

## 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 have found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is believed 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**

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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 is 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

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## 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 |
|------------------|-------|-------|-------------|------------------------------|---------|-------|-------------|
| Actinomycetes    | 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      |
| Lachnospacterium | 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       | Segatella 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.

|   |             |   |
|---|-------------|---|
| 2-Amino-4-(methylthio)butanoic acid {Methionine}      | 5 gram/day  | high-fat diets  |
| d-galactose {milk sugar}                              |             | High-protein diet {Atkins low-carbohydrate diet}          |
| D-ribofuranoside {Ribose}                             | 10 gram/day | <b>METRONIDAZOLE [CFS]</b>                                |
| Escherichia coli cryodesiccata {colinfant probiotics} |             | nicotinic acid {Vitamin B-3} 3000 mg/day                  |
| Ethyl alcohol {Grain alcohol}                         |             | Nitrogen Oxide x Particulate Matter {Urban air pollutant} |
| Ferrum {Iron Supplements}                             | 400 mg/day  | proton-pump inhibitors (prescription) 60 mg/day           |
| High glycemic diet {High-sugar diet (HSD)}            |             | Sleep apnea {partial sleep deprivation}                   |
| high red meat   |             | Sucralose {Splenda} 340 mg/day                            |
|   |             | Under cooked animal protein {Rare meat}                   |

## 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} | Lacticaseibacillus paracasei {L.paracasei}                                |
| (2->1)-beta-D-fructofuranan {Inulin}  | Lacticaseibacillus rhamnosus {l. rhamnosus}                               |
| allium sativum {garlic}   | Lactobacillus plantarum {L. plantarum}                                    |
| amoxicillin [CFS]   | Limosilactobacillus reuteri {L. Reuteri}                                  |
| bacillus  | long-term, moderate-intensity exercise {exercise}                         |
| bacillus subtilis {B.Subtilis }   | Metha family {Mint}   |
| bacillus,lactobacillus,streptococcus,saccharomyces probiotic                        | oligosaccharides {oligosaccharides}                                       |
| bifidobacterium longum {B.Longum }  | origanum vulgare {oregano}  |
| Capsicum annuum {Peppers} {Cayenne Pepper, Hot Pepper}                              | Outer Layers of Triticum aestivum {Wheat Bran}                            |
| Cinnamomum zeylanicum {Ceylon Cinnamon}   | pectin {pectin}   |
| ciprofloxacin [CFS]   | polyphenols   |
| Coffee  | Propolis {Bee glue}   |
| D(-)-Fructose {Fruit sugar}   | Punica granatum {pomegranate}   |
| dietary fiber   | resistant starch  |
| Diferuloylmethane {Curcumin}  | Riboflavin {Vitamin B2}   |
| Fiber, total dietary  | Saccharomyces cerevisiae var boulardii {S. boulardii}                     |
| fruit   | Slow digestible carbohydrates. {Low Glycemic}                             |
| fruit/legume fibre  | $\beta$ -(1?4)-linked D-glucosamine and N-acetyl-D-glucosamine {Chitosan} |
| fucoidan {Brown Algae Extract}  | tea   |
| gentamicin  | Thymus vulgaris {thyme}   |
| green tea   | Traditional Mediterranean diet {Mediterranean diet}                       |
| Hericium erinaceus {Lion's Mane Mushroom }  | wheat   |
| High-fibre diet {Whole food diet}   | yogurt  |
| Lacticaseibacillus casei {L. casei}   | Zingiber officinale Roscoe {ginger}                                       |

## 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-Haptic 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  
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**