

Hives

DNA Health Report

REPORT CATEGORY —



ALLERGIES

Sample Client

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

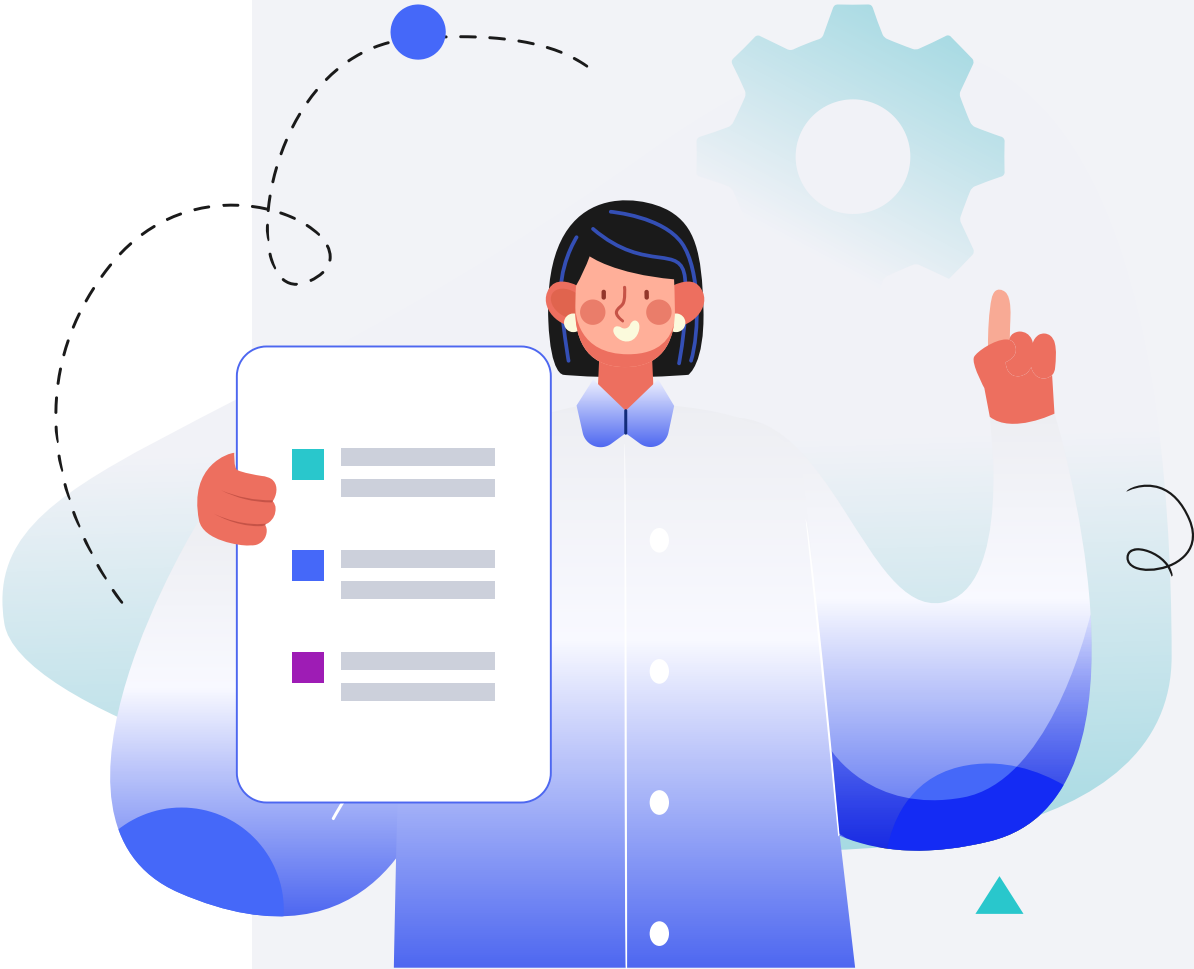
Male

HEIGHT

5ft 5" 165cm

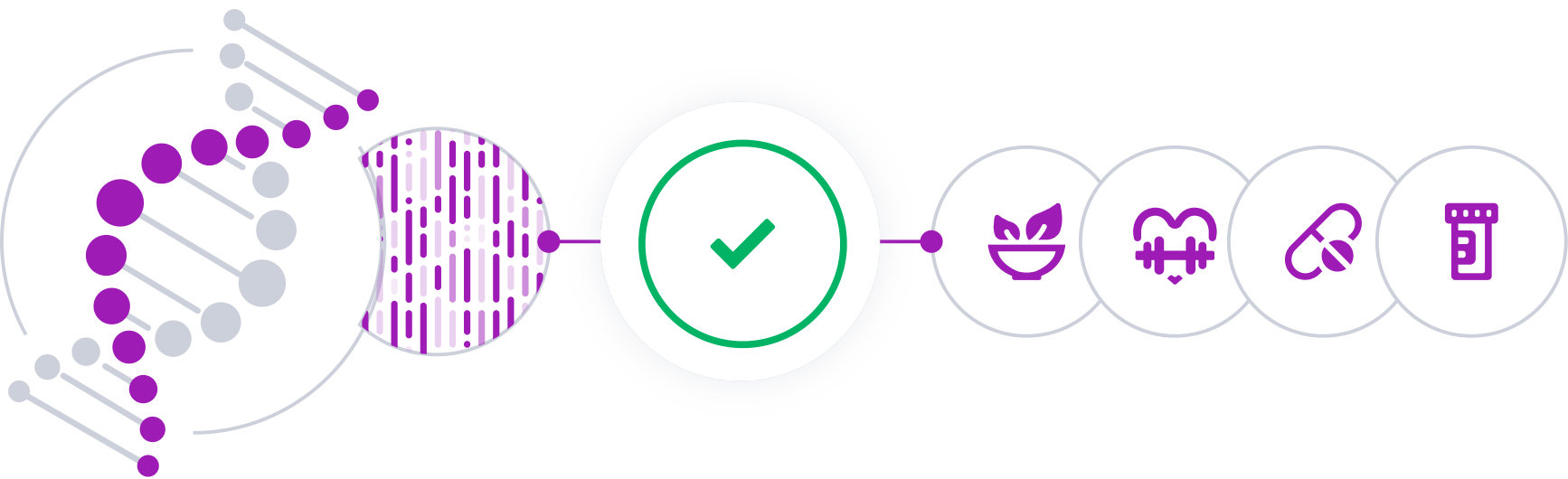
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.

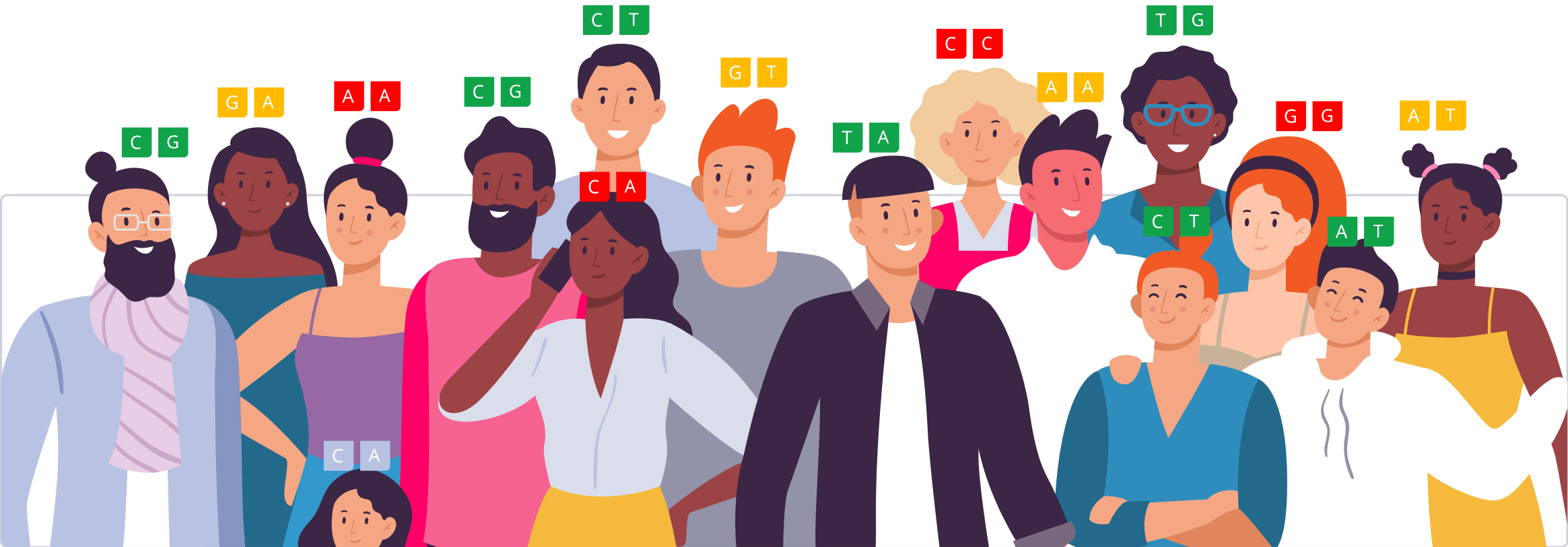


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

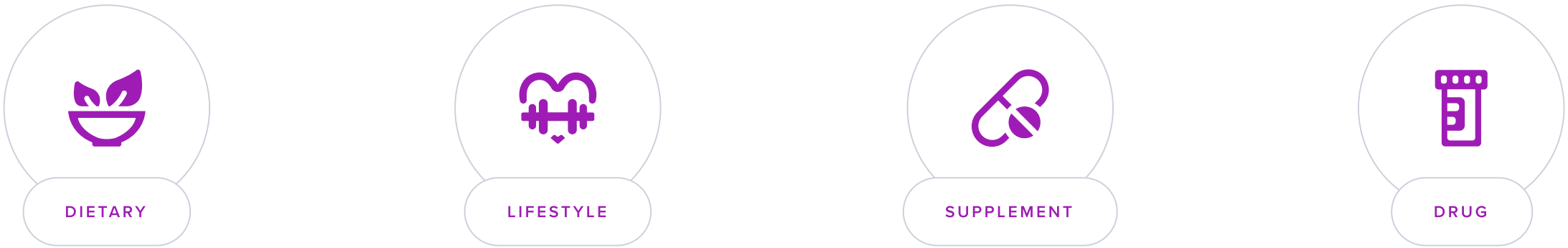
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Scratching an itch can be really satisfying.

But if you live with chronic hives, then that itch might not go away. Worse yet, it may be accompanied by painful red bumps [\[R\]](#).

Chronic hives can have a big impact on your day-to-day life.

Not only do you have to live with a constant urge to scratch, you also have to identify and avoid your triggers. This can all be taxing on your mental health.

For some people, avoiding triggers is simple: you just don’t eat a certain food or use a certain skincare product. But other triggers like stress and warm water can’t always be avoided.

The best way to prevent hives is to identify your triggers, but in the case of chronic hives, this isn’t always easy.

The good news is that your DNA may be able to help you identify triggers. Not only this, but it may also indicate good strategies to help lower your risk of hives!

The [HLA-DQB1](#) gene is a great example. If you carry a particular variant of this gene, you may be at an increased risk of a hives breakout triggered by eating peanuts [\[R\]](#), [\[R\]](#).

Another gene linked to hives is the [HNMT](#) gene. People with a variant of this gene may be more prone to hives, potentially due to increased histamine levels. In this instance, you could benefit from acupuncture, which may help by reducing histamine [\[R\]](#), [\[R\]](#), [\[R\]](#).

Read on to find out more about:

- **How your genetics play a role in hives**
- **Your genetic risk score based on over 12,000 genetic variants**
- **Personalized recommendations based on your genetics**

About Hives

Key Takeaways:

- Your genetics plays a factor in developing hives through inflammation signaling and histamine levels. Chronic hives are more common in women.
- Risk factors include previous allergic reactions and your genetics.
- Common triggers are foods or food additives, medications, airborne allergens, insect bites, infection, stress, cold/heat.

Click the **next steps** tab for relevant lifestyle factors.

Hives are red, swollen, and itchy bumps that appear on the skin. While hives usually do not last very long, some people can develop chronic hives. In these cases, outbreaks can happen frequently and last for six weeks or more [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

While occasional hives are common, less than 1% of American adults have chronic hives. Chronic hives are slightly more common in women than in men [\[R\]](#).

Hives occur when immune cells release chemicals like histamine into the blood. This can be triggered by [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Certain foods or food additives (e.g., seafood, nuts, eggs)
- Certain medications (e.g., NSAIDs)
- Airborne allergens (e.g., pollen, animal dander)
- Insect bites
- Infection
- Stress
- Cold or heat

Some people are more likely to develop hives than others. Risk factors include [\[R\]](#):

- Previous allergic reactions
- **Genetics**

Hives can be a symptom of an underlying problem. For example, some cases of chronic hives are caused by autoimmune disease. However, most cases of chronic hives have no known cause. Work with your doctor to find and manage any underlying conditions [\[R\]](#).



MORE LIKELY

More likely to have hives based on 12,371 genetic variants we looked at



PERCENTILE



Your risk is greater than 99% of the population and lower than 1% of the population.

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
TPSB2	rs143547788	CG
GCSAML	rs56043070	GG
BRAF	rs117325894	TT
NDRG2	rs1998847	AA
CSGALNAC T1	rs2958556	GG
STIM1	rs3750996	AA
CBLB	rs6787175	GG
OR7A5	rs144323407	TT
ADGRG6	rs78973304	TT
AEBP2	rs141804487	TT
PDE3A	rs139395703	TT
OR7A17	rs116999541	GG
TC2N	rs117777291	CC
ADGRG6	rs76767175	GG
ADGRG6	rs118139202	TT
THNSL2	rs12478124	CC
THNSL2	rs114910076	AA
PCDH20	rs118082163	AA
ADAMTSL3	rs76543944	CC
GRB10	rs77158702	GG
PDXK	rs138505989	GG
PACC1	rs147461762	GG
C6ORF118	rs76717479	GG

Treatment for hives usually includes [R](#), [R](#):

- Avoiding allergens
- Medication

Genetics plays a significant role in the development of hives. Genes involved in hives may influence [R](#), [R](#), [R](#):

- Histamine levels ([HNMT](#), [FCER1A](#))
- Other inflammation signals ([ALOX5](#), [PTGER4](#), [PLCG2](#))

Genetically high levels of omega-3s may be causally associated with a lower risk of allergic urticaria [R](#).

GENE	SNP	GENOTYPE
FTMT	rs77171303	AA
CPNE8	rs11169914	TT
POP1	rs2514318	AA
CNTN5	rs149335843	GG
MLIP	rs146859989	CC
THNSL2	rs34841493	GG
MTRNR2L13	rs150832922	GG
AEBP2	rs80078467	TT
C1ORF100	rs72765831	AA
FAM114A2	rs149878927	TT
/	rs74829936	GG
HIVEP2	rs79535357	TT
TGFBR2	rs35625958	CC
SMAP2	rs139180430	CC
/	rs56249490	GG
CHST2	rs111727236	AA
NXPH2	rs114423597	TT

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Avoid Triggers	2	Avoid Food Triggers
3	Sleep for 7+ Hours	4	Cupping Therapy15 minutes
5	Maintain Optimal Vitamin D Levels1000 iu	6	Acupuncture1 hour
7	Relaxation Techniques30 minutes	8	Low-Histamine Diet
9	Elimination Diet	10	Topical Quercetin

1

Avoid Triggers

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Identify substances or environmental factors that exacerbate your condition, such as specific foods, stress, or allergens, and actively avoid them. This may involve reading food labels, asking about ingredients when eating out, and making changes to your home or work environment to reduce exposure to identified triggers.

Description

A "trigger" is something that prompts or worsens the symptoms of a health condition. They can be something you eat or come into contact with. Triggers can lead to a wide range of symptoms, such as gut and skin problems and migraines.

A "trigger" is something that prompts or worsens the symptoms of a health condition.

A **food trigger** can be something you eat.

A **physical trigger** can cause a change to your body through physical contact. It can include swimming in cold water or something you touch or inhale [\[R, R, R\]](#).

Triggers can lead to a wide range of symptoms in people who are sensitive to them. These may include [\[R, R, R, R, R, R, R, R\]](#):

- Gut problems
- Skin problems
- Migraines

How it helps

Avoiding substances (foods, allergens, medications, etc) and conditions that trigger hives can prevent their occurrence.

Urticaria induced by physical stimuli is called ‘physical urticaria’. According to a [meta-analysis of 10 studies](#), 13-15% of chronic urticaria cases correspond to physical urticaria. The meta-analysis identified the following types of physical urticaria [\[R\]](#):

- Dermatographism: caused by trauma, friction, or scratching. With a prevalence of 2-5% in the general population, it’s the most common type of physical urticaria [\[R\]](#).
- Cold-induced urticaria: caused by exposure to cold temperatures. A [study of 415 patients with cold-induced urticaria](#) found that 77.6% of cases were caused by swimming in cold water, while the rest were due to cold food or beverages. A [systematic review of 22 studies](#) found that cold-induced urticaria accounts for 7.62% of chronic urticaria cases and 26.1% of chronic inducible urticaria [\[R, R\]](#).
- Solar urticaria: caused after a few minutes of sun exposure. A [case series of 224 people](#) found natural, visible light the most common trigger (31.7%) [\[R\]](#).
- Vibratory urticaria: rare type caused by exposure to vibration [\[R\]](#)
- Delayed pressure urticaria: developed 4-6 hours after applying pressure from tight clothing, hammering, walking or sitting down. Up to 40% of “idiopathic urticaria” cases may actually correspond to delayed pressure urticaria [\[R\]](#).
- Heat contact urticaria: appearing shortly after heat exposure [\[R\]](#).
- Aquagenic urticaria: rare type appearing 20-30 minutes after contact with water [\[R\]](#)

Contact urticaria is urticaria caused by contact with specific substances such as pollen, animal dander, insect venom, chemical compounds, metals, plants, and foods [\[R, R\]](#).

Cholinergic urticaria is the medical term for hives that appear after an activity that increases the body temperature like hot tub use, exercise, fever, or emotional stress. The hives usually occur as the skin cools after being warmed [\[R\]](#).

Infections with viruses can also cause hives. A [systematic review](#) concluded that herpes infections most frequently tigger hives in children, while hepatitis viruses are the most frequent trigger in adults [\[R\]](#).

Similarly, a [meta-analysis of 39 studies](#) associated parasitic infections such as fasciolosis, toxocariasis, strongyloidiasis, blastocystosis, and Anisakis with chronic urticaria [\[R\]](#).

A [meta-analysis of 37 studies and 4,782 participants](#) concluded that infection with *H. pylori* increases the risk of urticaria by 3.2-fold [\[R\]](#).

Drugs such as NSAIDs and beta-lactam antibiotics can also cause hives and other skin reactions according to a [meta-analysis of 18 studies](#) [\[R\]](#).

2



Avoid Food Triggers

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Identify foods that trigger negative reactions in your body, such as digestive issues, allergies, or headaches, and eliminate them from your diet entirely. This may require keeping a food diary for a few weeks to observe patterns and might involve cutting out common triggers like dairy, gluten, soy, or certain additives. Continuously monitor and adjust your diet to avoid these triggers as long as the symptoms persist.

Description

Food triggers are specific substances or ingredients in one's diet that can exacerbate or induce adverse reactions, such as allergies, sensitivities, or digestive issues, often leading to symptoms like inflammation, bloating, or discomfort.

A "trigger" is something that prompts or worsens the symptoms of a health condition.

Food triggers can lead to a wide range of symptoms in people who are sensitive to them. These may include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Gut problems
- Skin problems
- Migraines

How it helps

Certain foods may trigger hives in people who are sensitive or allergic to them. However, this reaction is not very common. Note that those who are sensitive or allergic tend to experience a reaction within **60 minutes** of eating a certain food. **Reactions to food are unlikely to happen the next day** [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Foods and ingredients that may trigger hives include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Eggs
- Nuts and seeds (e.g., tree nuts, sesame, and peanuts)
- Seafood (e.g., shrimp and fish)
- Foods that contain or release [histamine](#) (e.g., alcohol and cheese)
- Food additives (e.g., preservatives, artificial flavors, and colors)

Avoiding food triggers may help prevent hives in those who are sensitive or allergic [\[R\]](#).

Please note: *Avoiding food triggers may only help people who have been diagnosed with a food allergy. Please talk to your doctor if you suspect any food triggers* [\[R\]](#).

 PERSONALIZED TO YOUR GENES

Peanuts are more likely to cause hives in people with your [HLA-DQB1](#) gene variant [\[R\]](#), [\[R\]](#). If you have hives, pay special attention to peanuts.

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
HLA-DQA2	rs9275596	CT	

3



Sleep for 7+ Hours

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Ensure you allocate enough time in your schedule to achieve a minimum of 7 hours of sleep each night. This might involve going to bed earlier or adjusting your evening routine to promote relaxation and make it easier to fall asleep.

Description

Optimizing sleep involves adopting healthy sleep habits and creating a sleep-conducive environment to ensure restorative and sufficient sleep duration. It supports cognitive function, mood stability, and overall physical health. Most experts recommend getting **at least 7 hours of good-quality sleep each night**.

[Sleep](#) supports your body and mind [\[R, R\]](#). More precisely, sleep helps:

- Support brain health [\[R, R\]](#)
- Maintain a healthy weight and appetite [\[R, R, R\]](#)
- Regulate blood pressure [\[R, R\]](#)
- Balance blood sugar [\[R, R\]](#)

Ways to sleep better include [\[R\]](#):

- Reducing your bright light exposure (screen time) in the evenings
- Sticking to a regular sleep schedule
- Avoiding hunger or large meals before bed
- Avoiding nicotine, caffeine, and alcohol before bed
- Maintaining a sleep area that’s cool, dark, and quiet

How it helps

People with chronic urticaria may have an intermediate to high risk for obstructive sleep apnea. Higher disease activity, poor urticaria control, and worse quality of life may be associated with an increased risk [\[R\]](#).

Chronic spontaneous urticaria may also be associated with the severity of sleep-disordered breathing [\[R\]](#).

Moreover, chronic urticaria is associated with higher levels of anxiety, depression, and poor sleep quality [\[R\]](#).

4



Cupping Therapy

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

To practice cupping therapy as part of your lifestyle, schedule sessions with a qualified therapist once or twice a month to address specific concerns or for general wellness. Each session usually lasts between 5 to 15 minutes. Consistent treatment over several months may yield the best results.

TYPICAL STARTING DOSE

15 minutes

Description

Cupping therapy is an alternative therapy that involves placing cups on the skin to create suction. Some believe it may help with pain relief and muscle tension.

How it helps

An analysis of 12 studies and 842 people concluded that wet cupping may improve hives and reduce their recurrence as much as standard therapy and may improve the benefits when used in combination [\[R\]](#)

5



Maintain Optimal Vitamin D Levels

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE
1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R\]](#), [\[R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

People with chronic hives tend to have lower levels of vitamin D [\[R\]](#), [\[R\]](#), [\[R\]](#).

In line with this, vitamin D supplements (4,000 IU/day for 12 weeks) may help improve chronic hives [\[R\]](#), [\[R\]](#), [\[R\]](#).

Vitamin D may help by reducing inflammation [\[R\]](#).

Please note: *Experts recommend getting 600-800 IU of vitamin D per day. Medical bodies recommend against taking more than 4,000 IU per day* [\[R\]](#).

6



Acupuncture

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Visit a licensed acupuncturist for a session, typically lasting between 30 to 60 minutes, once or twice a week. Depending on your specific condition, a course of treatment might range from a few weeks to several months.

TYPICAL STARTING DOSE

1 hour

Description

Acupuncture is a part of traditional Chinese medicine. It involves inserting thin needles at specific points on the body. People use it to relieve pain and allergies, as well as reduce nausea and improve sleep.

[Acupuncture](#) is a part of traditional Chinese medicine. It involves **inserting thin needles at specific points on the body**. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Relieve pain
- Improve sleep quality
- Relieve allergies
- Reduce nausea

How it helps

Acupuncture may help improve hives. It may help alone or when added to medication [\[R\]](#), [\[R\]](#).

Acupuncture may help by reducing histamine and inflammation [\[R\]](#), [\[R\]](#).

Please note: *Acupuncture is safe for most people. However, it may come with extra risks for pregnant women, people with pacemakers, and people with bleeding disorders. Consult your doctor or a licensed acupuncturist for more information* [\[R\]](#).

7



Relaxation Techniques

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

[Stress](#) can help you deal with a challenge or avoid danger. However, **it’s not healthy to be stressed for a long time** [\[R\]](#), [\[R\]](#).

Relaxation techniques such as [yoga](#) and [meditation](#) can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [\[R\]](#).

People use relaxation techniques to improve conditions like [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [\[R\]](#), [\[R\]](#).

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind’s attention to bodily sensations such as warmth and heaviness [\[R\]](#), [\[R\]](#).

How it helps

Stress may trigger or worsen hives. This is likely because stress may disturb the immune system and increase inflammation [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

In turn, hives may worsen stress. Chronic hives are also linked to anxiety and depression [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Relaxation techniques may help improve quality of life in people with hives [\[R\]](#).

8



Low-Histamine Diet

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Exclude high-histamine foods such as aged cheeses, smoked meats, fermented products like sauerkraut and kombucha, alcohol, and preserved foods. Instead, focus on fresh meats, freshly caught fish, eggs, gluten-free grains, and fresh fruits and vegetables. Implement this diet consistently on a daily basis for at least 4 weeks to observe any improvements in symptoms.

Description

A low-histamine diet can be helpful for individuals with histamine intolerance or allergies, reducing the consumption of high-histamine foods and alleviating symptoms like headaches, hives, and digestive issues.

Histamine is an important chemical. Among other roles, it helps your body [\[R\]](#) [\[R\]](#):

- Protect itself from foreign invaders, by activating parts of the immune system
- Stay awake, by signaling certain parts of the brain
- Digest food, by increasing stomach acid

Histamine can also enter the body through the foods that you eat. Histamine-rich foods include [\[R\]](#) [\[R\]](#):

- Some fish (e.g., mackerel, tuna)
- Fermented foods and drinks (e.g., alcohol, yogurt, sauerkraut, cheese)
- Processed meats (e.g., sausages)
- Some fruits and vegetables (e.g., avocados, tomatoes, eggplant, spinach)

The way the food gets prepared may also play a role. Frying and grilling food may increase histamine levels. Boiling may decrease them [\[R\]](#).

How it helps

A study reported that a histamine-free diet reduced urticaria severity scores and histamine levels in adults with chronic urticaria [\[R\]](#).

Most people on a low-histamine diet may experience improvement in urticaria activity. However, a study acknowledged limitations such as not measuring histamine levels and noted that the effects were apparent after 2 weeks of the diet [\[R\]](#).

9



Elimination Diet

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Begin by removing foods you suspect might be causing adverse reactions for 2-3 weeks. These often include dairy, gluten, soy, nuts, eggs, corn, and processed sugars. After this period, reintroduce each food group one at a time every 3 days, while noting any symptoms that may reappear. This process helps identify food intolerances or sensitivities.

Description

An elimination diet involves removing specific foods or food groups from the diet to identify and address potential food sensitivities or allergies. It can help alleviate symptoms such as digestive issues, skin problems, and allergic reactions by pinpointing trigger foods.

An elimination diet omits foods that can cause your body to have a reaction. Foods are removed for a period of time and then added back in. This helps figure out what foods are causing symptoms or making them worse [\[R\]](#).

Salicylates are compounds naturally found in many foods and drinks. These include wine, tea, beans, and tomatoes [\[R\]](#), [\[R\]](#).

One form (*salicylic acid*) is found in aspirin. People who are sensitive to salicylates may have a reaction to aspirin and other NSAIDs [\[R\]](#), [\[R\]](#).

How it helps

An elimination diet led to marked remission of urticaria in some children during the second week of dietary restriction, and exacerbations were noted when certain foods or additives were reintroduced [\[R\]](#).

In another study, the majority of people with chronic urticaria experienced cessation or reduction of symptoms within 2 weeks of following a pseudoallergen-free diet [\[R\]](#).

A prospective study also indicated symptom relief in people adhering to a diet free from pseudoallergens and other triggers [\[R\]](#).

10



Topical Quercetin

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a quercetin-containing cream or gel to the affected area of the skin, gently massaging it in until fully absorbed. This should be done twice daily, in the morning and evening, for a period of at least 8 to 12 weeks to observe potential benefits.

Description

Quercetin is a natural flavonoid found in various fruits and vegetables. It is used topically for its potential anti-inflammatory and antioxidant properties, which can benefit skin health and address skin conditions related to inflammation.

How it helps

In a study of 30 people, a topical cream containing quercetin (Quercevita 1% cream, 2 mg/cm2) reduced itchiness, redness, and skin inflammation as much as standard therapy [\[R\]](#).

Topical quercetin may help with hives by restoring skin barrier function and promoting hydration in the skin [\[R\]](#), [\[R\]](#).

Please note: *quercetin may inhibit the production of the thyroid hormone T4 (thyroxine). Individuals with thyroid disorders, particularly hypothyroidism or low T4 levels, should exercise caution when using quercetin and always consult with a healthcare provider before taking this supplement [\[R\]](#).*

Please note: *quercetin may interfere with iron absorption due to its iron-chelating properties, potentially exacerbating anemia or making it harder to manage. If you have anemia, consult your healthcare provider before using quercetin supplements [\[R\]](#).*

Next Steps

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

