

Microbiome Information for: Tourette syndrome

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 *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 Tourette syndrome

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
Oscillospiraceae	family	Low	216572	Dorea	genus	High	189330
Turicibacteraceae	family	Low	2810281	Lactobacillus	genus	Low	1578
Akkermansia	genus	High	239934	Streptococcus	genus	High	1301
Alloprevotella	genus	High	1283313	Mycoplasmoides pneumoniae	species	High	2104
Bacteroides	genus	Low	816	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.

1,4-a-D-glucan branched {Amylopectin}

2-hydroxyethyl)trimethylazanium {choline} 1g/day

acetylsalicylic acid, aspirin

Adeps suillus {Lard}

amaranthus {amaranth}

ascorbic acid {Vitamin C} 30 g/day

Bifidobacterium breve {B. breve} 15 BCFU/day

cranberry bean flour

Decoction of Four Noble Drugs {Sijunzi Decoction (SJZD)}

grape seed extract 6 gram/day

Lactocaseibacillus rhamnosus {L. rhamnosus} 48 BCFU/day

Lactiplantibacillus argenteratensis {Lactobacillus argenteratensis}

long-term, moderate-intensity exercise {exercise}

Nicotine, Nicotine Patch

Oryza sativa {Rice}

Pulvis ledebouriellae compositae {Bofutsushosan}

Rheum × hybridum {Rhubarb}

Shen Ling Bai Zhu San {参苓白术散}

Sleep apnea {partial sleep deprivation}

synthetic disaccharide derivative of lactose {Lactulose}

Tributyrin

Tudca

Vsl#3 {Visibiome}

Whole Cow milk {Whole Milk}

Zinc {Zinc Supplements} 300 mg/day

Retail Probiotics

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

Spain (es) / Muvagyn Probiotico
Pregnancy Care Probiotic
Bulk Probiotics / B. Breve Probiotic Powder
ProGoes® Forte
Metabolics / Lactobacillus Rhamnosus Powder
Lab One / N° 1 SportBiotic
CustomProbiotics.com / L. Rhamnosus Probiotic Powder
Bulk Probiotics / L. Rhamnosus Probiotic Powder
CustomProbiotics.com / B. Breve Probiotic Powder
Maple Life Science™ / Bifidobacterium breve
Spain (es) / ns florabiotic instant
PharmExtracta (IT) / Brevicillin Stick

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}	Lactocaseibacillus paracasei {L.paracasei}
2,3-dihydroxypropyl dodecanoate {Monolaurin}	lactobacillus acidophilus {L. acidophilus}
allium sativum {garlic}	Lactobacillus plantarum {L. plantarum}
alpha-linolenic acid {Omega-3}	lactobacillus rhamnosus gg,bifidobacterium animalis lactis
Azadirachta indica {Neem}	,lactobacillus paracasei {cvs maximum strength probiotic}
bacillus	Limosilactobacillus reuteri {L. Reuteri}
bacillus licheniformis {b. licheniformis}	Menta × piperita {peppermint}
bacillus subtilis {B.Subtilis }	Metha family {Mint}
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	Moringa Oleifera
Bifidobacterium animalis subsp. lactis {B. Lactis}	oligosaccharides {oligosaccharides}
bifidobacterium bifidum {B. bifidum}	origanum vulgare {oregano}
bifidobacterium longum {B.Longum }	Outer Layers of Triticum aestivum {Wheat Bran}
Cinnamomum zeylanicum {Ceylon Cinnamon}	Panax ... {Ginseng}
D-(-)-Fructose {Fruit sugar}	partially hydrolysed guar gum
Diferuloylmethane {Curcumin}	pectin {pectin}
fruit	Pentahydroxypentane {Xylitol}
fruit/legume fibre	Poly[β-D-xylopyranose(1->4)] {Xylan}
fucoidan {Brown Algae Extract}	Propolis {Bee glue}
Ganoderma sichuanense {Reishi Mushroom}	Punica granatum {pomegranate}
henopodium quinoa {Quinoa}	resistant starch
Hericium erinaceus {Lion's Mane Mushroom }	rosmarinus officinalis {rosemary}
Honey {Honey }	soy
Hordeum vulgare {Barley}	β-glucan {Beta-Glucan}
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	Thymus vulgaris {thyme}
Lactocaseibacillus casei {L. casei}	yogurt
	β-lactoglobulin {Whey}

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
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