

Microbiome Information for: Chronic Urticaria (Hives)

For 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 *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

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Chronic Urticaria (Hives)

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
Actinomycetia	class	High		1760	Enterobacterales	order	High		91347
Bacteroidia	class	Low		200643	Lactobacillales	order	High		186826
Clostridium	genus	High		1485	Pseudomonadales	order	High		72274
Escherichia	genus	High		561	[Clostridium] leptum	species	Low		1535
Faecalibacterium	genus	Low		216851	Akkermansia muciniphila	species	Low		239935
Lachnobacterium	genus	Low		140625	Bacteroides fragilis	species	Low		817
Prevotella	genus	Low		838	Escherichia coli	species	High		562
Streptococcus	genus	High		1301	Faecalibacterium prausnitzii	species	Low		853
Sutterella	genus	High		40544	Phocaeicola plebeius	species	Low		310297
Veillonella	genus	High		29465	Prevotella copri	species	Low		165179

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.

Antibiotics annotated with [CFS] have been used with various degree of success with Myalgic Encephalomyelitis, Chronic Fatigue Syndrome, Chronic Lyme, Chronic Q-Fever and Long COVID conditions. Rotation of antibiotics with 3 weeks off between courses is recommended.

carob	
dairy	
d-ribose	10 gram/day
glycyrrhizic acid (licorice)	32 gram/day
grape polyphenols	
high sugar diet	
high-fat diets	
high-protein diet	
iron	400 mg/day
ku ding cha tea	
lactulose	
linseed(flaxseed)	30 mg/day
low carbohydrate diet	
mannooligosaccharide (prebiotic)	8 gram/day
Nicotine, Nicotine Patch	
norfloxacin (antibiotic)	
omega-3 fatty acids	4 gram/day
proton-pump inhibitors (prescription)	60 mg/day
rare meat	
refined wheat breads	
Slippery Elm	
symbioflor 2 e.coli probiotics	
vitamin a	25000 IU/day
whole-grain barley	60 gram/day

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.

acetylsalicylic acid,aspirin	lactobacillus paracasei (probiotics)
amikacin (antibiotic)s	lactobacillus plantarum (probiotics)
amoxicillin (antibiotic)s[CFS]	lactobacillus rhamnosus gg (probiotics)
ampicillin (antibiotic)s[CFS]	metformin (prescription)
arabinogalactan (prebiotic)	oregano (origanum vulgare, oil)
bacillus subtilis (probiotics)	piperacillin-tazobactam (antibiotic)s
benzylpenicillin sodium (antibiotic)	Pulses
berberine	red wine
bifidobacterium longum (probiotics)	resistant starch
Cacao	resveratrol (grape seed/polyphenols/red wine)
ceftriaxone (antibiotic)s	rifaximin (antibiotic)s
ciprofloxacin (antibiotic)s[CFS]	rosmarinus officinalis,rosemary
cranberry bean flour	saccharin
Curcumin	soy
fasting	syzygium aromaticum (clove)
fluoroquinolone (antibiotic)s	thyme (thymol, thyme oil)
garlic (allium sativum)	trimethoprim (antibiotic)s
gentamicin (antibiotic)s	vancomycin (antibiotic)[CFS]
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	vegetarians
imipenem (antibiotic)s	vitamin d
inulin (prebiotic)	wheat bran
lactobacillus casei (probiotics)	xylan (prebiotic)

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Chronic Fatigue Syndrome
Chronic Kidney Disease
Chronic Lyme
Chronic Obstructive Pulmonary Disease (COPD)
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Eczema
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Eosinophilic Esophagitis
Epilepsy
Fibromyalgia
Functional constipation / chronic idiopathic constipation
gallstone disease (gsd)
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus
Generalized anxiety disorder
Gout
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Histamine Issues From Ubiome
Histamine Issues, Mast Cell Issue, DAO Insufficiency
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Hyperlipidemia (High Blood Fats)
hypersomnia
hypertension (High Blood Pressure)
Hypoxia
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Insomnia
Intelligence
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Juvenile idiopathic arthritis
Liver Cirrhosis
Long COVID
Lung Cancer
ME/CFS with IBS
ME/CFS without IBS
Menopause
Metabolic Syndrome
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neuropsychiatric disorders (PANDAS, PANS)
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NonCeliac Gluten Sensitivity
Obesity
obsessive-compulsive disorder

Osteoarthritis
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Parkinson's Disease
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Schizophrenia
Sjögren syndrome
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