

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 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	Parasutterella	genus	Low	577310
Lachnospiraceae	family	Low	186803	Peptococcus	genus	High	2740
Ruminococcaceae	family	Low	541000	Prevotella	genus	Low	838
Actinomyces	genus	Low	1654	Propionibacterium	genus	Low	1743
Aestuariaispira	genus	High	1647175	Pseudomonas	genus	Low	286
Agathobacter	genus	Low	1766253	Romboutsia	genus	Low	1501226
Alistipes	genus	High	239759	Slackia	genus	Low	84108
Anaeroplasma	genus	Low	2086	Staphylococcus	genus	High	1279
Anaerostipes	genus	Low	207244	Streptococcus	genus	High	1301
Barnesiella	genus	High	397864	Sutterella	genus	High	40544
Bifidobacterium	genus	Low	1678	Turicibacter	genus	Low	191303
Blautia	genus	Low	572511	Veillonella	genus	High	29465
Coprococcus	genus	Low	33042	[Ruminococcus] torques	species	Low	33039
Corynebacterium	genus	Low	1716	Akkermansia muciniphila	species	Low	239935
Desulfovermiculus	genus	High	339721	Bacteroides fragilis	species	High	817
Dorea	genus	Low	189330	Bacteroides ovatus	species	High	28116
Enhydrobacter	genus	Low	212791	Bacteroides uniformis	species	High	820
Enterobacter	genus	High	547	Bifidobacterium animalis	species	Low	28025
Enterococcus	genus	High	1350	Blautia obeum	species	High	40520
Enterorhabdus	genus	Low	580024	Clostridioides difficile	species	High	1496
Escherichia	genus	High	561	Coprococcus catus	species	High	116085
Eubacterium	genus	Low	1730	Escherichia coli	species	High	562
Holdemanella	genus	High	1573535	Eubacterium ventriosum	species	High	39496
Klebsiella	genus	High	570	Klebsiella pneumoniae	species	High	573
Lachnobacterium	genus	Low	140625	Limosilactobacillus reuteri	species	High	1598
Lachnospirillum	genus	High	1506553	Mediterraneibacter gnavus	species	Low	33038
Lachnospira	genus	High	28050	Methanobrevibacter smithii	species	Low	2173
Lactobacillus	genus	Low	1578	Mycoplasmoides pneumoniae	species	High	2104
Novosphingobium	genus	Low	165696	Phocaeicola vulgatus	species	High	821
Odoribacter	genus	Low	283168	Ruminococcus bromii	species	High	40518
Parabacteroides	genus	High	375288	Segatella copri	species	Low	165179
				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.

Ethyl alcohol {Grain alcohol}

Ferrum {Iron Supplements} 400 mg/day

high red meat

Ulmus rubra {slippery elm}

Vsl#3 {Visibiome}

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}

bacillus

bacillus,lactobacillus,streptococcus,saccharomyces probiotic

bifidobacterium

Bovine Milk Products {Dairy}

Cinnamomum zeylanicum {Ceylon Cinnamon}

Diferuloylmethane {Curcumin}

fruit

fruit/legume fibre

Lactacisibacillus 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}

Limosilactobacillus reuteri {L. Reuteri}

oligosaccharides {oligosaccharides}

polyphenols

Probiotic Mixture 1 {Japanese Vet Probiotic}

Probiotic Mixture 2 {Vetafarm Probiotic}

Propolis {Bee glue}

Thymus vulgaris {thyme}

yogurt

Sample of Literature Used

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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