

Microbiome Information for: Bipolar Disorder

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 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 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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine} 1.5 gram/day
 2-Amino-4-(methylthio)butanoic acid {Methionine} 5 gram/day
 2-Amino-5-(carbamoylamino)pentanoic acid {Citrulline}
 Abstention from eating {Fasting}
 Ayurvedic herbal formula {Triphala} 9000 mg/day
 cellulose
 Ethanoic acid {Vinegar}
 Ethyl alcohol {Grain alcohol}
 fruit/legume fibre
 fucoidan {Brown Algae Extract} 8.8 gram/day
 Ganoderma sichuanense {Reishi Mushroom} 3.4 gram/day
 high red meat

Human milk oligosaccharides (prebiotic, Holigos, Stachyose) 2 gram/day
 Lactococcus lactis {Streptococcus lactis}
 Malus domestica {apple}
 non-starch polysaccharides
 Outer Layers of Triticum aestivum {Wheat Bran}
 partially hydrolysed guar gum
 Poly[β-D-xylopyranose(1->4)] {Xylan}
 Polydextrose {polydextrose}
 Sulforaphane {Dark Greens}
 Tobacco consumption {Smoking}
 Ulmus rubra {slippery elm}
 vegetarians
 β-lactoglobulin {Whey} 60 gram/day

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

Sample of Literature Used

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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