



NatMed

Low Histamine Diet

Histamine is an organic compound involved in immune responses, as well as regulating physiological function in the gut and acting as neurotransmitters. Histamine is involved in the inflammatory response and is produced by basophils and by mast cells. Histamine increases the permeability of the capillaries to white blood cells and some proteins, to allow them to engage pathogens in the infected tissues.

Histamine intolerance occurs when the body is unable to break down histamine effectively because of a defect in one of two enzymes – diamine oxidase (DAO) and histamine N-methyltransferase (HNMT). DAO is found in the intestinal mucosa and is the primary enzyme for the metabolism of histamine in foods, while HNMT is the primary enzyme for the degradation of histamine in intracellular tissue, such as the bronchial epithelium. When DAO or HNMT enzyme activity is deficient, histamine is reabsorbed in the intestines and carried through the bloodstream in its active form, causing an excess of histamine in the body that results in an array of symptoms that can mimic an allergic reaction. The histamine rich foods may exceed the level of tolerance “triggering a profound inflammatory response and typical histamine-induced symptomatology.

Naturopathic Approach to Histamine Intolerance

- Management of gut dysbiosis (most important!)
- A low histamine elimination diet for one month, with the slow reintroduction of higher histamine foods to test for tolerance.
- Balancing hormones and addressing any associated conditions such as adrenal fatigue or high stress.
- Focusing on associated methylation issues, where genetic factors (e.g. MTHFR) are contributing, and amending or adding supplementation as required.
- Specific Herbal medicines have been shown to stabilise mast cell activity, have been shown to inhibit the release of histamine from mast cells.
- General anti-inflammatory and immune support are also useful
- Nutrient supplementation with some of the most important being
 - quercetin (antihistamine and anti-inflammatory properties)
 - vitamin B6 (increases DAO activity)
 - vitamin C (increases histamine metabolism and breakdown)
 - vitamin E (may decrease mast cell activation)
 - magnesium (inhibits the release of histamines).
- Specific probiotic strains have also been shown to have positive effects by working as antihistamines and/or mast cell stabilisers, though additional clinical trials in humans are needed

SYMPTOMS

- Atopic dermatitis
- Sinus congestion
- Itching
- Rash
- Diarrhoea
- Bloating
- Headache
- Migraine
- Dizzy spells
- Runny nose
- Sneezing
- PMS and painful periods
- Asthma
- Abdominal pain
- Abnormal periods
- Excess mucous
- Fatigue
- Hives
- Reflux
- Temperature dysregulation



Histamines

GO

- Gluten-free grains
- Oil: Olive, coconut, nut butter
- Goat milk/cheese
- Butter
- Nut milk
- Meat: Fresh cooked meat and eggs
- Fish: fresh-caught, frozen fish
- All vegetables (except those listed)
- Fruit: apple, mango, blackberries, blueberries
- Herbs: curry, chilli, cinnamon, ACV
- Seeds: Hemp, macadamias, chestnuts, flaxseed
- Honey and stevia
- Herbal tea

NO

- Wheat, Yeast & Sourdough
- Fermented foods:
 - sauerkraut, kombucha,
- Leftovers
- Dairy: All cheese and dairy
- Meat: Smoked meats, cured, salted meats such as bacon, salami, sausage
- Fish: Canned fish, smoked fish & shellfish
- Vegetables: eggplant, pumpkin, tomatoes, olives
- Legumes: chickpeas, lentils, beans and tofu
- Fruit: citrus, avocado, banana, dried fruit, kiwi
- Sauce: vinegar, soy sauce, balsamic
- Chocolate, carob
- Coffee, juice, black tea, alcohol

*The foods on the NO list are highest in Histamines and should be avoided or limited.