum {L. plantarum}
bacillus subtilis {B.Subtilis }	lactobacillus rhamnosus gg,bifidobacterium animalis lactis
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	,lactobacillus paracasei {cvs maximum strength probiotic}
benzylpenicillin sodium (antibiotic)	Limosilactobacillus fermentum {L. fermentum}
bifidobacterium	Limosilactobacillus reuteri {L. Reuteri}
Bifidobacterium animalis {B. animalis}	meropenem
Bifidobacterium animalis subsp. lactis {B. Lactis}	oligosaccharides {oligosaccharides}
bifidobacterium longum {B.Longum }	origanum vulgare {oregano}
Bovine Milk Products {Dairy}	Outer Layers of Triticum aestivum {Wheat Bran}
Cinnamomum zeylanicum {Ceylon Cinnamon}	pectin {pectin}
ciprofloxacin [CFS]	piperacillin-tazobactam
dietary fiber	polyphenols
Diferuloylmethane {Curcumin}	Propolis {Bee glue}
Fiber, total dietary	Punica granatum {pomegranate}
fruit	rosmarinus officinalis {rosemary}
fruit/legume fibre	Slow digestible carbohydrates. {Low Glycemic}
gentamicin	Thymus vulgaris {thyme}
green tea	vancomycin (antibiotic)[CFS]
High-fibre diet {Whole food diet}	wheat
Hordeum vulgare {Barley}	whole-grain diet
	yogurt
	Zingiber officinale Roscoe {ginger}

## Sample of Literature Used

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Infectious Disease and Antimicrobial Agents**antimicrobe: Infectious Disease and Antimicrobial Agents , Volume:***Authors E-Sun Technologies*Effects of probiotic Enterococcus faecium NCIMB 11181 administration on swine fecal microbiota diversity and composition using barcoded pyrosequencing**Animal Feed Science and Technology , Volume: 201 2015 Mar***Authors Edward Alain B.Pajarillo,Dae-Kyung Kang,Chan-Soo Park,Hyeun Bum Kim,Marilen P Balolong*Curated database of commensal, symbiotic and pathogenic microbiota**Generative Bioinformatics , Volume: Issue: 2014 Jun***Authors D'Adamo Peter*Curcumin consumption reduces gut microbial diversity among patients with colorectal adenomas**The FASEB Journal , Volume: 26 Issue: 1 2012 Apr 1***Authors April McLauchlin,Felix Araujo-Perez,Nikki McCoy,Kevin Smith,Bob Sandler,Gary Asher,Temitope Keku*

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Acne

Addison's Disease (hypocortisolism)

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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