

Microbiome Information for: Stress / posttraumatic stress 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 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 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	Enterococcus	genus	High	1350
Gammaproteobacteria	class	High	1236	Faecalibacterium	genus	Low	216851
Coriobacteriaceae	family	High	84107	Fusobacterium	genus	High	848
Enterobacteriaceae	family	High	543	Lactobacillus	genus	High	1578
Erysipelotrichaceae	family	High	128827	Methanobrevibacter	genus	High	2172
Lachnospiraceae	family	Low	186803	Oscillospira	genus	Low	119852
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
Anaeroplasm	genus	Low	2086	Rhodococcus	genus	High	1827
Anaerostipes	genus	High	207244	Rhodococcus	genus	High	1661425
Atopobium	genus	Low	1380	Shigella	genus	High	620
Bifidobacterium	genus	Low	1678	Sphingomonas	genus	High	13687
Bulleidia	genus	High	118747	Staphylococcus	genus	High	1279
Christensenella	genus	High	990721	Turidibacter	genus	High	191303
Citrobacter	genus	High	544	Akkermansia muciniphila	species	Low	239935
Clostridium	genus	High	1485	Bacteroides salyersiae	species	Low	291644
Collinsella	genus	Low	102106	Eggerthella lenta	species	Low	84112
Coprobacillus	genus	High	100883	Escherichia coli	species	High	562
Coprococcus	genus	Low	33042	Faecalibacterium prausnitzii	species	Low	853
Coriobacterium	genus	Low	33870	Francisella tularensis	species	High	263
Corynebacterium	genus	High	1716	Lactiplantibacillus plantarum	species	Low	1590
Dehalobacterium	genus	High	51514	Solobacterium moorei	species	High	102148
Dorea	genus	High	189330	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.

2-Amino-4-(methylthio)butanoic acid {Methionine} 5 gram/day

Astragalus

cholic,taurocholic ,chenodeoxycholic,glycocholic acids {Bile supplements}

d-galactose {milk sugar}

Escherichia coli cryodesiccata {colinfant probiotics}

Escherichia coli:DSM 16441-16448 {symbioflor-2}

Ethyl alcohol {Grain alcohol}

Ferrum {Iron Supplements} 400 mg/day

Glycine max x Aspergillus oryzae {Miso}

high red meat

red wine polyphenols 600 mg/day

Sleep apnea {partial sleep deprivation}

β-Carotene {Carrots}

Sucralose {Splenda} 340 mg/day

Tobacco consumption {Smoking}

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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine}
 (2->1)-beta-D-fructofuranan {Inulin}
 3,3',4',5,7-pentahydroxyflavone {Quercetin}
 allium sativum {garlic}
 Azadirachta indica {Neem}
 bacillus
 bacillus,lactobacillus,streptococcus,saccharomyces probiotic
 bifidobacterium
 Bifidobacterium animalis {B. animalis}
 Bovine Milk Products {Dairy}
 Caffeine
 Cinnamomum zeylanicum {Ceylon Cinnamon}
 Coffee
 Curcuma longa {Turmeric}
 Diferuloylmethane {Curcumin}
 foeniculum vulgare,fennel

fruit
 fruit/legume fibre
 green tea
 Honey {Honey }
 Lactocaseibacillus casei {L. casei}
 lactobacillus paracasei,lactobacillus acidophilus,bifidobacterium animalis
 Lactobacillus plantarum {L. plantarum}
 lactobacillus rhamnosus gg,bifidobacterium animalis lactis ,lactobacillus paracasei {cvs maximum strength probiotic}
 oligosaccharides {oligosaccharides}
 origanum vulgare {oregano}
 polyphenols
 Propolis {Bee glue}
 rosmarinus officinalis {rosemary}
 syzygium aromaticum {clove}
 Thymus vulgaris {thyme}
 yogurt
 Zingiber officinale Roscoe {ginger}

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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