

Microbiome Information for: Stress / posttraumatic stress 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

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 Stress / posttraumatic stress 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	Low	1760	Faecalibacterium	genus	Low	216851
Gammaproteobacteria	class	High	1236	Fusobacterium	genus	High	848
Coriobacteriaceae	family	High	84107	Lactobacillus	genus	High	1578
Enterobacteriaceae	family	High	543	Methanobrevibacter	genus	High	2172
Erysipelotrichaceae	family	High	128827	Oscillospira	genus	Low	119852
Lachnospiraceae	family	Low	186803	Parabacteroides	genus	High	375288
Ruminococcaceae	family	Low	541000	Peptoniphilus	genus	High	162289
Acidaminococcus	genus	High	904	Peptostreptococcus	genus	High	1257
Adlercreutzia	genus	Low	447020	Phascolarctobacterium	genus	Low	33024
Akkermansia	genus	High	239934	Porphyromonas	genus	High	836
Anaeroplasma	genus	Low	2086	Rhodococcus	genus	High	1827
Anaerostipes	genus	High	207244	Rhodococcus	genus	High	1661425
Atopobium	genus	Low	1380	Shigella	genus	High	620
Bulleidia	genus	High	118747	Sphingomonas	genus	High	13687
Christensenella	genus	High	990721	Staphylococcus	genus	High	1279
Clostridium	genus	High	1485	Turicibacter	genus	High	191303
Collinsella	genus	Low	102106	Akkermansia muciniphila	species	Low	239935
Coprobacillus	genus	High	100883	Bacteroides salyersiae	species	Low	291644
Coprococcus	genus	Low	33042	Eggerthella lenta	species	Low	84112
Coriobacterium	genus	Low	33870	Escherichia coli	species	High	562
Corynebacterium	genus	High	1716	Faecalibacterium prausnitzii	species	Low	853
Dehalobacterium	genus	High	51514	Francisella tularensis	species	High	263
Dorea	genus	High	189330	Lactiplantibacillus plantarum	species	Low	1590
Enterococcus	genus	High	1350	Staphylococcus intermedius	species	High	1285

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.

Astragalus		lividomycin (antibiotic)s	
Bofutsushosan		macrolide ((antibiotic)s)	
candida albicans (prescription)		Mangosteen	
Caraway		metformin (prescription)	
carboxymethyl cellulose (prebiotic)		Miso	
carob		Mold and Home Dampness	
Carrot (juice)		Morphine	
Cayenne		navy bean	
Cilantro		netilmicin (antibiotic)s	
Cottage Cheese		oligosaccharides (prebiotic)	
Dandelion		paromomycin (antibiotic)s	
dibekacin (antibiotic)s		Parsley	
Echinacea 4 gram/day		penicillin-moxalactam (antibiotic)s	
Fish Sauce		Piperine	
fructo-oligosaccharides (prebiotic) 15 gram/day		Pistachio	
Ginseng 2000 mg/day		proton-pump inhibitors (prescription) 60 mg/day	
Goldenseal		raffinose(sugar beet)	
grape polyphenols		resveratrol (grape seed/polyphenols/red wine) 2 gram/day	
high sugar diet		ribostamycin sulfate salt (antibiotic)	
high-fat diets		sesame cake/meal	
Hops		sisomicin sulfate (antibiotic)	
ibuprofen		sodium butyrate	
iron 400 mg/day		Soy sauce	
isepamicin (antibiotic)s		spectinomycin dihydrochloride (antibiotic)	
kanamycin (antibiotic)s		spirulina(cyanobacteria)	
lactulose		Sriracha sauce	
Lemon peel		symbioflor 2 e.coli probiotics	
		Titanium Dioxide (E171) (TiO2)	

Retail Probiotics

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

symbiopharm / symbioflo 2

jarrow formulas / bifidus balance® + fos

optibac / for every day

ISCON Elegance/ Ochek Capsule 10

Nutrition Essentials / Probiotic (900 BCFU)

optibac / bifidobacteria & fibre

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.

amikacin (antibiotic)s
amoxicillin (antibiotic)s[CFS]
ampicillin (antibiotic)s[CFS]
benzylpenicillin sodium (antibiotic)
cinnamon (oil. spice)
ciprofloxacin (antibiotic)s[CFS]
Curcumin
fluoroquinolone (antibiotic)s
foeniculum vulgare,fennel
gentamicin (antibiotic)s
imipenem (antibiotic)s

lactobacillus plantarum (probiotics)
meropenem (antibiotic)s
minocycline (antibiotic)s[CFS]
oregano (origanum vulgare, oil) |
piperacillin-tazobactam (antibiotic)s
rosmarinus officinalis,rosemary
syzygium aromaticum (clove)
thyme (thymol, thyme oil)
tigecycline (antibiotic)s
trimethoprim (antibiotic)s
triphala
vancomycin (antibiotic)[CFS]

Sample of Literature Used

The following are the most significant of the studies used to generate these suggestions.

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Acne

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

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

Colorectal Cancer

Constipation

Coronary artery disease

COVID-19

Crohn's Disease

cystic fibrosis
deep vein thrombosis
Depression
Dermatomyositis
Eczema
Endometriosis
Eosinophilic Esophagitis
Epilepsy
erectile dysfunction
Fibromyalgia
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
Halitosis
Hashimoto's thyroiditis
Heart Failure
Hemorrhoidal disease, Hemorrhoids, Piles
Hidradenitis Suppurativa
Histamine Issues
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
Juvenile idiopathic arthritis
Liver Cirrhosis
Long COVID
Low bone mineral density
Lung Cancer
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
Polycystic ovary syndrome
Postural orthostatic tachycardia syndrome
Premenstrual dysphoric disorder
primary biliary cholangitis
Psoriasis
rheumatoid arthritis (RA), Spondyloarthritis (SpA)
Rosacea
Schizophrenia
scoliosis
sensorineural hearing loss
Sjögren syndrome
Sleep Apnea
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