

## Microbiome Information for: Schizophrenia

### 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 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 Schizophrenia

*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        | Haemophilus             | genus   | Low   | 724         |
| Bacteroidia               | class  | High  | 200643      | Holdemania              | genus   | High  | 61170       |
| Clostridia                | class  | High  | 186801      | Intestinibacter         | genus   | High  | 1505657     |
| Deltaproteobacteria       | class  | High  | 28221       | Klebsiella              | genus   | High  | 570         |
| Gammaproteobacteria       | class  | High  | 1236        | Lachnoclostridium       | genus   | High  | 1506553     |
| Alcaligenaceae            | family | Low   | 506         | Lachnospira             | genus   | Low   | 28050       |
| Bifidobacteriaceae        | family | Low   | 31953       | Lactobacillus           | genus   | High  | 1578        |
| Chlamydiaceae             | family | High  | 809         | Lactonifactor           | genus   | High  | 420345      |
| Desulfovibrionaceae       | family | High  | 194924      | Megamonas               | genus   | High  | 158846      |
| Enterococcaceae           | family | Low   | 81852       | Megasphaera             | genus   | High  | 906         |
| Leuconostocaceae          | family | Low   | 81850       | Methanobrevibacter      | genus   | High  | 2172        |
| Oscillospiraceae          | family | High  | 216572      | Mogibacterium           | genus   | High  | 86331       |
| Peptostreptococcaceae     | family | High  | 186804      | Morganella              | genus   | High  | 90690       |
| Prevotellaceae            | family | High  | 171552      | Morganella              | genus   | High  | 108061      |
| Rhodocyclaceae            | family | Low   | 75787       | Morganella              | genus   | High  | 581         |
| Rikenellaceae             | family | Low   | 171550      | Odoribacter             | genus   | High  | 283168      |
| Ruminococcaceae           | family | High  | 541000      | Parabacteroides         | genus   | High  | 375288      |
| Sphingomonadaceae         | family | High  | 41297       | Paraprevotella          | genus   | High  | 577309      |
| Veillonellaceae           | family | Low   | 31977       | Prevotella              | genus   | High  | 838         |
| Verrucomicrobiaceae       | family | High  | 203557      | Roseburia               | genus   | Low   | 841         |
| Acidaminococcus           | genus  | High  | 904         | Ruminococcus            | genus   | Low   | 1263        |
| Actinomyces               | genus  | High  | 1654        | Sellimonas              | genus   | High  | 1769710     |
| Adlercreutzia             | genus  | Low   | 447020      | Senegalimassilia        | genus   | High  | 1473205     |
| Akkermansia               | genus  | Low   | 239934      | Solobacterium           | genus   | High  | 123375      |
| Anaerococcus              | genus  | High  | 165779      | Staphylococcus          | genus   | High  | 1279        |
| Anaerofustis              | genus  | High  | 264995      | Streptococcus           | genus   | High  | 1301        |
| Anaerostipes              | genus  | Low   | 207244      | Subdoligranulum         | genus   | Low   | 292632      |
| Anaerotruncus             | genus  | High  | 244127      | Succinivibrio           | genus   | High  | 83770       |
| Aspergillus               | genus  | High  | 5052        | Weissella               | genus   | High  | 46255       |
| Atopobium                 | genus  | High  | 1380        | Actinomycetales         | order   | High  | 2037        |
| Bacteroides               | genus  | High  | 816         | Bacteroidales           | order   | High  | 171549      |
| Barnesiella               | genus  | High  | 397864      | Bifidobacteriales       | order   | Low   | 85004       |
| Bifidobacterium           | genus  | Low   | 1678        | Eubacteriales           | order   | High  | 186802      |
| Bilophila                 | genus  | High  | 35832       | Lactobacillales         | order   | High  | 186826      |
| Blautia                   | genus  | Low   | 572511      | Rhodocyclales           | order   | Low   | 206389      |
| Bulleidia                 | genus  | High  | 118747      | Sphingomonadales        | order   | High  | 204457      |
| Butyricoccus              | genus  | Low   | 580596      | [Clostridium] symbiosum | species | High  | 1512        |
| Candidatus Epulonipiscium | genus  | High  | 2383        | [Eubacterium] siraeum   | species | High  | 39492       |
| Candidatus Saccharimonas  | genus  | Low   | 1331051     | Akkermansia muciniphila | species | High  | 239935      |
| Chlamydia                 | genus  | High  | 810         | Alkaliphilus oremlandii | species | High  | 461876      |
| Clostridium               | genus  | High  | 1485        | Anaerobutyricum hallii  | species | High  | 39488       |

| <b>Bacteria Name</b> | <b>Rank</b> | <b>Shift Taxonomy ID</b> |
|----------------------|-------------|--------------------------|
| Collinsella          | genus High  | 102106                   |
| Comamonas            | genus High  | 283                      |
| Coprococcus          | genus Low   | 33042                    |
| Corynebacterium      | genus High  | 1716                     |
| Desulfovibrio        | genus High  | 872                      |
| Dialister            | genus Low   | 39948                    |
| Eggerthella          | genus High  | 84111                    |
| Enterococcus         | genus Low   | 1350                     |
| Escherichia          | genus High  | 561                      |
| Eubacterium          | genus High  | 1730                     |
| Faecalibacterium     | genus Low   | 216851                   |
| Flavonifractor       | genus High  | 946234                   |
| Fusicatenibacter     | genus Low   | 1407607                  |
| Fusobacterium        | genus High  | 848                      |
| Gemmiger             | genus Low   | 204475                   |

| <b>Bacteria Name</b>         | <b>Rank</b>  | <b>Shift Taxonomy ID</b> |
|------------------------------|--------------|--------------------------|
| Bacteroides uniformis        | species High | 820                      |
| Bartonella rochalimae        | species High | 395923                   |
| Bifidobacterium adolescentis | species High | 1680                     |
| Bifidobacterium longum       | species High | 216816                   |
| Candida albicans             | species High | 5476                     |
| Clostridium perfringens      | species High | 1502                     |
| Cronobacter sakazakii        | species High | 28141                    |
| Cronobacter turicensis       | species High | 413502                   |
| Enterococcus faecium         | species High | 1352                     |
| Lactobacillus gasseri        | species High | 1596                     |
| Neisseria gonorrhoeae        | species High | 485                      |
| Phocaeicola plebeius         | species High | 310297                   |
| Streptococcus vestibularis   | species High | 1343                     |
| Treponema pallidum           | species High | 160                      |
| Veillonella parvula          | species High | 29466                    |

## 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.

|                                                   |            |                                                                 |              |
|---------------------------------------------------|------------|-----------------------------------------------------------------|--------------|
| chitosan oligomers {chitooligosaccharides}        | 600 mg/day | High-fibre diet {Whole food diet}                               |              |
| (2S)-2-amino-4-carbamoylbutanoic acid {Glutamine} | 5 gram/day | High-protein diet {Atkins low-carbohydrate diet}                |              |
| 3,3',4',5,7-pentahydroxyflavone {Quercetin}       | 2 gram/day | Human milk oligosaccharides (prebiotic, Holigos, Stachyose)     | 2            |
| 5,6-dihydroxy-7-O-glucuronide flavone {Baicalin } |            | gram/day                                                        |              |
| Abstention from eating {Fasting}                  |            | Hydrastis canadensis {Goldenseal}                               |              |
| Avena sativa {Oats}                               |            | Lactobacillus plantarum {L. plantarum}                          | 60 BCFU/day  |
| Avena sativa x Hordeum vulgare {barley,oat}       |            | Ligilactobacillus salivarius {L. salivarius}                    | 9 BCFU/day   |
| Camellia Linnaeus {camellia}                      |            | Malus domestica {apple}                                         |              |
| Codonopsis pilosula {Dangshen}                    |            | oligosaccharides {oligosaccharides}                             |              |
| Fagopyrum esculentum {Buckwheat}                  |            | Outer Layers of Triticum aestivum {Wheat Bran}                  |              |
| fat                                               |            | Phaseolus vulgaris {Boston bean}                                |              |
| Fiber, total dietary                              |            | polyphenols                                                     | 3 gram/day   |
| fruit                                             |            | proton-pump inhibitors (prescription)                           | 60 mg/day    |
| fruit/legume fibre                                |            | red wine                                                        | 250 ml/day   |
| Grape Polyphenols {Grape Flavonoids}              |            | resveratrol-pterostilbene x Quercetin {quercetin x resveratrol} |              |
| grapes                                            |            | Slow digestible carbohydrates. {Low Glycemic}                   |              |
| high red meat                                     |            | Thiamine {Vitamin B1}                                           | 1.8 gram/day |
|                                                   |            | Tobacco consumption {Smoking}                                   |              |
|                                                   |            | β-lactoglobulin {Whey}                                          | 60 gram/day  |

## Retail Probiotics

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

Next Generation  
 Windcove Probiotics / Ecologic®825  
 SuperSmart / Full Spectrum Probiotic Formula  
 SuperSmart / Lactoxira  
 Northwest Natural Products / PB8  
 custom probiotics / four strain lactobacilli  
 custom probiotics / six strain probiotic powder  
 renew life men's probiotic - ultimate  
 quantum wellness / restora flora  
 nature's bounty / probioti 10  
 solaray / microbiome probiotic colon formula  
 bioray / cytoflora  
 seed / female version  
 fürstenmed / lacto-bifido  
 udo's choice /super 8 gold  
 organic 3 / gutpro  
 organic 3 / primal gut  
 douglas laboratories / multi probiotic 40 billion  
 vinco / probiotic eight 65  
 elixa / probiotic  
 renew life / ultimate flora  
 garden of life / primal defense  
 hyperbiotics / pro-15  
 jarrow formula / ideal bowel support® lp299v®  
 jarrow formulas / jarro-dophilus® ultra  
 newrhythm / probiotics 20 stains  
 ASEA VIA / BIOME  
 Seeking Health / Probiota HistaminX  
 young living/life 9  
 bioglan bio (au) / happy probiotic 100  
 OMNI-BIOTIC®/ 10 AAD  
 OMNI-BIOTIC®/ TRAVEL  
 7 AM Ultra Probiotics  
 Physis / Advance Probiotics  
 Advanced Bio-Cultures / Advance Multi Strain Probiotics  
 Garden of Life / Dr. Formulated Once Daily Women's  
 Invivo / Bio.Me Femme UT  
 ImmuneBiotech Medical Sweden AB / GutMagnific®  
 Smidge /Sensitive Probiotic  
 Dr. Mercola / Complete Probiotics  
 Lake Avenue Nutrition / Probiotics 10 Strain Blend  
 MegaFood / MegaFlora  
 ProBioMax® Daily DF  
 Resbiotic /resB® Lung Support  
 SuperSmart / ProBio Forte  
 Ombre / Mood Enhancer  
 Ombre / Heart Health  
 Ombre / Ultimate Immunity  
 NOW FOODS / Clinical GI Probiotic  
 Krauterhaus / Lactopro  
 Bromatech (IT) / Acronelle  
 Bromatech (IT) / Adomelle  
 Wholesome Wellness / Raw Probiotic  
 Bio Schwartz / Advance Strength Probiotics (40 BCFU)

Metabolics / Lactobacillus Plantarum Powder  
Metabolics / Lactobacillus Salivarius Powder  
Sash Vitality / Bio-Cultures Probiotics for Adults  
NaturalPharma / Profit Probiotics  
bioglan bio (au) / happy probiotic 50  
Nu U (uk) / Bio-Cultures Complex  
optibac / for your cholesterol  
CustomProbiotics.com / L. Plantarum Probiotic Powder  
CustomProbiotics.com / L. Salivarius Probiotic Powder  
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM  
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS  
HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS  
HLH BIOPHARMA(DE) / LACTOBACT ® AAD  
HLH BIOPHARMA(DE) / LACTOBACT ® LDL-CONTROL  
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion  
jarrow formula / jarro-dophilus original  
zint nutrition / probiotic collagen +  
bravo europe / starter and complex  
bravo europe / freeze-dried bravo  
wakamoto (jp) / strong wakamoto w  
up4 / ultra  
up4 / adult  
up4 / women's  
spain (es) / I3.1  
spain (es) / vivomixx  
goodbelly drink  
visbiome  
jarrow formulas / jarro-dophilus eps  
klair labs / target gb-x  
seed / male version  
jamieson (can) / probiotic 10 bcfu  
ferring / vsl#3  
fairvital / microflora basic  
lifted naturals / mood boosting probiotic  
Floradapt Cardio  
Floradapt Gut Comfort  
HMF Metabolic  
Immune Defense Daily Chewable Probiotic  
Nature's Lab Cardio  
Nature's Lab Intensive GI  
Purica Probiotic Cardio  
Purica Probiotic Intensive GI  
Symprove™  
UltraFlora® Immune Booster  
UltraFlora® Intensive Care  
Maple Life Science™ / Lactobacillus salivarius  
Maple Life Science™ / Lactobacillus plantarum  
Wakunaga / Max Probiotic  
Bulk Probiotics / L. Salivarius Probiotic Powder  
Bulk Probiotics / L. Plantarum Probiotic Powder  
SuperSmart / Oral Health  
SuperSmart / Vaginal Health  
Bromatech(IT) / FEMELLE  
SuperSmart / Candalb  
SuperSmart / Derma Relief  
SuperSmart / Lactobacillus Plantarum Postbiotic (Pasturized)  
ecology\_allergycare  
custom probiotics / d-lactate free probiotics powder

**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}

Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}

Diferuloylmethane {Curcumin}

Heyndrickxia coagulans {B. coagulans}

long-term, moderate-intensity exercise {exercise}

Propolis {Bee glue}

resistant starch

Saccharomyces cerevisiae var boulardii {S. boulardii}

Sodium Chloride {Salt}

walnuts

Zingiber officinale Roscoe {ginger}

## Sample of Literature Used

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

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## Additional APriori Analysis Available

Available at: <https://microbiomeprescription.com/Library/PubMed>

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  
liver fibrosis  
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**