

Microbiome Information for: Chronic Urticaria (Hives)

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 *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.

carob

dairy

d-ribose 10 gram/day

glycyrrhizic acid (licorice) 32 gram/day

grape polyphenols

iron 400 mg/day

ku ding cha tea

lactulose

linseed(flaxseed) 30 mg/day

mannooligosaccharide (prebiotic) 8 gram/day

Nicotine, Nicotine Patch

omega-3 fatty acids 4 gram/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.

arabinogalactan (prebiotic)	lactobacillus rhamnosus gg (probiotics)
bacillus subtilis (probiotics)	oregano (origanum vulgare, oil)
berberine	Pulses
bifidobacterium longum (probiotics)	red wine
Cacao	resistant starch
cranberry bean flour	resveratrol (grape seed/polyphenols/red wine)
Curcumin	rosmarinus officinalis, rosemary
fasting	saccharin
garlic (allium sativum)	soy
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	syzygium aromaticum (clove)
inulin (prebiotic)	thyme (thymol, thyme oil)
lactobacillus casei (probiotics)	vegetarians
lactobacillus paracasei (probiotics)	vitamin d
lactobacillus plantarum (probiotics)	wheat bran
	xylan (prebiotic)

Sample of Literature Used

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Acne
 ADHD
 Allergic Rhinitis (Hay Fever)
 Allergies
 Alopecia (Hair Loss)
 Alzheimer's disease
 Amyotrophic lateral sclerosis (ALS) Motor Neuron
 Ankylosing spondylitis
 Anorexia Nervosa
 Antiphospholipid syndrome (APS)
 Asthma
 Atherosclerosis
 Autism
 Autoimmune Disease
 Barrett esophagus cancer
 Bipolar Disorder
 Brain Trauma
 Carcinoma
 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
 Colorectal Cancer

Constipation
Coronary artery disease
COVID-19
Crohn's Disease
cystic fibrosis
deep vein thrombosis
Depression
Dermatomyositis
Eczema
Endometriosis
Eosinophilic Esophagitis
Epilepsy
Fibromyalgia
Functional constipation / chronic idiopathic constipation
gallstone disease (gsd)
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus
Generalized anxiety disorder
Gout
Graves' disease
Hashimoto's thyroiditis
Hidradenitis Suppurativa
Histamine Issues From Ubiome
Histamine Issues, Mast Cell Issue, DAO Insufficiency
hypercholesterolemia (High Cholesterol)
hyperglycemia
Hyperlipidemia (High Blood Fats)
hypersomnia
hypertension (High Blood Pressure)
Hypoxia
IgA nephropathy (IgAN)
Inflammatory Bowel Disease
Insomnia
Intelligence
Irritable Bowel Syndrome
Juvenile idiopathic arthritis
Liver Cirrhosis
Long COVID
Lung Cancer
ME/CFS with IBS
ME/CFS without IBS
Menopause
Metabolic Syndrome
Mood Disorders
Multiple Sclerosis
Multiple system atrophy (MSA)
Neuropathy (all types)
neuropsychiatric disorders (PANDAS, PANS)
Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic
NonCeliac Gluten Sensitivity
Obesity
obsessive-compulsive disorder
Osteoarthritis
Osteoporosis
Parkinson's Disease
Postural orthostatic tachycardia syndrome
Premenstrual dysphoric disorder
Psoriasis
rheumatoid arthritis (RA), Spondyloarthritis (SpA)

Rosacea

Schizophrenia

Sjögren syndrome

Sleep Apnea

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