

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 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	Mycoplasma 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.

(3S,4R,5S)-1,3,4,5,6-Pentahydroxyhexan-2-one {Sorbitol}

2-aminoethanesulfonic acid {Taurine} 4000 mg/day

2-hydroxyethyltrimethylazanium {choline} 1 g/day

acetylsalicylic acid, aspirin

Adeps suillus {Lard}

Agaricus bisporus {White button mushrooms}

Aronia arbutifolia, Aronia melanocarpa {Chokeberry}

ascorbic acid {Vitamin C} 30 g/day

Bifidobacterium breve {B. breve} 15 BCFU/day

Brassica oleracea var. italica {Broccoli}

cranberry bean flour

Crocus sativus {Saffron}

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

Inonotus obliquus {Chaga Mushroom}

Lactobacillus rhamnosus {L. rhamnosus} 48 BCFU/day

Lactiplantibacillus argenteratensis {Lactobacillus argenteratensis}

Lactose {Milk Sugar}

long-term, moderate-intensity exercise {exercise}

Oryza sativa {Rice}

Pulvis ledebouriellae compositae {Bofutsushosan}

Rheum x hybridum {Rhubarb}

Rhubarb x Peony {Rhubarb Peony Decoction}

Riboflavin {Vitamin B2} 400 mg/day

Sambucus nigra L. ssp. canadensis {Elderberry}

Shen Ling Bai Zhu San {参苓白术散}

Sleep apnea {partial sleep deprivation}

Sodium Chloride {Salt}

Streptococcus salivarius subsp. thermophilus {S. thermophilus}

synthetic disaccharide derivative of lactose {Lactulose}

Titanium Dioxide {E171}

Tributyrin

Tudca

Vaccinium vitis-idaea {lingonberries}

Vsl#3 {Visibiome}

Zinc {Zinc Supplements} 300 mg/day

Retail Probiotics

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

jarro formulas / jarro-dophilus mood
spain (es) / ns florabiotic instant
spain (es) / muvagyn probiotico
spain (es) / ns defenbiotic kids
optibac / for those on antibiotics
naturopathica (au) / gastrohealth probiotic daily care
naturopathica (au) / gastrohealth probiotic adults 50+
CustomProbiotics.com / L. Rhamnosus Probiotic Powder
CustomProbiotics.com / B. Breve Probiotic Powder
Metabolics / Lactobacillus Rhamnosus Powder
Lab One / N ° 1 SportBiotic
Bromatech (IT) / Ramnoselle
Biorela® Daily
Ombre / Harmony
CVSHealth / Daily Probiotic
PharmExtracta (IT) / Brevicillin Stick
Pregnancy Care Probiotic
ProGoes® Forte
Maple Life Science™ / Bifidobacterium breve
Bulk Probiotics / L. Rhamnosus Probiotic Powder
Bulk Probiotics / B. Breve Probiotic 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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}	Lactocaseibacillus paracasei {L.paracasei}
(2->1)-beta-D-fructofuranan {Inulin}	Lactobacillus Johnsonii {Lactobacillus Johnsonii}
2,3-dihydroxypropyl dodecanoate {Monolaurin}	Lactobacillus plantarum {L. plantarum}
allium sativum {garlic}	Ligilactobacillus salivarius {L. salivarius}
Azadirachta indica {Neem}	Limosilactobacillus reuteri {L. Reuteri}
bacillus	Menta × piperita {peppermint}
bacillus licheniformis {b. licheniformis}	Metha family {Mint}
bacillus subtilis {B.Subtilis }	Moringa Oleifera
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	oligosaccharides {oligosaccharides}
bifidobacterium bifidum {B. bifidum}	origanum vulgare {oregano}
Bovine Milk Products {Dairy}	Outer Layers of Triticum aestivum {Wheat Bran}
Cinnamomum zeylanicum {Ceylon Cinnamon}	Panax ... {Ginseng}
Curcuma amada {Mango ginger}	partially hydrolysed guar gum
Curcuma longa {Turmeric}	pectin {pectin}
D-(-)-Fructose {Fruit sugar}	Pentahydroxypentane {Xylitol}
Diferuloylmethane {Curcumin}	Poly[β-D-xylopyranose(1->4)] {Xylan}
fruit	Propolis {Bee glue}
fruit/legume fibre	Punica granatum {pomegranate}
fucoidan {Brown Algae Extract}	resistant starch
Galacto-oligosaccharides {GOS}	resveratrol-pterostilbene {grapes, blueberries}
Ganoderma sichuanense {Reishi Mushroom}	rosmarinus officinalis {rosemary}
henopodium quinoa {Quinoa}	soy
Hericium erinaceus {Lion's Mane Mushroom }	β-glucan {Beta-Glucan}
Honey {Honey }	Thymus vulgaris {thyme}
Hordeum vulgare {Barley}	xylooligosaccharide
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	yogurt
Lactocaseibacillus casei {L. casei}	Zingiber officinale Roscoe {ginger}
	β-lactoglobulin {Whey}

Sample of Literature Used

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Alopecia (Hair Loss)
Alzheimer's disease
Amyotrophic lateral sclerosis (ALS) Motor Neuron
Ankylosing spondylitis
Anorexia Nervosa
Antiphospholipid syndrome (APS)
Asthma
Atherosclerosis
Atrial fibrillation
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benign prostatic hyperplasia
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Cancer (General)
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Chronic Lyme
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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
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Premenstrual dysphoric disorder
primary biliary cholangitis
Primary sclerosing cholangitis
Psoriasis
rheumatoid arthritis (RA),Spondyloarthritis (SpA)
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