

# GET RID OF HIVES

Natural Urticaria, Hives Treatment

*Fast*

- \* Effective Urticaria (Hives) Relief
- \* Stops Hives Rash
- \* Stops Further Outbreaks



 **GetRidofHIVES®**

Paulette Joynt

# --- Get Rid of Hives ---

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By: Paulette Joynt with Dr. Gary M. Levin

The Author of



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## About me



Hi, my name is Paulette Joynt

May I just say thank you for buying my humble little publication, this really is a first for me so I really hope you like it.

More importantly I genuinely hope my findings will help you get rid of your chronic hives quickly & of course more importantly permanently.

Getting rid of my chronic urticaria once and for all was my real goal when I started looking at ways to self treat my consistent condition.

A life without the worry of yet another urticaria outbreak is just so much better than popping antihistamine after antihistamine just trying to get a hold of the symptoms.

As a long term urticaria suffer I know very well what it feels like to live your life in fear of the next outbreak of those hideous and embarrassing wheals.

To most people, our condition is just an allergy, but they are wrong. I lost count of the times I visited the doctors only to be told that I had an allergy.

To many, our condition really doesn't warrant any real attention or medical intervention, of course we as chronic urticaria sufferers feel very different about it, we need help too, but the help just isn't there, in fact it doesn't even exist.

What I'm about to share with you is my own personal account of how I managed to prove my doctors wrong and beat my condition. After almost 20 years of having to live with my chronic skin condition I achieved something most medical professionals told me was impossible... I'm talking about a permanent end to my urticaria outbreaks.

I no longer have to position my hair to hide the urticarial wheals on my head and neck. I no longer have to cake my face with concealer to just hide all of the red blotches which remained in between urticaria outbreaks.

If you have been searching for a real & permanent solution to your urticaria you have probably ended up disappointed until now. There is a reason for this which I will explain in just a moment.

Before I tell you why most urticaria treatments fail let me just assure you that the method detailed in this publication is very real and it will work (\*It will work for most of the people who follow it to the letter).

So, can you put a stop to your chronic urticaria & more importantly end your suffering permanently?... Quite simply.. YES!

Using a simple & effective method, I was also able to stop my chronic urticaria outbreaks permanently, after suffering with the condition for twenty years...So, *yes it really can be done!*



## My Story

I've pretty much covered my story on my website, but for those of you who may have skipped or missed it I will quickly go over it again.

Please feel free to skip to the next chapter if you have already read my account of having to live almost daily with urticaria and the reason I ended up writing about what has become my saving grace....

### ***An end to urticaria outbreaks forever!.***

Perhaps my story is very similar to your own, people who suffer with chronic urticaria for a long period of time often share similar experiences. The condition often develops in a similar manner.

I have been unlucky enough to have suffered with urticaria for as long as I care to remember, urticaria has been a real thorn in my side for a very long time.

I had my first taste of urticaria when I was just 17 years old, I had no idea what it was and nor did anyone else, including my doctor. I got used to the symptoms over the years, but back then the perfectly round rings (one on each temple, both sides of my head) and the rings just behind each ear were very odd.



We had a family cat at the time, and the doctor suggested that the rings could be ring worm, of course it was soon obvious that this was not the case.

Throughout my teens urticaria outbreaks were infrequent, they came and went, sometimes just a couple of rings, but occasionally the outbreaks were severe, I mean really severe, with huge swollen rings which would often cover my entire body, especially my head.

My urticaria became much worse after the birth of my daughter. In 2007 I gave birth to my beautiful baby daughter, But, unfortunately at the same time back came my urticaria, only this time it was much worse.

After my daughter was born my urticaria was consistent, I had wheals almost daily with more developing before the others had dispersed, I couldn't even hide the embarrassing swellings as they always seemed to appear on my face, head and face.



I must have tried everything, I'm sure you have too. Antihistamine (over the counter and prescribed), steroids, essential oils, acupuncture and a whole host of urticaria remedies, but nothing really helped.

I was stuck with an embarrassing skin condition, a condition which for some cruel reason seemed to favour my head and face.

I took to strategically placing my hair so I could cover the wheals, & caking my face with concealer to hide what couldn't be hidden with my hair. And on bad days, well I would just stay home as the swelling was quite frankly obscene.



My bad days with urticaria often meant that my face and head would swell up like a balloon. I've heard this kind of facial swelling compared to looking like the elephant man, and I can't think of a better way of describing how my face looked after a bad attack.

Perhaps you have experienced similar issues?, If you have, then you will probably know that this kind of severe swelling is called Angioedema or you might know it as 'Giant Urticaria'.



Angioedema or giant urticaria is a condition in itself, but it's also a condition which often goes hand in hand with serious chronic idiopathic urticaria.

Studies have shown that as many as 30% of chronic idiopathic urticaria sufferers also suffer with Angioedema and unfortunately I was part of that 30%, if you fall into the same category as me, then you really do have my sympathy.

As I said, I think I tried just about everything I could, all the time clinging onto that little bit of hope. The slim chance that I could beat my condition and live a normal life without the almost daily urticaria wheals kept me going, I guess it's hope that keeps us going.

I was determined to at least control my urticaria & I guessed that the best way to do that was to get myself checked out to see what I was allergic too.. Yes I still thought I was suffering with an allergy at the time, I know different now.



Have you ever had patch (skin) testing to establish what you might be allergic too. I did & I have to say that it's a joke, I had three tests over the space of 18 months and each time the results highlighted different allergens.

According to the tests I was allergic to just about everything, food preservatives and colourings, perfume or anything perfumed, washing powder (bio), a whole host of foods, alcohol (next day) even my pet dog.

**Ridiculous..** nearly everything I came into contact with was a possible allergen and you just can't live like that. It got so bad that I was suffering with what they call 'normal urticaria' (Chronic urticaria), giant urticaria (Angioedema), pressure urticaria (I couldn't wear tight clothing).

I even started suffering with 'Solar Urticaria' (I had to cover up in the sun or I ended up covered in thousands of tiny bumps all over my upper body).

I avoided everything, I kept a diary of each day and of everything I had either consumed or things that I had come into contact with (unusual things).

I kept the diary on the advice of a skin specialist I had been referred too, and it seemed like a good idea at the time.

If I knew what brought on my urticaria I would know what to avoid wouldn't I?, unfortunately the results were inconclusive and I was even more confused. To be honest I had just about given up on ever being able to beat my urticaria, I'm sure you know the feeling.

So, How do you get rid of urticaria quickly and permanently without expensive and mostly ineffective medication?, I'm sure hundreds of you have asked yourself the same question, I must have asked the question a million times. What was the solution, surely there was one, wasn't there?.

## The Answer

I'm sure many of you have looked for a way to both get rid of hives quickly & If your like me 'Permanently'.

If you tried the same methods as me which I'm guessing you did, then I'm sure you ended up a little disappointed... Why, because most of what you read about how to stop chronic urticaria is pure junk.

Apart from the typical urticaria treatments, i.e. Antihistamines & Steroids, there are also many products out there that claim to get rid of hives (urticaria) but I couldn't find one that worked.

I really don't want to actually name products here but most of what is available as a solution to our condition is quite simple rubbish or at best flawed.



I'm sure I spent a small fortune trying to get rid of my urticaria, I could say that all of my trying was a waste of my time and money, but I like to think of it as part of the learning process.

Forgive me if I seem to be rambling on a little, I guess I just think it's better if I tell you the whole story as I am pretty sure there are hundreds, if not thousands of people out there going through the very same or similar experiences I went through.

I continued to search for a urticaria treatment in between frequent visits to my doctors surgery. But as you can probably determine from what I have just written so far, nothing worked & my doctor was really not that helpful at all.

It seemed like it was impossible to stop my urticaria outbreaks, my doctor said as much, but thankfully he was wrong.

### **My Lucky Break**

I was absolutely gob-smacked when I discovered how to beat my condition . To be honest, at the time I really didn't believe it would work, you will no doubt feel the same, many people do.



My lucky break came as the result of simply walking into a tiny little health food store in my neighbourhood. It really was a tiny little place & reminded me of something left over from the seventies & maybe it was.

That little store or more specifically the lady who happened to be working there the day I walked in and asked the question are the reason I no longer suffer with urticaria...Ever!.

Unfortunately that little health food store bit the dust and closed like so many other stores and businesses over the last five years or so, but the methods the lady described to me on that day are alive and well and have become the saviour for many, many chronic urticaria sufferers.

***And now it's about to become yours!***

## Introduction



Let me introduce you to the Get Rid of Hives treatment protocol.

It's a pretty fair assumption on my part that you are a urticaria sufferer who desperately needs to find an answer to a condition which is almost always either overlooked, trivialised or misunderstood.

Your someone, who like me, suffers with Chronic Idiopathic Urticaria, you might not know your condition by that name but I'm willing to bet that's what you have.

### ***Does this sound like you:***

- *You suffer with repeated or recurring hives (urticaria) outbreaks.*
- *Your outbreaks happen for no apparent reason*
- *They occur when you are ill or sick with another ailment*
- *They appear when your feeling low, feeling down or maybe just being stressed is enough to bring you out large unsightly wheals.*

Perhaps you have wheals, lumps or rash like symptoms almost every day (I know how that feels).

Let me just say that regardless of which version, or type of urticaria (hives)

you suffer with, the protocol detailed in this publication will help you, that's a promise, I spent nearly two years tweaking this method to get it right.

I should also say that Get Rid of Hives will help, regardless of how severe your urticaria is right now. So lets get started.

## **What Chronic Idiopathic Urticaria Really Is!**

### ***Introduction:***



To understand how and why the urticaria treatment protocol detailed in this publication works you first have to understand what you are actually suffering with.

Understanding what chronic urticaria is, is paramount.

Not understanding my condition is what stopped me from beating my urticaria for years, it's also the reason your doctor can't help you cure your chronic urticaria & it's one of the reasons that all of those drugs will also fail.

So, having said that, let me tell you what chronic urticaria is not, Yes I did say NOT!.

Chronic Urticaria, Chronic Idiopathic Urticaria, Chronic Hives, call it what you will, is not an allergy, you are not suffering from an allergy.

The symptoms of chronic urticaria are often triggered by allergens but the reason for the condition is something quite different, it's underlying & most of us are born with it, or should I say a predisposition to suffering with it as you grow up.

***Description:***

Urticaria for most people is just a simple allergic reaction. It's something that statistics show around 80% of the worlds population will suffer with at some time during their life time.

Urticaria is the medical term used to describe hives, and although the term hives is far more common I actually prefer to use the term urticaria.

I prefer to use the term urticaria for a few reasons, but I guess the best reason is this, People are not as accustomed to hearing the name urticaria, and unless they suffer with the condition, chances are they won't know what it is which allows me to explain the condition to them.

As a long time sufferer of urticaria (hives) I often became very annoyed at peoples perception of my condition when I told them I had hives.

I'm sure you have experienced the same reaction when you tell someone you suffer with hives. Most people instantly think of a trivial little nettle type rash when they picture hives.

A simple and common allergic reaction and nothing worth giving a second thought.

Of course they are wrong, for our condition is much different. Yes for the vast majority of people, hives are just that, a little rash which in many cases will be gone within 4-24 hours.

But our condition can come and go for years, even a life time and in many cases for no apparent reason, which is known as 'Chronic Idiopathic Urticaria'

Symptoms of urticaria can differ for many of us, they can also differ depending on which type of urticaria you may suffer from.

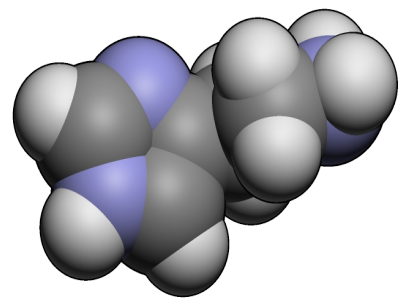
But remember, what you will learn in this publication will help you beat your urticaria condition regardless of which version of the condition you suffer from and how severe it may be right now.

***Here's a quick technical description of the body's process of developing urticaria (hives);***

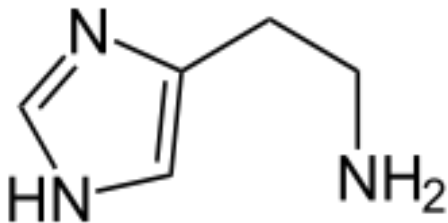
The body produces a chemical called histamine in response to an allergen or trigger.

The histamine is released from the cells in the skin which causes fluid from blood vessels underneath the surface of your skin to leak out.

This results in the raised patches (wheals) or rash that you see on the surface of your skin.







The histamine also causes the wheals or hives rash to become irritating, itchy and often hot.

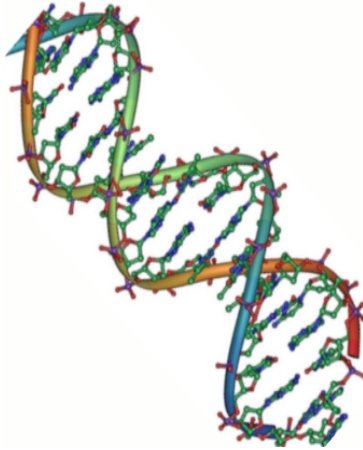
The process which I just described is the same for both acute hives sufferers and chronic sufferers, however the reasons for the outbreaks are very different as you will soon discover.

There are many different types or versions of urticaria which I will describe and talk about in just a while. But unless you suffer with an occasional urticaria outbreak (acute) all of the conditions are linked to one underlying factor or reason.

All, or at least most types of chronic idiopathic urticaria are actually due to an underlying autoimmune disorder. So which ever type of chronic urticaria you are suffering with, it is actually 'Autoimmune Urticaria'.

Perhaps the worst part of actually finding out what my condition was, was finding out that I was born with it, or at least with a predisposition to developing an autoimmune condition.

Lets look at the genetic curse which more and more people are born with.



## GENETICS / FAMILY

Understanding genetics won't put a stop to your urticaria, but it does allow us to look at our condition in a different way.

By looking at the reason for our chronic condition we can stop urticaria outbreaks & we can do this forever.. Yes this really is a permanent solution to chronic urticaria.

I have a lot of people email me and ask me if 'Get Rid of Hives' is a cure for urticaria. But what is a cure?, really, If you never ever suffer with your current condition again do you consider yourself cured?.

I usually reply by saying that this publication is a permanent solution to chronic urticaria, if you follow the protocol detailed in this publication your urticaria outbreaks will stop for good.

**Is that a cure?**, well no it's not, there is no cure for autoimmune urticaria because the gene which is responsible is part of your genetic make-up, you can't get rid of it, but that doesn't mean you have to continue to suffer with the condition.

***Let me explain:***

Genetics or family genes are often overlooked by the medical profession when looking at or trying to cure autoimmune conditions. This is a real shame as from everything that I have discovered & learnt while trying to beat my own urticaria condition points to a very strong case for autoimmunity being linked to families.

I'm pretty sure that medicine will catch up to this way of thinking very soon, especially with more and more autoimmune conditions cropping up all the time.

Some thirty or so years ago family screening for cancer was pretty much unheard of, yet today things are different, lets say your a woman in her twenties and unfortunately your mother may have had to have treatment for breast cancer. If this was the case it would be commonplace to have a screening for breast cancer.

**So how do genetics play a part.**

Here's how it works, and please note that I am not a medically trained professional. From what I have both read and pieced together it seems very likely that more and more of us are born with a certain gene.

This gene is not Autoimmunity in itself, but rather a predisposition to being susceptible to developing an autoimmune disorder at some point in our life.

**Do your family suffer with autoimmunity?**

I'd like you to think of your close family members (blood relatives) for a moment, do any of them suffer with autoimmune conditions, it doesn't have to be urticaria.

You might find family members who suffer with Rheumatoid Arthritis, Diabetes type 1, Crohn's disease, Eczema, Lupus erythematosus, Sarcoidosis or one of the other 100's of conditions which have either been accepted as caused by autoimmunity or are regarded by many as being directly linked to the condition.

When reading this part of the publication lots of people suddenly realise that the gene is something tied to their family. Growing up I thought I was the only one who suffered with such a strange condition (or so I thought at the time).

Nobody knew what my condition was (even the doctors struggled) and nobody ever linked my chronic Idiopathic urticaria to my great grandmothers, grandmothers, & mothers RA or to pretty much every male on my mothers side of the family suffering with Type 1 Diabetes, including my younger brother.

I believe I was born with a predisposition to developing an autoimmune disorder in later life and I'm willing to bet you were too.

## Why You Suffer With Chronic Urticaria

OK, so we have established that most of us suffering with chronic urticaria are actually suffering with autoimmune urticaria, I guess you could call autoimmune urticaria an umbrella condition or a title or name which covers or encompasses a number of different conditions.

Most autoimmune conditions need to be triggered or activated before they become a problem. As I have mentioned before there is a good chance that we are born with a predisposition to developing an autoimmune disease.

Having a predisposition however, does not mean we will suffer with a condition such as chronic urticaria.

In my opinion (based on what I have learnt) the gene (predisposition) requires activating just like a switch being turned on. The switch in our case is activated by a build up of toxins (explained soon) which eventually make us hypersensitive to allergens.

## The TV Analogy – Explaining Hypersensitivity



Here's a great way of looking at this theory (It's also the theory that helped me beat my condition, so don't be put off by the word theory).

Try to picture your body as your TV (television set), I know that sounds weird but please stick with me.

*OK, so your body is a TV, and a TV has a stand-by setting, still with me?.*

So over a period of time the toxic build up in your body has switched the gene which renders you predisposition to developing autoimmunity into the stand-by position.

Just like your TV, your body is now on stand-by and ready to be switched on with that remote control or in your body's case an allergen. Hope that makes sense?.

As we all know the allergen could be anything and will be different from sufferer to sufferer, and I should add that you may have one, ten, one hundred or a thousand different triggers (forget what anyone tells you about only one allergen, they have no idea what they are talking about).

So, hopefully if you understand my comparison of your body to your TV you

will also understand that there is also a switch which turns off the TV set, including the stand-by.

Of course in reality your body is nothing like your TV and there is no simple switch which will turn off your condition quickly, just like there is no magic pill which will stop your urticaria instantly.. Really it's just not possible.

Having said that, It is possible to turn that metaphorical switch off and ultimately stop your chronic urticaria permanently. Yes the gene will still be there but you will no longer have to endure urticaria outbreaks, that's a promise.

***So let me sum up exactly what I'm getting at right here before we go any further:***

We are not treating an allergy or trying to cure a bunch of symptoms here. Get Rid of Hives is a treatment protocol which when followed will take your body off of 'stand-by'.

What I mean is, we can stop our body's being hypersensitive and therefore we can stop suffering with chronic urticaria without having to constantly take medication or avoid just about everything.

So now you know what you are most likely suffering from and how it effects you, lets talk about a few conditions which you may want to ask your doctor to test you for.





### Tests

Chronic urticaria in most cases is actually autoimmune urticaria.

Autoimmune urticaria is a condition in itself, its an autoimmune condition.

However, some cases of chronic idiopathic urticaria may be as a result of another autoimmune condition called Celiac disease.

Getting tested for Celiac is something I would advise anyone who suffers with CIU to do. It's not compulsory but it is worth ruling out of the equation. People with celiac often have other autoimmune conditions such as CIC (chronic idiopathic urticaria).

### What Is Celiac?

Celiac Disease is basically Gluten intolerance or Gluten-sensitive

Celiac disease is a condition that damages the lining of the small intestine and prevents it from absorbing parts of food that are important for staying healthy. The damage is due to a reaction to eating gluten, which is found in wheat, barley, rye, and possibly oats.

### Causes, incidence, and risk factors

The lining of the intestines contains areas called villi, which help absorb

nutrients. When people with celiac disease eat foods or use products that contain gluten, their immune system reacts by damaging these villi.

This damage affects the ability to absorb nutrients properly. A person becomes malnourished, no matter how much food he or she eats.

The disease can develop at any point in life, from infancy to late adulthood.

People who have a family member with celiac disease are at greater risk of developing the disease. The disorder is most common in Caucasians and persons of European ancestry. Women are affected more often than men.

**People with celiac disease are more likely to have:**

- Autoimmune disorders such as
- Rheumatoid arthritis
- Systemic lupus erythematosus
- Sjogren syndrome
- Addison's disease
- Down syndrome
- Intestinal cancer
- Intestinal lymphoma
- Lactose intolerance
- Thyroid disease
- Type 1 diabetes
- Symptoms

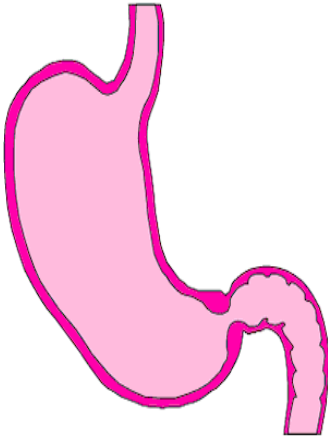
The symptoms of celiac disease can be different from person to person. This is part of the reason why the diagnosis is not always made right away.

For example, one person may have constipation, a second may have diarrhoea, and a third may have urticaria.

**Gastrointestinal symptoms include:**

- Abdominal pain, bloating, gas, or indigestion
- Constipation
- Decreased appetite (may also be increased or unchanged)
- Diarrhoea, either constant or off and on
- Lactose intolerance (common when the person is diagnosed, usually goes away after treatment)
- Nausea and vomiting
- Stools that float, are foul smelling, bloody, or “fatty”
- Unexplained weight loss (although people can be overweight or of normal weight)
- Because the intestines do not absorb many important vitamins, minerals, and other parts of food, the following symptoms may start over time:
  - Bruising easily
  - Depression or anxiety
  - Fatigue
  - Growth delay in children
  - Hair loss
  - CIU
  - Missed menstrual periods
  - Mouth ulcers
  - Muscle cramps and joint pain

- Nosebleeds
- Tingling or numbness in the hands or feet



Blood tests can detect several special antibodies, called antitissue transglutaminase antibodies (tTGA) or anti-endomysium antibodies (EMA). Your doctor or health care provider will order these antibody tests if celiac disease is suspected.

If the tests are positive, upper endoscopy is usually performed to sample a piece of tissue (biopsy) from the first part of the small intestine (duodenum). The biopsy may show a flattening of the villi in the parts of the intestine below the duodenum.

### **Autoimmune activation**

As mentioned above, in the majority of CIU cases the reason you suffer with chronic urticaria is related to an autoimmune disorder which is activated by a build up of toxins.

These toxins activate the autoimmune gene. There are countless toxins which may be part of the problem, I will talk about a few below.

In an ideal world these toxins would not exist, but today, due to our modern way of living these toxins are unavoidable.

## Heavy Metal Poisoning / Metal Toxicity

Ever heard of heavy metals, No I'm not talking about a particular genre of music, I'm talking about industrial by products.

Heavy metal poisoning is another contributing factor in the cause of chronic urticaria.



It's yet another toxin which the body is unable to remove during its natural cycle, and therefore becomes another part of the toxic build up.

Like most of the toxins which become trapped in the body heavy metal deposits are unavoidable.

If you live in any industrialised nation you will not be able to avoid heavy metal poisoning. The metals seep into the water and ultimately enter the food chain, so if you eat or drink, which of course you do, then you will have deposits of heavy metals trapped inside you.

Your body is unable to get rid of these heavy metal deposits because their density is five times heavier than water. It's just not possible for your body to either break down these deposits or flush them out.

As I mentioned before, heavy metals trapped inside the body is inevitable and it has also become a well documented problem with more and more conditions being linked to heavy metal poisoning.

As well as being a contributing factor in urticaria sufferers, the toxicity caused by a build up of these deposits is also thought to a major factor in the onset of lung problems, kidney damage, problems with the nervous system and many more issues involving major bodily organs.

## **Foods**



There are lots of foods which are considered as being bad for those of us who suffer with chronic urticaria. I'm sure you know the types of food I'm talking about.

The thing is most of what is written about foods, allergies & urticaria only relates to acute urticaria. Most of these foods act as allergens or stimuli in acute urticaria cases.

In chronic idiopathic urticaria cases these same foods may still act as a stimuli or trigger, but they are only a problem because of the toxic build up which has made your immune system hypersensitive.

I'm not going to list pages and pages of good and bad foods here because for one, I've tried the urticaria diets and they don't really work, & two, this publication is really for those of us who suffer with CIU (autoimmune urticaria) and not the acute condition.

Having said that there is a food ingredient which falls into the toxic category. It's White Flour, it is also called 'Bleached Flour'

## Why Bleached Flour Is a Problem

There are a number of reasons why Bleached flour may be a major contributing factor, too many to list here but perhaps the most important issues are Chlorine and Alloxan.



\*The following paragraphs are referenced. Source Reference: <http://www.healthy-eating-politics.com/white-flour.html>

Flour manufacturers strip the grain of almost all of the natural nutrients and then subject the flour to a chlorine gas bath.

The Environmental Protection Agency (EPA) identifies chlorine gas as a flour-bleaching, ageing and oxidizing agent that is a powerful irritant, dangerous to inhale, and lethal.

The flour manufacturers use a form of chlorine gas to bleach and artificially "age" flour. The goal, of course, is a clean, white product. The chlorine gas reacts with the flour, oxidizing, whitening it and reducing the gluten.

But it also converts a dough additive called xanthine into a toxic substance called alloxan. The alloxan is an unintended by-product.

So what is alloxan? Alloxan is a toxin which destroys pancreatic islet cells, which is already known to cause diabetes & possibly many other conditions.

After the chlorine bath, we get nice, white flour completely devoid of any natural vitamins. And since all the natural vitamins have been destroyed, the bleached flour is mixed with synthetic vitamin and mineral supplements to



"enrich" it.

These synthetic vitamins are made from petroleum, elemental ores, bacteria, fungi, and ferrous iron, which is created from sulfate refined out of high sulfur crude oil.

### **Bleached White Flour Was Supposed to Be Outlawed**

Now here's the real kicker. In 1906, the North Dakota Agricultural Experiment sent out 24 surveys to flour mill executives and asked them about their thoughts on the flour bleaching process. Eighteen of those millers wrote back and said that flour bleaching was unnecessary and harmful to those eating the flour and was deceitful to the public buying the flour.

In 1910, bleach white flour was declared unfit as human food by the Federal Western District Court of Missouri.

\*End of referenced paragraphs. Source Reference: <http://www.healthy-eating-politics.com/white-flour.html>

## Will This Protocol Help Me If I Suffer With?:



I've discussed what the cause of chronic urticaria is likely to be, but many of you might still be wondering if this protocol will help them beat their particular version of urticaria.

The answer is yes. Most types of urticaria (chronic) are all autoimmune urticaria regardless of what they are called. Here is a list of the different types of urticaria which in most cases will be covered by the term 'Autoimmune Urticaria'.

### **Chronic Urticaria**

Chronic urticaria is almost the complete reverse of acute urticaria (technically). Chronic urticaria is determined as being a condition which lasts for, or recurs for more than six weeks. Chronic urticaria should in most cases be called 'Chronic Idiopathic Urticaria' because in a large majority of cases the reason for the condition is unknown.

***Idiopathic means that there is no apparent or obvious reason.***

Can you honestly say you know what causes your urticaria outbreaks, I doubt it, not many of us could, and if we knew, then we would avoid the trigger. But there is a reason as mentioned, it's something we all share and it's something we can all do something about, and of course I will be explaining the process soon.



### **Allergic urticaria**

Pro-inflammatory substances called histamine are released from mast cells in the skin and tissues. The histamine is released in response to the binding of allergen-bound IgE antibodies to high affinity cell surface receptors. Basophils and other inflammatory cells are also seen to release histamine and other mediators, and are thought to play an important role, especially in chronic urticarial diseases.



### **Urticaria pigmentosa**

Urticaria pigmentosa is characterized by excessive amounts of mast cells in the skin. Red or brown spots are often seen on the skin, typically around the chest and forehead. These mast cells, when irritated (e.g. by rubbing the skin, heat exposure), produce too much histamine, triggering a reaction that leads to hives localized to the area of irritation, sometimes referred to as Darier's sign.



### **Autoimmune urticaria**

In the past decade, it has been noted that many cases of chronic idiopathic urticaria are the result of an autoimmune trigger. For example, roughly one third of patients with chronic urticaria spontaneously develop auto-antibodies directed at the receptor FcεRI located on skin mast cells.

Chronic stimulation of this receptor leads to chronic hives. Patients can often have other autoimmune conditions such as autoimmune thyroiditis or celiac etc.



### **Infectious**

Hive-like rashes commonly accompany viral illnesses, such as the common cold. They usually appear 3-5 days after the cold has started, and may even appear a few days after the cold has resolved.



### **Non-allergic urticaria**

Mechanisms other than allergen-antibody interactions are known to cause histamine release from mast cells. Many drugs, for example morphine, can induce direct histamine release not involving any immunoglobulin molecule.

Also, a diverse group of signalling substances called neuropeptides have been found to be involved in emotionally induced urticaria.

Dominantly inherited cutaneous and neurocutaneous porphyrias (porphyria cutanea tarda, hereditary coproporphyria, variegate porphyria and erythropoietic protoporphyria) have been associated with solar urticaria.

The occurrence of drug-induced solar urticaria may be associated with porphyrias. This may be caused by IgG binding not IgE.



### **Dietary histamine poisoning**

This is termed scombroid food poisoning. Ingestion of free histamine released by bacterial decay in fish flesh may result in a rapid-onset allergic-type symptom complex which includes urticaria. However, the urticaria produced by scombroid is reported not to include wheals and may only manifest as a nettle type rash.



### **Stress and chronic idiopathic urticaria**

Chronic idiopathic urticaria has been anecdotally linked to stress since the 1940s. There is a large body of evidence demonstrating an association between this condition and both poor emotional well-being and reduced health related quality of life.

A link between stress and this condition has also been shown. A recent study involving the Department of Immunology at Derriford Hospital and the University of Plymouth has demonstrated an association between stressful life events and chronic idiopathic urticaria.

Although studies have been carried out to determine the link between stress and chronic idiopathic urticaria the truth is that stress is only a factor which may in some people trigger the condition. Stress is just one of many factors which may play a part in triggering urticaria outbreaks.



### **Drug-induced urticaria**

Many drugs are known, or thought to trigger urticaria, unfortunately my publisher has advised me to remove the names of these drugs for legal reasons.

***Drugs that have caused urticaria include:***

- Dextroamphetamine
- Aspirin
- Ibuprofen
- Penicillin
- Clotrimazole

- Sulfonamides
- Anticonvulsants
- Antidiabetic drugs

The antidiabetic sulphonylurea glimepiride, in particular, has been documented to induce allergic reactions manifesting as urticaria. Drug-induced urticaria has been known to have an effect on severe cardiorespiratory failure.

For those of you who may be interested, the following drugs are commonly used to treat urticaria, and while they may be helpful in acute cases of urticaria they pose a risk when taken long term, & therefore are not ideal for treating cases of chronic urticaria.

The frequently used treatments to treat urticaria, are Anti-Inflammatory, Steroids and Non-Steroid Anti-Inflammatory, cortisone, Antihistamine. The main problem with such treatments is that they at best only ever address the symptoms of the condition while in some cases may actually contribute to the condition.

### **Risks:**



#### **NSAIDs**

The widespread use of NSAIDs has meant that the adverse effects of these drugs have become increasingly prevalent. The two main adverse drug reactions (ADRs) associated with NSAIDs relate to gastrointestinal (GI) effects and renal effects of the agents.



## Cortisone

It is a fast and efficient method of treating pain, but remember that because it works on symptoms, each new dosage of the cortisone has to be stronger than the one before because the body becomes more and more dependent on the outside help, eventually the body's own cortisone production is halted and without medication, the problem can become fatal (rare)



## Antihistamine

### *Common Side Effects*

Some of the minor side effects that people may experience while taking an antihistamine include the following:

- Drowsiness or sleepiness
- Clumsiness
- Nervousness
- dry mouth or throat
- upset stomach, nausea, and vomiting
- thicker mucus in the nose or chest

The major side effects seen with antihistamine usage primarily involve the function of the brain or nervous system. They include such symptoms as hallucinations, slurred speech, severe dizziness or fainting, tremors, tachycardia, shortness of breath, disorientation, severe sleepiness, inability to urinate, and very dilated pupils.





### **Physical urticaria**

Physical urticaria is often categorized into the following.

Physical urticaria represent a distinct subgroup of the urticarias that are induced by an exogenous physical stimulus rather than occurring spontaneously.

People who suffer with physical urticaria have a physical trigger for their hives, such as pressure, heat, cold, sunlight, water or exercise. Up to 20 to 30 percent of people with chronic urticaria have a physical cause.



### **Aquagenic:**

Aquagenic urticaria, also known as water urticaria and aquagenous urticaria, is a rarely diagnosed form of physical urticaria.

It is sometimes described as an allergy, although it is not a true histamine-releasing allergic reaction like other forms of urticaria.

The defining symptom is a painful skin reaction resulting from contact with water.



### **Cholinergic:**

Cholinergic urticaria is a subcategory of physical urticaria. The urticaria in this case is brought on by a hypersensitive reaction to heat.

Symptoms follow any stimulus to sweat such as exercise (sometimes called exercise-induced urticaria, see Exercise urticaria), heat from the sun (which could also indicate solar urticaria), saunas, hot showers (reaction to water can also indicate water urticaria), spicy foods which may cause an increase in

body temperature or even stress due to blushing or anger.

Some people have symptoms during only the winter months--their body temperature rising when it is not acclimatized to heat.

Stress and/or anxiety is often present in the pathogenesis of this condition, especially among adolescents. This condition is thought to be more prevalent in males than females.



### **Cold (Chronic cold urticaria):**

Cold Urticaria ('cold hives,') is triggered after exposure to a cold stimulus. It is known that cold urticaria can be inherited (familial cold urticaria) or acquired (primary acquired cold urticaria). The acquired form is most likely to occur between ages 18–25.



### **Delayed Pressure:**

Delayed pressure urticaria is also a condition which falls under the physical urticaria category. Approximately 37% of urticaria sufferers (CIU), are thought to suffer with delayed pressure urticaria, it is considered somewhat uncommon but not rare.

The average age range for delayed pressure urticaria is between 20's and 30's. In comparison to other urticarias, these lesions can be quite severe and can impair the patient's quality of life.

Hives formed from delayed pressure are deeper and a great deal more

painful than hives cause by other stimuli. The hives will start forming between 2 -- 6 hours after pressure is applied and last from 8 to 72 hours. Many patients experience a low grade fever, fatigue, chills, headaches and muscle aches.



### **Dermatographic:**

Dermatographic urticaria (also known as dermographism, dermatographism or "skin writing") is a skin disorder seen in 4–5% of the population and is one of the most common types of urticaria.

Symptoms of dermatographic urticaria are raised and inflamed skin as a result of being stroked, scratched, rubbed, and sometimes even slapped. It is most common in young adults, ages 20-30 during times of high stress or depression.



### **Heat:**

Reaction to hot food or objects (rare). Heat urticaria normally appears within five minutes of the skin being exposed to heat above 43 degrees Celsius (109.4 degrees Fahrenheit).



### **Solar:**

Reaction to direct sunlight (rare, though more common in those with fair skin). Solar urticaria (SU) is a rare condition in which exposure to ultraviolet or UV radiation, or sometimes even visible light, induces a case of urticaria or hives that can appear in both covered and uncovered areas of the skin. It is classified as a type of physical urticaria.

**Vibration:**

Reaction to vibration (rare)

This very rare form of angioedema develops in reply to contact with vibration. In vibratory angioedema, symptoms develop within two to five minutes after contact with vibration and dissolve after about an hour.

**Adrenergic:**

Reaction to adrenaline / noradrenaline (extremely rare)

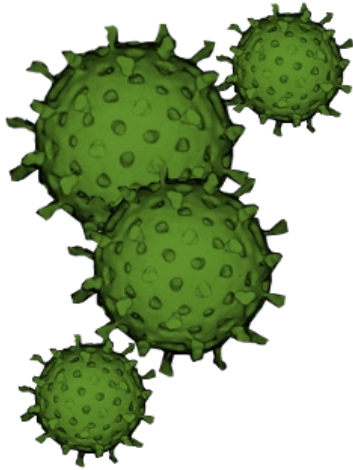
**Related conditions****Angioedema**

Angioedema is similar to urticaria, but in angioedema, the swelling occurs in a lower layer of the dermis than it does in urticaria, as well as in the subcutis.

This swelling can occur around the mouth, in the throat, in the abdomen, on the face and head, or in other locations. Urticaria and angioedema sometimes occur together in response to an allergen or due to an underlying factor.

Severe cases of angioedema can swell into the throat and could prove fatal.

## Urticaria Triggers & Stimuli



Autoimmune urticaria may be prevalent due to a toxic build up as we have discussed throughout this publication, but it still requires a stimuli or trigger to bring on an urticaria outbreak.

Much like a straight forward allergic reaction, chronic urticaria is triggered by a stimuli or allergen.

Unfortunately, for those of us who suffer with CIU their could be many triggers and strangely these triggers will often change. I could list a huge number of triggers right here, so you might be able to avoid them, but the truth is I would be wasting my time and yours.

If you suffer with CIU, your condition is way past trying to avoid specific stimuli, as I have already said CIU is not an allergy (although the response is that of an allergy).

The protocol detailed in this publication addresses the underlying cause of your CIU, so there is no real need to concentrate on what might be triggering your urticaria outbreaks.

The triggers you have today will not produce the same response once you begin the treatment protocol.



end of free chapters



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