

HOW TO IDENTIFY, MANAGE, & THRIVE WITH HISTAMINE INTOLERANCE

Yasmina Ykelenstam

Histamine Intolerance is difficult to diagnose and can result in a long list of confusing symptoms. Lifestyle factors, including stress, may contribute. Discover the symptoms of histamine intolerance, how to tackle the condition, and tips to find the best doctor.

Diagnosis

- The average time to diagnose histamine intolerance disease in the U.S. is 10 years.
- There are 2 histamine-degrading enzymes:
 - Diamine Oxidase (breaks down histamine outside the cell)
 - HNMT (breaks down histamine inside the cell)
- Currently, there are only tests for DAO
 - The problem with DAO testing is that the results fluctuate wildly.

Mast Cell Activation Testing

- Mast Cell Activation tests are more sensitive and pick up other inflammatory agents
- You can have a low level of histamine, but if you have an elevated prostaglandin level, this can significantly enhance the inflammatory effect of histamine on the body.
- If interleukin is also high, this can have a compounding effect.
- The specialized tests can look negative.
- Get tested for mast cell activation if your histamine symptoms are severe. If you have:
 - Symptoms of anaphylaxis, or
 - Symptoms that prevent you from leading a normal life

Find the Right Doctor

- Questions you should ask someone who says they are a mast cell specialist:
 - How many mast cell patients have you treated?
 - How many are you currently treating?
 - Otherwise, they may fail to interpret the results correctly.
- A functional medicine doctor is your best type of doctor for histamine intolerance
 - Provided they have experience with mast cell patients or are willing to talk to mast cell specialists:
 - Dr. Lawrence Afrin
 - Dr. T. C. Theoharides

You can help fund research into mast cell activation: <http://www.mastcellaware.com/>

Symptoms of Histamine Intolerance

- IBS
- Severe stomach swelling
- Projectile vomiting, nausea
- Chronic migraines
- Dizziness, Brain fog, low blood pressure
- Inability to think especially after eating
- Extremely tired after you eat
- Intolerance to alcohol, especially red wine
- Blurred vision after eating sugar
- Digestive issues
- Acid reflux, chronic indigestion

How to Tackle Histamine Intolerance

- Tackle your stress first...meditation helps
 - Calm your mind and nerves before adding higher-histamine food
- Regular exercise routine
 - Not high-intensity
 - Research shows certain types of exercise are better for anti-histamine
 - Weight training, yoga, hikes in nature
- No food is off-limits
 - Treat yourself once in awhile or you will be miserable
 - Common problem; “doggie in the window” syndrome
 - Focus on getting healthier overall

Regain Control of **Your** Genes...

- Find out how: DirtyGenes.com
- Get free gifts from Dr. Ben Lynch:
 - ABC's of Clean Genes (Bonus Chapter)
 - Air & Mold Resource Guide
 - Genetic Testing Resource Guide
 - 2 Videos:
 - Fundamentals of Genetics
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