

HISTAMINE REACTIONS FROM FOODS

There are many toxins and metabolic stressors found in foods that are generally considered nutritious. In many cases, the metabolic assault by the food overrides any nutritional benefits. Histamine is one of those common metabolic stressors.

Reactions to histamine include:

- allergies to inhalants or contact dermatitis
- vasomotor rhinitis (“runny nose”, or sinus pressure, sinus headaches)
- itchy or watering eyes
- skin flushing, itchy skin, even to the point of hives
- muscle cramps, especially in the feet and hands
- stomach cramps or pain
- intestinal bloating not long after eating
- insomnia
- anxiety
- headaches; tension headaches; migraines

Note that many of the drugs used for GERD or upset stomach are histamine blockers. Many of the drugs for allergies are antihistamines. Some of the anti-anxiety drugs are antihistamines.

The Nutri-Spec Dermographics Response is often a good indication of an individual’s histamine reactivity. A wide red dermatographic line indicates Mast Cells in the skin releasing histamine.

Elevated histamine reactions are often associated with unhealthy intestinal microbiota. Insufficient Bifidobacteria are common, and huge benefits are often derived from Nutri-Spec Immuno-Synbiotic Immune Restore, which is very high in Bifidobacteria.

There are 3 mechanisms by which histamine reactions can be caused by foods:

- Some foods are very high in histamine.
- Some foods are what are called histamine liberators, which are not high in histamine themselves, but cause a release of the histamine that is naturally in tissues.
- Some foods are DAO inhibitors. DAO (Diamine Oxidase) is your natural defense against histamine in foods. DAO is produced mainly in the gut lining, and its purpose is to break down histamine in foods before it can enter the bloodstream. Many individuals do not produce enough DAO to handle the histamine load from their diet.

There are also a large number of drugs that can alter the histamine reactivity, either by promoting the release of histamine contained in Mast Cells and Basophils, or by blocking the DAO enzyme.

In addition to avoiding the histamine-provoking foods, there is much you can do to control histamine. Most fundamentally, you need a high Bifidobacteria synbiotic, and your Nutri-Spec Immune Restore is ideal.

It is also noteworthy that vitamin B6 is a crucial cofactor needed by your body to synthesize and produce DAO.

DAO is a copper-dependent enzyme. This action of copper is optimized by adequate vitamin C. However, we recommend against large doses of either copper or ascorbic acid. Taking copper as an isolated nutrient creates an immediate and damaging imbalance in trace minerals. Copper specifically antagonizes both the absorption and the actions of zinc. By far the most physiological way to obtain extra copper and/or vitamin C if you need them, is to increase your daily intake of Activator, with a minimum of 4 daily, and as many as 6 daily.

FOODS CAUSING A HISTAMINE REACTION

High Histamine Foods	Histamine Liberator Foods	DAO-Inhibiting Foods
Spinach	Lemons & Limes	All Citrus Fruits -Lemons -Limes -Grapefruits -Oranges
Tomatoes	Pineapples	Pineapples
Avocado	Kiwi	Strawberries
Eggplant	Papaya	Bananas
All Fermented Vegetables -Sauerkraut -Kimchi	Peanuts, Cashews & Walnuts	
Meats that are smoked/dried/cured	Egg Whites, undercooked	
Fish that is canned/preserved -Canned Tuna & Salmon -Mackerel -Anchovies -Sardines	Sea Food	Energy Drinks
Alcoholic Beverages	Alcoholic Beverages	Alcoholic Beverages
Soy Fermented Foods -Soy Sauce -Miso -Tempeh	Coffee, Tea & Kombucha	Coffee, Tea & Kombucha
Yogurt & Kefir	Chocolate/Cocoa	Chocolate/Cocoa
Cheeses that are aged/smoked -Blue cheese -Cheddar -Gouda -Swiss -Parmesan	Cow's Milk	NSAIDs -Aspirin -Diclofenac -Naproxen -Augmentin -Cimetidine (Tagamet) -Verapamil (Ca channel blocker) -Amitriptyline (Elavil) -Metformin -Metamizole -Citalopram (Celexa) -Chloroquine (Antimalarial) -Amiloride
Vinegar -Pickles -Olives -Mayonnaise	Licorice	
Spices -Cinnamon -Chili Powder -Cloves -Nutmeg	-Ibuprofen -Codeine -Vancomycin	
Any Meat, Fish or Poultry more than 24 hrs after cooking		