



THE SOLINGER METHOD

by Root Health L.L.C.

Chronic Urticaria

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Chronic Urticaria

Root Health L.L.C, The Solinger Method

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What Is Chronic Urticaria

Chronic urticaria is defined as **recurrent hives, wheals, or angioedema lasting longer than six weeks**, often appearing without an obvious trigger. While the skin is the visible site of symptoms, chronic urticaria reflects **immune and histamine dysregulation**, not a primary skin disorder.

In adults, chronic urticaria most commonly reflects:

- Mast cell instability
- Histamine intolerance or excess production
- Gut dysbiosis and intestinal permeability
- Autoimmune or immune dysregulation
- Chronic stress and nervous system imbalance
- Hormonal fluctuation
- Inflammatory burden

Hives are an **immune signaling problem**, not a random reaction.

Conventional Medicine Perspective

Conventional medicine typically views chronic urticaria as:

- Idiopathic when no allergen is identified
- A histamine mediated skin condition
- Managed through symptom suppression

Common interventions include:

- Antihistamines
- H2 blockers
- Leukotriene inhibitors
- Biologic agents in refractory cases

While these approaches can reduce symptom severity, they often do not address:

- Why mast cells are unstable
- Why histamine clearance is impaired
- Why the immune system remains reactive
- Why symptoms return when medications stop

Suppressing histamine does not restore immune balance.

Naturopathic Medicine Perspective

Naturopathic medicine views chronic urticaria as a **mastcellandimmuneregulationdisorder**, often driven by gut inflammation, metabolic stress, and nervous system dysregulation.

Key systems involved include:

- Mast cell activation and stabilization
- Histamine production and degradation
- Gut barrier integrity
- Immune tolerance mechanisms
- Liver detoxification pathways
- Autonomic nervous system balance

The goal is to **stabilize immune signaling and reduce histamine burden**, not chase triggers endlessly.



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Key Drivers and Patterns in Adult Chronic Urticaria

Histamine Intolerance Pattern

- Hives worsen after high histamine foods
- Flushing, headaches, or GI symptoms
- Symptom variability day to day

Mast Cell Activation Pattern

- Hives triggered by heat, pressure, or stress
- Angioedema
- Multiple system involvement

Gut Inflammatory Pattern

- Urticaria with bloating or bowel changes
- Antibiotic history
- Food sensitivity reactions

Hormonal Pattern

- Flares around menstrual cycle
- Perimenopausal worsening
- Coexisting PMS or migraines

Nutritional Strategy

Nutrition for chronic urticaria focuses on **reducing histamine load, calming immune reactivity, and supporting gut integrity**, not long term food restriction.

Core Nutritional Priorities

- Reduce high histamine exposure temporarily
- Support protein intake
- Stabilize blood sugar
- Reduce inflammatory foods
- Support gut barrier repair

Therapeutic Foods to Emphasize



Freshly Prepared Proteins

Histamine rises with food storage.

- Fresh poultry
 - Fresh fish
 - Eggs
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Low Histamine Vegetables

- Zucchini • Carrots • Squash
 - Leafy greens
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Anti Inflammatory Fats

- Olive oil • Avocado •
- Fatty fish if tolerated
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Gut Supporting Foods

- Bone broth
 - Cooked vegetables
 - Easily digestible starches
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Reduce or Temporarily Avoid

- Aged or fermented foods
- Alcohol
- Processed meats
- Leftovers stored for long periods
- Excess caffeine

Reduction is strategic, not permanent.

Targeted Supplement Support

Therapeutic Adult Dosing



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Quercetin

Stabilizes mast cells and reduces histamine release.

Dose: 500 to 1,000 mg daily, divided

Vitamin C

Supports histamine degradation and immune regulation.

Dose: 500 to 2,000 mg daily, divided

Magnesium Glycinate

Supports nervous system balance and mast cell stability.

Dose: 400 to 600 mg daily

DAO Enzyme (Diamine Oxidase)

Supports histamine breakdown in the gut.

Dose: As directed, taken before high risk meals

Targeted Herbal Support

Nettle Leaf

Supports antihistamine activity and immune modulation.

Dose: 600 to 1,200 mg daily

Licorice Root (DGL or whole root depending on BP status)

Supports immune regulation and gut lining integrity.

Dose: 300 to 600 mg daily

Chamomile

Supports histamine calming and nervous system regulation.

Dose: 500 to 1,000 mg daily or tea



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Herbs calm immune reactivity, they do not suppress immunity.

Celery Juice Support for Chronic Urticaria

Celery juice may support chronic urticaria by improving **hydration, mineral balance, and liver clearance of histamine**, particularly in individuals with digestive involvement.

Dose:

8 oz fresh celery juice daily

Timing:

Morning on an empty stomach or between meals

Response should guide continued use.

Supplement Access

A complete supplement protocol for **Adult Chronic Urticaria** is available in Fullscript under **Protocols**, listed by the matching condition name. Individuals can create a free account to access the full recommended list of professional grade supplements and therapeutic adult dosing.

Lifestyle Support That Matters

- Stress regulation to reduce mast cell activation
 - Avoid overheating and tight clothing
 - Consistent sleep and meal timing
 - Gentle movement without overexertion
- Immune calm improves when the nervous system feels safe.
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When to Dig Deeper

Further evaluation is warranted when urticaria persists:

- Thyroid antibodies
- Gut microbiome testing
- Histamine intolerance patterns



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- Inflammatory markers
- Hormonal assessment when indicated

Chronic urticaria improves when **mastcell stability, gut health, and immune regulation are restored together.**



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