

After several weeks of eliminating histamine foods and triggers from her diet, we connected again and discovered that she had seen healing in her skin and body but also noticed that her flairs were happening right before her menstrual cycle.

Histamine intolerance is a condition in which a person has symptoms that are caused by an excess of histamine in the body. Histamine is a chemical that is produced by the body and is involved in many functions, including immune responses, digestion, and the constriction of blood vessels.

Although I have seen a rising popularity and market for histamine intolerance, this is the first case in all my years of seeing someone with it. Often, I see this being the first diagnosis after eliminating histamine foods. A person will begin feeling better after their removal and assume that they indeed have an intolerance. But generally, anyone with inflammation who eliminates these foods will feel better, as described in detail in the Postpartum Nutrition Certification Program.

The best way to identify histamine intolerance is to first rule out nutritional deficiencies and any food allergies or sensitivities. If symptoms persist, remove histamine foods.

Here are some steps you can take to manage histamine intolerance:

1. Identify and eliminate dietary triggers: Histamine is found in certain foods, such as fermented products, aged cheeses, and dried fruits. These foods should be avoided if they trigger symptoms.
2. Avoid alcohol and tobacco: These substances can increase histamine production and make symptoms worse.
3. Use antihistamines: These medications OR over-the-counter supplements block the effects of histamine and can help relieve symptoms.
4. Consider taking supplements: Some supplements, such as vitamin C and quercetin, can help reduce histamine levels and reduce symptoms.
5. Avoid known allergens: Allergic reactions can cause the body to produce more histamine, so it is important to avoid known allergens.
6. Use air purifiers and keep the environment clean: Dust and other irritants can trigger allergic reactions and increase histamine production.
7. Consult with a healthcare professional: If you think you may have histamine intolerance, it is important to see a healthcare professional for proper diagnosis and treatment.

It is important to note that histamine intolerance is not the same as an allergy. Allergies involve the immune system and can be life-threatening, while histamine intolerance is a chemical imbalance that can cause symptoms but is not life-threatening.

Still, one must address the ROOT CAUSE of histamine intolerance. One does not just have this. It's caused by chronic inflammation, poor gut health, and toxic overload. By removing the inflammation within the body, you can allow for healing and then focus on gut health and removing toxins from the body.

Here is a list of some common foods that contain high levels of histamine or can stimulate the release of histamine in the body:

1. Fermented foods: These include aged cheeses, yogurt, kefir, sauerkraut, and pickles.
2. Alcohol: Alcohol, especially red wine and beer, can increase histamine production and cause symptoms.
3. Dried fruits: Dried apricots, prunes, and figs can contain high levels of histamine.
4. Cured meats: These include bacon, salami, and ham.
5. Shellfish: Shrimp, lobster, and crabs can contain high levels of histamine.
6. Nuts: Walnuts, cashews, and peanuts can stimulate the release of histamine.
7. Certain vegetables: These include tomatoes, spinach, and eggplant.

It is important to note that histamine intolerance can vary from person to person, and the above list is not exhaustive. Some people may be able to tolerate certain high histamine foods without any problems, while others may experience symptoms after consuming even small amounts.