

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

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.

alcoholic beverages

candida albicans (prescription)

carboxymethyl cellulose (prebiotic)

dairy

fluorine

high red meat

ku ding cha tea

lactose

lactulose

Psyllium (Plantago Ovata Husk) 6.8 gram/day

red alga *Laurencia tristicha*

Slippery Elm

sugar

symbioflor 2 e.coli probiotics

Tributylin

Retail Probiotics

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

symbiopharm / symbioflo 2

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.

arabinogalactan (prebiotic)	lactobacillus plantarum (probiotics)
bacillus subtilis (probiotics)	lactobacillus reuteri (probiotics)
barley	lactobacillus rhamnosus gg (probiotics)
berberine	Limosilactobacillus fermentum (probiotic)
bifidobacterium longum (probiotics)	oregano (organum vulgare, oil)
cinnamon (oil. spice)	rosmarinus officinalis, rosemary
clostridium butyricum (probiotics), Miya, Miyarisan	Shen Ling Bai Zhu San
foeniculum vulgare, fennel	soy
fructo-oligosaccharides (prebiotic)	syzygium aromaticum (clove)
garlic (allium sativum)	thyme (thymol, thyme oil)
inulin (prebiotic)	triphala
lactobacillus casei (probiotics)	wheat
lactobacillus paracasei (probiotics)	wheat bran

Sample of Literature Used

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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
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
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