

Microbiome Information for: Mood Disorders

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/>)

Thorne (<https://www.thorne.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 Mood Disorders

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
			Mogibacterium	genus	High	86331
Actinomycetes	class High	1760	Morganella	genus	High	90690
Bacteroidia	class High	200643	Morganella	genus	High	108061
Betaproteobacteria	class High	28216	Morganella	genus	High	581
Deferribacteres	class Low	68337	Murimonas	genus	Low	1774128
Deltaproteobacteria	class High	28221	Odoribacter	genus	High	283168
Elusimicrobia	class Low	641853	Olsenella	genus	High	133925
Gammaproteobacteria	class High	1236	Oscillibacter	genus	High	459786
Mollicutes	class Low	31969	Oscillospira	genus	High	119852
Spirochaetia	class Low	203692	Parabacteroides	genus	High	375288
Terriglobia	class Low	204432	Paraprevotella	genus	High	577309
Acidaminococcaceae	family High	909930	Parvimonas	genus	High	543311
Akkermansiaceae	family High	1647988	Peptostreptococcus	genus	High	1257
Alcaligenaceae	family Low	506	Porphyromonas	genus	High	836
Bacteroidaceae	family High	815	Prevotella	genus	Low	838
Bifidobacteriaceae	family High	31953	Propionibacterium	genus	Low	1743
Campylobacteraceae	family High	72294	Pseudomonas	genus	Low	286
Chitinophagaceae	family Low	563835	Pyramidobacter	genus	Low	638847
Christensenellaceae	family Low	990719	Roseburia	genus	Low	841
Clostridiales Family XI. Incertae Sedis	family High	543310	Rothia	genus	High	32207
Corynebacteriaceae	family High	1653	Rothia	genus	High	508215
Enterobacteriaceae	family High	543	Ruminococcus	genus	Low	1263
Enterococcaceae	family Low	81852	Saccharomyces	genus	High	4930
Erysipelotrichaceae	family High	128827	Shigella	genus	High	620
Eubacteriaceae	family High	186806	Slackia	genus	High	84108
Eubacteriales Family IV. Incertae Sedis	family High	1689151	Solobacterium	genus	High	123375
Fusobacteriaceae	family High	203492	Sphaerochaeta	genus	High	399320
Lachnospiraceae	family Low	186803	Sphingobacterium	genus	Low	28453
Leuconostocaceae	family Low	81850	Streptococcus	genus	High	1301
Marinifilaceae	family High	1573805	Subdoligranulum	genus	High	292632
Muribaculaceae	family Low	2005473	Succinivibrio	genus	High	83770
Nocardiaceae	family High	85025	Sutterella	genus	Low	40544
Oscillospiraceae	family Low	216572	Tsukamurella	genus	High	2060
Peptostreptococcaceae	family High	186804	Turidibacter	genus	High	191303
Porphyromonadaceae	family High	171551	Veillonella	genus	Low	29465
Prevotellaceae	family Low	171552	Weissella	genus	High	46255
Propionibacteriaceae	family Low	31957	Actinomycetales	order	High	2037
Rhodocyclaceae	family Low	75787	Bacteroidales	order	High	171549
Rhodospirillaceae	family High	41295	Bifidobacteriales	order	Low	85004
Rikenellaceae	family Low	171550	Burkholderiales	order	High	80840
			Eggerthellales	order	High	1643822

Bacteria Name	Rank Shift	Taxonomy ID	Bacteria Name	Rank Shift	Taxonomy ID
Ruminococcaceae	family Low	541000	Eubacteriales	order High	186802
Sphingobacteriaceae	family Low	84566	Rhodocyclales	order Low	206389
Sphingomonadaceae	family High	41297	Sphingomonadales	order High	204457
Streptococcaceae	family High	1300	[Clostridium] symbiosum	species High	1512
Streptomycetaceae	family High	2062	[Eubacterium] siraeum	species High	39492
Sutterellaceae	family Low	995019	Acidaminococcus fermentans	species High	905
Veillonellaceae	family Low	31977	Acidaminococcus intestini	species Low	187327
Acidovorax	genus Low	12916	Agathobacter rectalis	species Low	39491
Actinomyces	genus High	1654	Akkermansia muciniphila	species High	239935
Adlercreutzia	genus Low	447020	Alkaliphilus oremlandii	species High	461876
Agathobacter	genus Low	1766253	Alkaliphilus peptidifermentans	species High	426129
Aggregatibacter	genus High	416916	Anaerobutyricum hallii	species High	39488
Alistipes	genus High	239759	Anaerotignum propionicum	species High	28446
Anaerococcus	genus High	165779	Bacteroides caccae	species High	47678
Anaerofilum	genus High	52784	Bacteroides caecigallinarum	species High	1411144
Anaerofustis	genus High	264995	Bacteroides fragilis	species High	817
Anaerostipes	genus High	207244	Bacteroides helcogenes	species Low	290053
Anaerotruncus	genus High	244127	Bacteroides uniformis	species High	820
Anaerovibrio	genus Low	82373	Bifidobacterium adolescentis	species High	1680
Apiotrichum	genus High	105983	Bifidobacterium bifidum	species High	1681
Asaccharobacter	genus High	553372	Bifidobacterium breve	species Low	1685
Aspergillus	genus Low	5052	Bifidobacterium pseudolongum	species High	1694
Atopobium	genus High	1380	Butyrivibrio crossotus	species High	45851
Bacteroides	genus High	816	Campylobacter jejuni	species High	197
Bilophila	genus High	35832	Clostridium butyricum	species Low	1492
Blautia	genus Low	572511	Clostridium perfringens	species High	1502
Bulleidia	genus High	118747	Collinsella aerofaciens	species Low	74426
Butyricimonas	genus High	574697	Coprococcus comes	species Low	410072
Campylobacter	genus High	194	Cronobacter sakazakii	species High	28141
Candidatus Epulonipiscium	genus High	2383	Cronobacter turicensis	species High	413502
Candidatus Saccharimonas	genus Low	1331051	Desulforamulus ruminis	species High	1564
Chryseobacterium	genus Low	59732	Desulfovibrio piger	species Low	901
Clostridium	genus Low	1485	Eggerthella lenta	species High	84112
Collinsella	genus High	102106	Enterocloster bolteae	species High	208479
Comamonas	genus High	283	Enterococcus faecium	species High	1352
Coprococcus	genus Low	33042	Escherichia sp.	species High	1884818
Coriobacterium	genus High	33870	Eubacterium coprostanoligenes	species Low	290054
Corynebacterium	genus High	1716	Eubacterium ruminantium	species High	42322
Deinococcus	genus High	1298	Faecalibacterium prausnitzii	species High	853
Desulfitobacterium	genus High	36853	Francisella tularensis	species Low	263
Desulfovibrio	genus High	872	Gabonia massiliensis	species Low	1686296
Dialister	genus Low	39948	Hungatella hathewayi	species High	154046
Eggerthella	genus High	84111	Lacrimispora indolis	species High	69825
Enterobacter	genus Low	547	Lactacaseibacillus rhamnosus	species Low	47715
Enterococcus	genus Low	1350	Lactiplantibacillus pentosus	species Low	1589
Erysipelothrix	genus Low	1647	Lactobacillus crispatus	species High	47770
			Lactobacillus gasseri	species High	1596

Bacteria Name	Rank Shift	Taxonomy ID	Bacteria Name	Rank Shift	Taxonomy ID
			Lactobacillus helveticus	species Low	1587
Escherichia	genus High	561	Lactobacillus intestinalis	species High	151781
Eubacterium	genus High	1730	Lancefieldella parvula	species High	1382
Faecalibacterium	genus Low	216851	Limosilactobacillus reuteri	species High	1598
Flavonifractor	genus High	946234	Megasphaera elsdenii	species High	907
Fusicatenibacter	genus High	1407607	Mycolicibacterium neoaurum	species High	1795
Fusobacterium	genus High	848	Nitratidesulfovibrio vulgaris	species High	881
Gelria	genus High	189326	Paenibacillus polymyxa	species High	1406
Gemella	genus High	1378	Parabacteroides distasonis	species High	823
Gemmiger	genus Low	204475	Parabacteroides merdae	species Low	46503
Haemophilus	genus Low	724	Parasporobacterium paucivorans	species High	115544
Halomonas	genus High	2745	Phocaeicola plebeius	species High	310297
Heliobacterium	genus High	2697	Ruminococcus callidus	species Low	40519
Holdemania	genus High	61170	Schnuerera ultunensis	species High	45497
Howardella	genus Low	404402	Streptococcus gallolyticus	species High	315405
Hungatella	genus High	1649459	Streptococcus infantarius	species Low	102684
Intestinibacter	genus High	1505657	Streptococcus parasanguinis	species High	1318
Klebsiella	genus High	570	Streptococcus urinalis	species Low	149016
Lachnospirillum	genus High	1506553	Streptococcus vestibularis	species High	1343
Lachnospira	genus High	28050	Syntrophomonas wolfei	species High	863
Lactobacillus	genus High	1578	Veillonella parvula	species High	29466
Lactonifactor	genus High	420345	Coriobacterineae	suborder High	255727
Lutispora	genus Low	667112			
Megamonas	genus Low	158846			
Megasphaera	genus High	906			
Methanobrevibacter	genus High	2172			

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	fruit/legume fibre
(2->1)-beta-D-fructofuranan {Inulin}	32 gram/day	high red meat
Abstention from eating {Fasting}		Human milk oligosaccharides (prebiotic, Holigos, Stachyose)
Ethanoic acid {Vinegar}		gram/day
fruit		Hydrastis canadensis {Goldenseal}
		oligosaccharides {oligosaccharides}
		pectin {pectin}

Retail Probiotics

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

jarrow formulas / bifidus balance® + fos
naturopathica (au) / gastrohealth fibrepro
nature's way (au) / restore probiotic daily health 90s
nature's way (au) / restore probiotic 30 billion 30s
blackmores (au) / probiotics+ immune defence
blackmore (au) / probiotics+ eczema relief

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-(3,4-Dihydroxyphenyl)-5,7-dihydroxy-4H-chromen-4-one
{Luteolin}
allium sativum {garlic}
bacillus
bacillus,lactobacillus,streptococcus,saccharomyces probiotic
bifidobacterium
bifidobacterium longum {B.Longum }
Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}
enterococcus faecium {E. faecium}
Heyndrickxia coagulans {B. coagulans}

Lactocaseibacillus paracasei {L.paracasei}
Lactobacillus plantarum {L. plantarum}
lactobacillus rhamnosus gg,bifidobacterium animalis lactis
,lactobacillus paracasei {cvs maximum strength probiotic}
Limosilactobacillus reuteri {L. Reuteri}
long-term, moderate-intensity exercise {exercise}
Probiotic Mixture 2 {Vetafarm Probiotic}
Saccharomyces cerevisiae var boulardii {S. boulardii}
soy
walnuts
yogurt

Sample of Literature Used

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

Changes of gut microbiota reflect the severity of major depressive disorder: a cross sectional study.

Translational psychiatry , Volume: 13 Issue: 1 2023 Apr 28

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Leveraging the microbiome to understand clinical heterogeneity in depression: findings from the T-RAD study.

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Gut Microbiota in Anxiety and Depression: Unveiling the Relationships and Management Options.

Pharmaceuticals (Basel, Switzerland) , Volume: 16 Issue: 4 2023 Apr 9

Authors Kumar A,Pramanik J,Goyal N,Chauhan D,Sivamaruthi BS,Prajapati BG,Chaiyasut C

Adverse childhood experiences and reoccurrence of illness impact the gut microbiome, which affects suicidal behaviors and the phenome of major depression: towards enterotypic-phenotypes.

Acta neuropsychiatrica , 2023 Apr 13

Authors Maes M,Vasupanrajit A,Jirakran K,Klomkliw P,Chanchaem P,Tunvirachaisakul C,Plaimas K,Suratanee A,Payungporn S

Dysbiosis of the Gut Microbiota and Kynurenine (Kyn) Pathway Activity as Potential Biomarkers in Patients with Major Depressive Disorder.

Nutrients , Volume: 15 Issue: 7 2023 Apr 3

Authors Lin P,Li D,Shi Y,Li Q,Guo X,Dong K,Chen Q,Lou X,Li Z,Li P,Jin W,Chen S,Sun Y,Sun J,Cheng X

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Journal of affective disorders , Volume: 332 2023 Jul 1

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Bifidobacterium breve Bif11 supplementation improves depression-related neurobehavioural and neuroinflammatory changes in the mouse.

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[3 \$\beta\$ -Hydroxysteroid dehydrogenase expressed by gut microbes degrades testosterone and is linked to depression in males.](#)

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Acne
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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
Autism
Autoimmune Disease
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Brain Trauma
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Cancer (General)
Carcinoma
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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