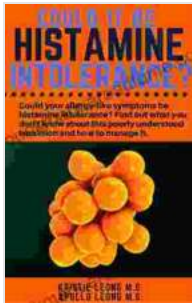


Could Your Allergy-Like Symptoms Be Histamine Intolerance?



Could It Be Histamine Intolerance?: Could Your Allergy-Like Symptoms Be Histamine Intolerance?

by Kristie Leong M.D.

★★★★☆ 4 out of 5

Language : English
File size : 1604 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 67 pages
Lending : Enabled



If you've been experiencing allergy-like symptoms, but traditional allergy testing has come back negative, you may be suffering from histamine intolerance.

Histamine intolerance is a condition in which the body produces too much histamine or does not break it down properly. Histamine is a chemical that is released by mast cells in the body in response to an allergen. When histamine is released, it can cause a variety of symptoms, including:

- Runny nose
- Sneezing
- Itchy eyes

- Watery eyes
- Hives
- Eczema
- Nausea
- Vomiting
- Diarrhea
- Headaches
- Fatigue

Histamine intolerance can be caused by a number of factors, including:

- A deficiency of the enzyme diamine oxidase (DAO)
- An increase in histamine production
- A decrease in histamine breakdown

DAO is an enzyme that breaks down histamine. When DAO levels are low, histamine levels can build up in the body and cause symptoms. Histamine production can also be increased by a number of factors, including stress, certain foods, and medications. Histamine breakdown can be decreased by a number of factors, including alcohol, certain medications, and liver disease.

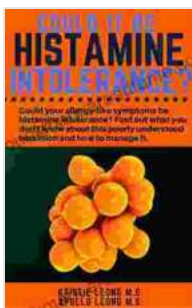
If you suspect that you may have histamine intolerance, there are a few things you can do to confirm the diagnosis:

- Keep a food journal to track your symptoms and identify any potential triggers.
- Get a blood test to measure your DAO levels.
- Get a skin prick test to rule out other allergies.

Once you have been diagnosed with histamine intolerance, there are a number of things you can do to manage your symptoms:

- Avoid foods that are high in histamine, such as fermented foods, aged cheeses, and alcohol.
- Take a DAO supplement to help break down histamine.
- Use a nasal spray or antihistamine to reduce histamine levels.
- Get regular exercise to help reduce stress and improve histamine breakdown.

Histamine intolerance can be a challenging condition to manage, but by following these tips, you can reduce your symptoms and improve your quality of life.



Could It Be Histamine Intolerance?: Could Your Allergy-Like Symptoms Be Histamine Intolerance?

by Kristie Leong M.D.

★★★★☆ 4 out of 5

Language : English

File size : 1604 KB

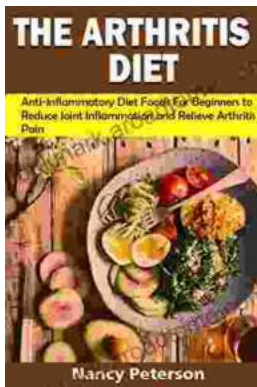
Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

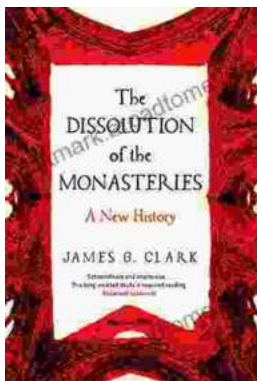
Word Wise : Enabled

Print length : 67 pages
Lending : Enabled



Anti-Inflammatory Diet Foods For Beginners: Reduce Joint Inflammation and Improve Overall Health

: Unveiling the Healing Potential of Food In a world where chronic inflammation wreaks havoc on our bodies, the anti-inflammatory diet emerges as a...



The Dissolution of the Monasteries: A New History Unraveling the Intricacies of a Pivotal Reformation

: A Prelude to Religious Turmoil In the annals of English history, the Dissolution of the Monasteries stands as a defining event, a complex and...