

Microbiome Information for: Depression

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 Depression

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	Parabacteroides	genus	High	375288
Alphaproteobacteria	class	High	28211	Paraprevotella	genus	High	577309
Bacteroidia	class	Low	200643	Parasutterella	genus	High	577310
Betaproteobacteria	class	High	28216	Parvimonas	genus	High	543311
Clostridia	class	Low	186801	Penicillium	genus	Low	5073
Deferribacteres	class	Low	68337	Peptostreptococcus	genus	High	1257
Elusimicrobia	class	Low	641853	Phascolarctobacterium	genus	High	33024
Gammaproteobacteria	class	High	1236	Porphyromonas	genus	High	836
Mollicutes	class	Low	31969	Prevotella	genus	Low	838
Spirochaetia	class	Low	203692	Pseudobutyrvibrio	genus	Low	46205
Terriglobia	class	Low	204432	Psychrobacter	genus	Low	497
Acidaminococcaceae	family	High	909930	Pyramidobacter	genus	Low	638847
Bifidobacteriaceae	family	High	31953	Rikenella	genus	Low	28138
Chitinophagaceae	family	Low	563835	Romboutsia	genus	Low	1501226
Christensenellaceae	family	Low	990719	Roseburia	genus	Low	841
Clostridiaceae	family	Low	31979	Rothia	genus	High	32207
Clostridiales Family XI. Incertae Sedis	family	High	543310	Rothia	genus	High	508215
Eggerthellaceae	family	High	1643826	Ruminiclostridium	genus	High	1508657
Enterobacteriaceae	family	High	543	Ruminococcus	genus	Low	1263
Enterococcaceae	family	High	81852	Ruthenibacterium	genus	High	1905344
Erysipelotrichaceae	family	High	128827	Saccharomyces	genus	High	4930
Eubacteriaceae	family	High	186806	Shigella	genus	High	620
Eubacteriales Family IV. Incertae Sedis	family	High	1689151	Slackia	genus	High	84108
Fusobacteriaceae	family	High	203492	Sphaerochaeta	genus	High	399320
Nocardiaceae	family	High	85025	Sphingobacterium	genus	Low	28453
Oscillospiraceae	family	Low	216572	Streptococcus	genus	High	1301
Oxalobacteraceae	family	High	75682	Subdoligranulum	genus	High	292632
Porphyromonadaceae	family	High	171551	Sutterella	genus	Low	40544
Prevotellaceae	family	Low	171552	Thomasclavelia	genus	High	3025755
Rhodospirillaceae	family	High	41295	Turidibacter	genus	High	191303
Rikenellaceae	family	High	171550	Veillonella	genus	Low	29465
Ruminococcaceae	family	Low	541000	Weissella	genus	High	46255
Streptococcaceae	family	High	1300	Lachnospiraceae incertae sedis	no rank	High	2840493
Streptomycetaceae	family	High	2062	Peptostreptococcaceae incertae sedis	no rank	Low	200630
Sutterellaceae	family	Low	995019	Burkholderiales	order	High	80840
Tannerellaceae	family	High	2005525	Eggerthellales	order	High	1643822
Veillonellaceae	family	Low	31977	Eubacteriales	order	Low	186802
Actinomyces	genus	High	1654	Acidaminococcus fermentans	species	High	905
Adlercreutzia	genus	High	447020	Acidaminococcus intestini	species	Low	187327

Bacteria Name	Rank Shift	Taxonomy ID	Bacteria Name	Rank Shift	Taxonomy ID
Agathobacter	genus Low	1766253	Agathobacter rectalis	species Low	39491
Aggregatibacter	genus High	416916	Akkermansia muciniphila	species Low	239935
Akkermansia	genus High	239934	Alkaliphilus peptidifermentans	species High	426129
Alistipes	genus High	239759	Anaerobutyricum hallii	species High	39488
Alloprevotella	genus High	1283313	Anaerotignum propionicum	species High	28446
Anaerofilum	genus High	52784	Bacteroides caccae	species High	47678
Anaerostipes	genus High	207244	Bacteroides caecigallinarum	species High	1411144
Anaerovorax	genus Low	109326	Bacteroides fragilis	species High	817
Apiotrichum	genus High	105983	Bacteroides helcogenes	species Low	290053
Asaccharobacter	genus High	553372	Bacteroides uniformis	species High	820
Aspergillus	genus Low	5052	Bifidobacterium adolescentis	species High	1680
Atopobium	genus High	1380	Bifidobacterium bifidum	species High	1681
Bacteroides	genus High	816	Bifidobacterium breve	species Low	1685
Bifidobacterium	genus Low	1678	Bifidobacterium longum	species Low	216816
Bilophila	genus High	35832	Bifidobacterium pseudolongum	species High	1694
Blautia	genus High	572511	Butyrivibrio crossotus	species High	45851
Bordetella	genus Low	517	Campylobacter jejuni	species High	197
Bulleidia	genus High	118747	Candida albicans	species High	5476
Butyricicoccus	genus Low	580596	Clostridium butyricum	species Low	1492
Candidatus Arthromitus	genus High	49082	Collinsella aerofaciens	species Low	74426
Candidatus Saccharimonas	genus Low	1331051	Coprococcus catus	species Low	116085
Christensenella	genus Low	990721	Coprococcus comes	species Low	410072
Coprobacter	genus Low	1348911	Desulforamulus ruminis	species High	1564
Coprococcus	genus Low	33042	Desulfovibrio piger	species Low	901
Coriobacterium	genus High	33870	Eggerthella lenta	species High	84112
Deinococcus	genus High	1298	Enterocloster boltea	species High	208479
Desulfitobacterium	genus High	36853	Enterococcus faecium	species High	1352
Desulfovibrio	genus High	872	Escherichia coli	species High	562
Dialister	genus Low	39948	Escherichia sp.	species High	1884818
Dorea	genus High	189330	Eubacterium coprostanoligenes	species Low	290054
Dysosmobacter	genus High	2591381	Eubacterium ruminantium	species High	42322
Eggerthella	genus High	84111	Eubacterium xylanophilum	species Low	39497
Eisenbergiella	genus Low	1432051	Faecalibacterium prausnitzii	species Low	853
Enterobacter	genus Low	547	Francisella tularensis	species Low	263
Enterococcus	genus High	1350	Gabonia massiliensis	species Low	1686296
Escherichia	genus High	561	Hungatella hathewayi	species High	154046
Eubacterium	genus High	1730	Lacrimispora indolis	species High	69825
Faecalibacterium	genus Low	216851	Lactacaseibacillus rhamnosus	species Low	47715
Flavonifractor	genus High	946234	Lactiplantibacillus pentosus	species Low	1589
Fusobacterium	genus High	848	Lactobacillus crispatus	species High	47770
Gelria	genus High	189326	Lactobacillus helveticus	species Low	1587
Gemella	genus High	1378	Lactobacillus intestinalis	species High	151781
Gemmiger	genus Low	204475	Lancefieldella parvula	species High	1382
Halomonas	genus High	2745	Ligilactobacillus murinus	species Low	1622
Heliobacterium	genus High	2697	Megasphaera elsdenii	species High	907
Holdemanella	genus Low	1573535	Mycolicibacterium neoaurum	species High	1795
			Nitratidesulfovibrio vulgaris	species High	881

Bacteria Name	Rank Shift	Taxonomy ID	Bacteria Name	Rank Shift	Taxonomy ID
Holdemania	genus High	61170	Paenibacillus polymyxa	species High	1406
Howardella	genus Low	404402	Parabacteroides distasonis	species High	823
			Parabacteroides merdae	species Low	46503
Hungatella	genus High	1649459	Parasporobacterium paucivorans	species High	115544
Intestinimonas	genus Low	1392389	Phocaeicola vulgatus	species High	821
Klebsiella	genus High	570	Roseburia hominis	species Low	301301
Lachnospirillum	genus High	1506553	Roseburia intestinalis	species Low	166486
Lactobacillus	genus Low	1578	Ruminococcus callidus	species Low	40519
Lactococcus	genus Low	1357	Ruthenibacterium lactatiformans	species High	1550024
Lutispora	genus Low	667112	Schnuerera ultunensis	species High	45497
Mediterranea	genus High	1926659	Streptococcus gallolyticus	species High	315405
Megamonas	genus Low	158846	Streptococcus infantarius	species Low	102684
Megasphaera	genus High	906	Streptococcus parasanguinis	species High	1318
Murimonas	genus Low	1774128	Streptococcus urinalis	species Low	149016
Odoribacter	genus High	283168	Syntrophomonas wolfei	species High	863
Olsenella	genus High	133925	Turidibacter sanguinis	species High	154288
Oscillibacter	genus High	459786	Veillonella atypica	species Low	39777
Oscillospira	genus High	119852	Coriobacterineae	suborder High	255727
Pantoea	genus High	53335			

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}	high red meat
Ferrum {Iron Supplements} 400 mg/day	N-(phosphonomethyl)glycine {glyphosate}
	Sucralose {Splenda} 340 mg/day

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}	Lactocaseibacillus paracasei {L.paracasei}
Avena sativa x Hordeum vulgare {barley,oat}	lactobacillus acidophilus {L. acidophilus}
bacillus	Lactobacillus plantarum {L. plantarum}
bacillus subtilis {B.Subtilis }	Limosilactobacillus reuteri {L. Reuteri}
bacillus,lactobacillus,streptococcus,saccharomyces probiotic	long-term, moderate-intensity exercise {exercise}
bifidobacterium	oligosaccharides {oligosaccharides}
bifidobacterium longum {B.Longum }	pectin {pectin}
Bovine Milk Products {Dairy}	polyphenols
fruit	resistant starch
fruit/legume fibre	Saccharomyces cerevisiae var boulardii {S. boulardii}
Hordeum vulgare {Barley}	soy
Lactocaseibacillus casei {L. casei}	β-glucan {Beta-Glucan}
	yogurt

Sample of Literature Used

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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