

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

[Our Facebook Discussion Page](#)

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
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	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.

acetopromazine maleate salt,(prescription)

carob

dairy

d-ribose 10 gram/day

ethopropazine hydrochloride,(prescription)

grape polyphenols

high sugar diet

high-fat diets

iron 400 mg/day

ku ding cha tea

lactulose

loxapine succinate,(prescription)

mannooligosaccharide (prebiotic) 8 gram/day

metixene hydrochloride,(prescription)

METRONIDAZOLE (ANTIBIOTIC)S[CFS]

omidazole (antibiotic)s

proton-pump inhibitors (prescription) 60 mg/day

rare meat

refined wheat breads

ymbioflor 2 e.coli probiotics

triflupromazine hydrochloride,(prescription)

whole-grain barley 60 gram/day

zotepine,(prescription)

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.

amikacin (antibiotic)s	inulin (prebiotic)
amoxicillin (antibiotic)s[CFS]	lactobacillus casei (probiotics)
ampicillin (antibiotic)s[CFS]	lactobacillus paracasei (probiotics)
arabinogalactan (prebiotic)	lactobacillus plantarum (probiotics)
bacillus subtilis (probiotics)	lactobacillus rhamnosus gg (probiotics)
benzylpenicillin sodium (antibiotic)	Limosilactobacillus fermentum (probiotic)
berberine	meropenem (antibiotic)s
bifidobacterium longum (probiotics)	metformin (prescription)
Cacao	piperacillin-tazobactam (antibiotic)s
ceftazidime (antibiotic)s	Pulses
ceftriaxone (antibiotic)s	red wine
cinnamon (oil. spice)	resveratrol (grape seed/polyphenols/red wine)
ciprofloxacin (antibiotic)s[CFS]	rifaximin (antibiotic)s
cranberry bean flour	rosmarinus officinalis, rosemary
Curcumin	Slippery Elm
fasting	soy
fluoroquinolone (antibiotic)s	syzygium aromaticum (clove)
galacto-oligosaccharides (prebiotic)	thyme (thymol, thyme oil)
garlic (allium sativum)	tobramycin (antibiotic)s
gentamicin (antibiotic)s	trimethoprim (antibiotic)s
green tea	triphala
Human milk oligosaccharides (prebiotic, Holigos, Stachyose)	vegetarians
imipenem (antibiotic)s	vitamin d
	wheat bran

Sample of Literature Used

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Asthma

Atherosclerosis

Atrial fibrillation

Autism

Autoimmune Disease

Barrett esophagus cancer

benign prostatic hyperplasia

Bipolar Disorder

Brain Trauma

Breast Cancer

Cancer (General)
Carcinoma
cdkl5 deficiency disorder
Celiac Disease
Cerebral Palsy
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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
erectile dysfunction
Fibromyalgia
Functional constipation / chronic idiopathic constipation
gallstone disease (gsd)
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus
Generalized anxiety disorder
giant cell arteritis
Glioblastoma
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Halitosis
Hashimoto's thyroiditis
Heart Failure
Hemorrhoidal disease, Hemorrhoids, Piles
Hidradenitis Suppurativa
Histamine Issues
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
Juvenile idiopathic arthritis
Liver Cirrhosis
Long COVID
Low bone mineral density
Lung Cancer

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
Polycystic ovary syndrome
Postural orthostatic tachycardia syndrome
Premenstrual dysphoric disorder
primary biliary cholangitis
Psoriasis
rheumatoid arthritis (RA),Spondyloarthritis (SpA)
Rosacea
Schizophrenia
scoliosis
sensorineural hearing loss
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