



# Depression? - Ask about the gut!

## Depression

Depression is very common: In Europe, prevalence rates are quite high (15–28%)<sup>1</sup>. Depression can manifest in various forms. Common symptoms include deep sadness, fatigue, reduced interest or joy, mood swings, low self-esteem, increased self-blame, sleep problems, and poor concentration. The most frequent and well-studied form is Major Depressive Disorder (MDD), characterized by symptoms lasting more than 14 days. In cases of persistent symptoms (chronic/persistent depression), specific causes or differing symptoms may indicate other forms (such as winter, postpartum, premenstrual, atypical, or bipolar depression).

## MDD and the Gut

MDD and other mental illnesses often coincide with functional somatic and gastrointestinal symptoms, especially Irritable Bowel Syndrome (IBS). This suggests a connection between the gut and the mind. Supporting this, many antidepressants affect gut bacteria, and some antibiotics show antidepressant effects<sup>2,3,4</sup>.

Our research shows that individuals with MDD often have a deficiency in *Eubacterium rectale* and an increase in *Enterobacter* species. Notably, there is evidence that psychological symptoms can rapidly improve after fecal transplants<sup>5,6</sup>.

## The Gut-Brain Axis

This is not surprising: the gut and central nervous system are in constant communication via the gut-brain axis. Some gut bacteria produce or respond to neurotransmitters. Pro-inflammatory signals can travel from an irritated gut to the brain. Germ-free animals show defects in microglia development, activation, differentiation, and morphology. Vagus nerve ablation leads to increased psychiatric disorders. All these facts strongly suggest the gut's involvement in mental health.

Despite these insights, the gut is rarely considered in treatment. Yet, studies show the effectiveness of probiotics, prebiotics, and synbiotics. However, success depends not just on the type of bacteria, but on the specific strains used<sup>7,8,9</sup>. Microbiome Center has access to precisely these strains!

### Literature

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## MDD? Always ask about the Gut!

The question "How is your gut?" should always be part of the medical history for MDD and other mental illnesses. Gut microbiome diagnostics are recommended to tailor the individual mix of probiotics and prebiotics for faster and better therapeutic outcomes.

This personalized mix, called MyOwnBlend, is the core of the therapy, supported by dietary changes, phytotherapy, nutrient balancing, exercise, stress reduction, and mindfulness/empathy training.

## MDD + MyOwnBlend = Success!

Our results show: Up to 72% of patients treated with MyOwnBlend experienced good to very good symptom improvement!

This is mainly because Medical Doctors, supported by the broad experience of the Microbiome Center network, can create a highly optimized, personalized therapy based on lab and medical history data. This minimizes the risk of unwanted effects, such as further microbiome disruption.

Moreover, the Microbiome Center uses bacterial strains and prebiotics that have shown numerous health benefits in independent studies, including improvements in mucosal integrity, immune regulation, and various mental health conditions, including depression.

## MyOwnBlend - Because Every Microbiome Is Unique



### More information

Scan the QR code to learn more about  
Microbiome Center.

**Disclaimer**

This brochure is intended for medical professionals. Personalized microbiome treatment is a medicinal therapy and should only be prescribed by a qualified physician.