

## Wetiko

All my life I have had health issues that no one could figure out. Doctors did what they did, sometimes helping and most times not. If you go to the low histamine chef website you can read that at her worst, she had over 50 symptoms! The list is long, which is one reason no one could help her either. Long story short I finally found the answer to all my problems. Histamine. And possibly MTHFR polymorphisms. I can not emphasize enough how miserable this condition can be. Here is a partial list of symptoms that can be mistaken for something else. It is a baffling condition - muscle aches, headaches, leaky gut, fatigue, ringing in the ears, panic attacks, uncontrollable crying, stomach aches, respiratory issues, depression, numb fingers, rashes, hives, heart palpitations, and the list goes on and on and on.

You can see why this is such a difficult thing to diagnose. I have been to so many doctors, all with no answers. I have been told I was "crazy" and it's all in my head. Several diagnosis's, all wrong. To be fair I don't blame the docs, as the article says - they don't know. However, the frustration of literally YEARS of being ill and never finding an answer can be debilitating and disheartening.

I won't go into detail, but after years of researching to try and find an answer and desperately searching for health, I have come to believe that many alcoholics have this condition and don't have a clue as to why. That topic alone is a whole other subject. Red wine and beer (fermented) are particularly high in histamine and drinking them can trigger a histamine overload. There are many histamine receptors in the gut so it's like pouring fuel on a fire. At one point I went to a naturopath and got tested. I had more than 20 food allergies! That is a lot. I went to home to cry. No more eggs, milk, wheat, soy, corn, tomatoes, cod, flounder, haddock, brewers yeast, bakers yeast, and on and on. My question though nagged me to keep searching.  
Cont. -

Posted On 01/25/2017

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## holdfasthope

people with tons of food allergies or has the histamine intolerance disorder should check and see if they have Porphyria, a condition that 15-20% of the population have due to genetics. .with more or excess exposure to stress and environmental toxins the condition worsens and can become debilitating with EMF sensitivity, chronic fatigue, MCS being the result and eventually mast cell disease like you had mentioned. .Dr. Steven Rochlitz has done a lot of research on the condition

Posted On 01/25/2017

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## Guillermou

Good research Wetiko. This link is of interest to you. Reports from: 1. The 12 main causes of histamine intolerance. Among them, genetic susceptibility (MTHFR, DAO, MAO, HNMT, PEMA), alcohol, B vitamins, permeable intestine, histidine amino acid, excessive estrogens, stress, adrenal fatigue, etc. 2. In addition, the three major genes that are critical for the processing of histamine.

Histamine Intolerance, MTHFR and Methylation. [mthfr.net/histamine-intolerance-mthfr-and-methylation/2015/06/11/](http://mthfr.net/histamine-intolerance-mthfr-and-methylation/2015/06/11/) .

Also: Alcohol consumption and genetic variation in MTHFR in relation to breast cancer risk It has been hypothesized that the effects of alcohol consumption on metabolism may partly explain the association of alcohol consumption with breast cancer risk. MTHFR gene polymorphisms express key enzymes in this pathway. The results indicate that among postmenopausal women, the increased risk of breast cancer with alcohol consumption may be the result of the effects of MTHFR polymorphism.

[www.ncbi.nlm.nih.gov/.../PMC2941988](http://www.ncbi.nlm.nih.gov/.../PMC2941988)

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## sglassford

Hi Wetiko! Reposting here in case you don't receive my email. Maybe others can be helped by this also. I also figured out that I have histamine intolerance after years of useless doctors visits. Exact same symptoms as yourself...horrible. Migraines, heart palps, severe anxiety, terrible monthly cramping. Always felt like I was going to have a heart attack. Also due to gene polymorphisms and probably leaky gut from too many years of antibiotics, bad foods, and alcohol and then triggered by a bout of high stress. The low histamine diet was so restrictive and wasn't even working for me, so I started looking around for solutions and have somewhat found one. I was taking Histame (a DAO enzyme supplement) which was highly expensive, but then they stopped production to "reformulate" (it now doesn't even contain the DAO now...useless) and I found myself being desperate. Someone mentioned in a forum about how pancreatic enzymes helped them and so I tried a few and they worked. I can eat whatever I want as long as I don't overdo it and I don't drink alcohol anymore. I feel like my gut is slowly healing, but I will probably always have to take them considering I have such a severe case. I still have to take an antihistamine for seasonal allergies, but only when the pollen is high. I did cut out gluten (my whole family has celiac), eat only organic, nonprocessed foods, and added magnesium glycinate and more vitamin C foods. I do treat myself to some gluten free pizza and such every now and then. I can even eat aged cheeses and tomatoes and vinegary foods and chocolate again! I use Solaray Pancreatin 1300 because there are no fillers...I have to take anywhere between 3-6 pills before a meal and maybe a few after. Perhaps there are better enzyme options out there. Perhaps you have already managed to get your HI under control. Hope so! Please let me know if you have found any other treatment options. Any tips are always welcome. Hope that helped! Steph

Posted On 01/25/2017

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## queenoftheworld

Thanks for posting, it gives me some ideas as to my family history where at least 4 generations are filled with people with many, many allergies and some of those people have had heavy impacts on the course of their lives. Imagine, my cousin had many allergies and took chlorpheniramine maleate (anti-histamine that makes you sleepy) every day his entire childhood. My mother used to come home from the allergist with a 2 page single spaced list of things she is allergic to.

Posted On 01/25/2017

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## Guillermou

Food allergies and food intolerances can occur with similar symptoms, but these are two conditions that differ considerably from one another. Food allergies can not only cause someone to be wrong, but can also lead to fatal risk reactions. Allergies and food intolerances may be related to vaccines, their antigens and adjuvant, such as peanuts oil, bovine casein, sesame, soy and egg, which cause allergy, to their respective foods. (1)

In people suffering from celiac disease, gluten produces an immune inflammation in the small intestine. If left untreated, celiac disease can produce non-intestinal symptoms such as anemia, chronic fatigue, osteoporosis, disorders of the spleen, infertility, neurological disorders, skin allergy, and cancer. The risk of developing celiac disease is increased by certain variants of the HLA-DQA1 and HLA-DQB1 (2) genes. Which belong to a gene family, called the human leukocyte antigen (HLA) complex. The HLA complex helps the immune system to distinguish the body's own proteins from proteins made by foreign invaders such as viruses and bacteria.

There are investigations, which indicate a possible decreased risk of celiac disease and allergies, with breastfeeding, and the introduction of allergic foods in much proportion ahead of time. The history of intestinal infections, and the state of the natural bacteria in the Intestines, can influence the development of celiac disease and allergies. In addition, wheat has been modified to contain higher amounts of gluten, and this, together with an increase in wheat intake in developed countries, may contribute to an increase in the incidence of celiac disease.

(1) VACCINES LINKED TO LIFE THREATENING FOOD ALLERGIES

[www.naturalhealth365.com/food-allergies-vaccines-1541.html](http://www.naturalhealth365.com/food-allergies-vaccines-1541.html) .

(2) [ghr.nlm.nih.gov/.../celiac-disease](http://ghr.nlm.nih.gov/.../celiac-disease)

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## iceboxstudio

I wish I could convey to Dr. Mercola how valuable this site has been to me. I am 78 years old, have had Hepatitis C virus for about 45 years. I take no prescription drugs; I exercise, maintain a healthy weight, and eat a "clean" natural diet. Despite efforts, the virus creates strange symptoms at times, the latest being Hives. I know better than to take antihistamine drugs such as Benadryl, so the recent article on histamines is the best guidance I have found on the subject. Thanks to all of you who work to make mercola.com great!

Posted On 01/25/2017

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## Bryan001

A great article - In animals eg cattle and sheep, the consumption of fresh high protein high nitrate pasture increases histamine production in the body - side effects are [1] Dilation of arteries around the heart [2] Increased blood flow to the outer extremities of the body - feet, [3] blood pooling in the feet, [4] Sore and swollen feet, [5] Infection and lameness. This must also be the case in humans when consuming high amounts of fresh green leafy vegetables which contain very high protein and nitrates. GREEN LEAFY vegetables should also be added to your list of "what increases body histamines"

A recent high protein trial in England with pregnant women showed that there was an immediate increase in blood pressure in all participants, after 14 days the trial was cancelled due to potential danger to the fetus. With livestock the problem only occurs with the excess vegetable protein and not protein from other sources indicating that it is the percentage of nitrates in the leafy vegetables that is the problem and cause of the increase histamines.

Posted On 01/24/2017

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## Epona777

We call that grass or spring founder in horses. My horse had it, but it was pretty mild and he came out of it fine, but founder can destroy a horse if not cared for properly.

Posted On 01/25/2017

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## Carefulman

@ Bry....Would the plant based powders taken instead of whey still increase body histamines....thanks

Posted On 01/25/2017

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## DrNoCola

As one who has suffered with “allergies” for well over 60 years, my experiences lead me to these conclusions: 1. You can't trust the sick-care industry (SCI), where a deadly combination of governmental and non-governmental organizations dictate medical policies. These policies lead to “standards of care” (SOC), which lead to “one-size-fits-all medicine” (OSFAM). So WHAM!, the SCI SOCs it to you with OSFAM! And then they wonder why patients don't heal! Oh, I see, “it's all in my head.” Really? 2. I call OSFAM “bell-curve medicine (BCM).” If your medical condition is at the peak of the curve, you're home free...you just might get the cure. 3. But God help you if your condition is even a smidgen off-center; then, all bets are off. Why? Because human response to BCM intervention varies all over the “curve.” The responses of 7-billion people are going to vary by several orders of magnitude, because each person is different. 4. So, what to do? Basically you're on your own, and as Dr. Mercola often says you have to “take control of your health.” That's what I did in the early 1960s. The tests indicated an allergic response to various pollen, molds, and house dust. Right, but why was I allergic to them? No answer. 5. By thinking – was there something in my diet that correlated with my symptoms – bingo! I discovered that high sugar consumption aggravated my allergies. Especially corn syrup (and later high-fructose corn syrup). Then I tried an elimination diet, but the results were not as obvious. For me it's all about an excess of sugars.

Posted On 01/25/2017

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## **dividingcricker**

Rare earth minerals ....I have been plagued with allergies and sensitivities and could never understand why ....In 2011 I was researching and found a interesting connection about MRI dye GADOLINIUM .This gadolinium was now used as a nanotechnology in a contrast dye ....I found the symptom list and I seem to have nearly everyone except DEATH . I have spent many thousands of dollars on self treating ,trying , using ..is quite a battle . I think nearly every pharmaceutical that has a blackbox warning maybe related to this nanotechnology use . Rare earth minerals are used in thousands of things today but the first thing was gadolinium in this nanotechnology is wrapped in a buckyball or fullverene to protect the body from the harmful Isotopes.....

[www.gadoliniumtoxicity.com](http://www.gadoliniumtoxicity.com)

Is a nonprofit help web .

Posted On 01/25/2017

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## **forbiddenhealing**

Vit C is a great antihistamine...moremoremore....and I assume hot peppers are too since a therapeutic dose shuts down runny nose/watery eye symptoms quickly..again moremoremore for a good burn and strong sweat...Nice to identify the many triggers.

Posted On 01/25/2017

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## Almond

New research suggest that histamine is related to an inflammatory effect that can block important metabolic pathways. The actions are similar to turning certain genes on and off, by blocking specific actions in the body. This has implications for many common disease states and deficiency states.

Stanley, this is the best I can provide for you at present: "A researcher in the field, Angela Poff, PhD, discusses more. She explains how common metabolic imbalances favor cancer cell growth: undefined "

I guess the link did not copy. :(

Posted On 01/25/2017

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## stanleybecker

hi Almond - could you please publish a link to this research - thank you

Posted On 01/25/2017

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A homozygous SNP in DAO can cause histamine intolerance. You can now buy DAO enzyme online as a supplement to break down histamines. Or eat only fresh food- the key with histamine build up. Aged wines/alcohol, fermented foods like yogurt, kefir, yeast in bread, canned food, aged cheeses, plus lots more aged foods are no-no's. You have only touched on the DAO enzyme. Check to see if you have the HNMT gene. Another SNP in the HNMT gene (histamine-N-methyl transferase) will cause histamine to build up. This is the gene that encodes for an enzyme that reduces histamine into another compound called N-methylhistamine, which subsequently requires the MAO (monoamine oxidase) enzyme to further break it down. MAO runs by having enough riboflavin (actually the biologically active form called FAD).

There are other confirmed histamine diseases - hereditary alpha tryptasemia syndrome which is present in 6% of the general population showing people with elevated tryptase levels (3 diseases linked to high tryptase-POTS, ED and MCAS mast cell activation syndrome..

#### Symptoms of tryptasemia

- Chronic skin flushing, itching, or hives
- Bee sting allergy
- Dizziness and/or difficulty maintaining a normal pulse and blood pressure, sometimes diagnosed as dysautonomia or postural orthostatic tachycardia syndrome (POTS) when I get out of bathtub.
- Chronic head, back, and joint pain
- Hypermobility joints, scoliosis, retained primary teeth or other skeletal abnormalities, sometimes diagnosed as Ehlers-Danlos syndrome, Type III, hypermobility type. You can touch your tongue to nose, squat and your heels remain on the ground, stretchy skin, little collagen since 5 years old, splay fingers, you can pop shoulders, hips, and other bones out of joint, soft and velvet skin, more. Vascular Ehler Danlos is thin upper lip, prominent eyes, no collagen on hands from baby on.
- GI disturbances including heartburn, IBS, and numerous food and drug reactions and intolerances
- Anxiety, depression, and/or behavior

## The Texan

Thank you for researching this issue and writing about it! I remember writing to ask about it during the summer of 2015 when it was such an issue with me. I would like to challenge that RED watermelon is NOT a low histamine food. If it is, it is a huge liberator of histamines. If an http is allowed, the following chart has been of most help to me AS HAS SUPPLEMENTING WITH COPPER, balanced out with zinc, of course. 4mg copper to 15mg zinc or, for me in short term use, 8mg copper to 30mg zinc. The body demands copper in order to product healthy mast cells which are not so reactive. A friend whose daughter studied nutrition at Texas A&M told me that, so far as genetics and nutrition goes, people who are descended from ancestors who lived near the sea or ocean need more minerals than those whose ancestors were inlanders. I have found this to be true about myself.

[www.mastzellaktivierung.info/download/foodlist/21\\_FoodList\\_EN\\_alphabet..](http://www.mastzellaktivierung.info/download/foodlist/21_FoodList_EN_alphabet..) [If the link gets removed, please search "Swiss Interest Group Histamine Intolerance (SIGHI)" and "Food Compatibility List" and you'll find the link.] Another thing of utmost importance is to avoid emotional stress when at all possible. Stress triggers the brain to release histamine, according to my mother's hematologist. She was having a problem with histamine overload as well. It can make the bones and teeth brittle. My teeth remineralized after getting this issue in check. There are far more studies about histamine intolerance to be found in British sources.

Posted On 02/08/2018

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## charlieclose

Hereditary Alpha Tryptasemia- which 6% of the population has with too high tryptase levels causing allergic reactions. What is tryptase? Tryptase is a protein that can circulate in your bloodstream. It is made primarily by cells that are present around blood vessels and in the bone marrow called mast cells, and it is used largely as a marker for mast cell activation, as it can be easily measured by a blood test, especially after certain allergic reactions. A mast cell is a cell that is made in the bone marrow and is associated with allergic reactions; it matures in places like the skin, lungs, and gastrointestinal tract. Mast cells may play a role in protecting us from parasites but also can contribute to allergic responses by releasing molecules such as histamine in response to allergens.

Patients who suspect they may have hereditary alpha tryptasemia syndrome should first have a baseline blood tryptase test drawn by their doctor, if they haven't already. It should not be drawn immediately after a major allergic reaction, as that can lead to an elevated tryptase for a different reason. A serum level greater than 10 ng/ml is suggestive of alpha tryptasemia, while a level lower than 8ng/ml makes this diagnosis far less likely. There is no commercially available test for the genetic duplication, and it cannot be identified through usual genetic testing including microarrays, whole exome sequencing, or whole genome sequencing. The research-based test that can diagnose alpha tryptasemia is under development.

Posted On 01/27/2017

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## slinkyjaz

I recently figured out that this is my problem. The cultured food fad almost killed me. Or at least I felt like I was dying. People need to know about histamine intolerance.

Posted On 01/27/2017

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## drjaan

drjaan has deleted the comment.

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**drlornaw**

I respectfully disagree with your statement that you "doubt that the histamine disorder is due to "intolerance" or decreased ability to break down histamine as maintained in this article." Microbial dysbiosis created by the over use of antibiotics does play a role in the development of histamine intolerance in many cases of this disorder. However, there is significant research that shows an association with certain genetic defects, and a reduced ability to break down histamine.

Lorna Walker, C.L.S.(ASCP), Ph.D.

Posted On 02/19/2017

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7 NATURAL WAYS TO CLEAR HISTAMINE FROM THE BODY -----1. Eat a low histamine diet. -----2. Take a high-quality probiotic.----- 3. Incorporate a DAO supplement. -----4. Utilize natural antihistamines. Natural antihistamines found in certain herbs and supplements can help alleviate histamine intolerance symptoms by blocking the effects of histamine on the body. Natural antihistamines that may be helpful with histamine intolerance include the following: -----Quercetin: A flavonoid found in foods such as onions, apples, and berries. -----Vitamin C: A natural antihistamine that can help to reduce inflammation and support immune function. -----Nettle leaf: A natural antihistamine that can help to reduce allergy symptoms. -----Butterbur: A plant with natural antihistamine properties available in supplement form.

-----Omega-3 fatty acids: Omega-3 fatty acids found in fatty fish or fish oil supplements can help to reduce inflammation in the body, which may help to alleviate allergy-like symptoms. These natural antihistamines can be found in many supplements, but we recommend Optimal Reset Histo Relief. Optimal Reset HistoRelief combines many of these natural antihistamines along with proprietary blends that help support the immune system while helping support healthy histamine levels in the body.----- 5. Drink plenty of water. -----6. Focus on decreasing your stress.----- 7. Sweat them out.

[drbeckycampbell.com/7-natural-ways-to-clear-histamine-from-the-body/](https://drbeckycampbell.com/7-natural-ways-to-clear-histamine-from-the-body/)

Posted On 04/13/2024

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## Laberg11

Thank you for this article. I have been experiencing histamine intolerance since 2020. I tried every supplement and low histamine diet . In January 2024. I read an article by Dr. Mercola stating to take a quarter of a teaspoon of baking soda for auto immune diseases and acid reflux issues (which I do not have). And now I can eat histamine foods! I just take an eighth of a teaspoon of baking soda whenever I eat at a restaurant, or incorporate a high histamine food. I take it with a potassium supplement because the salt in the baking soda may raise blood pressure and the potassium will neutralize it..

Posted On 04/13/2024

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## MarKe

Thank you for this information. What potassium supplement do you take?

Posted On 04/14/2024

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## josephunger

This may be of interest to the afflicted. In the 1930s a Japanese medical discovery was Yakitron. It is a natural extract facilitating protein catabolism in the liver. Often beneficial in breaking down histamines more quickly. Modern day product is called Antronex. I know of no others with this in their formulations.

Posted On 04/13/2024

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## MarKe

There are reviews on Amazon swearing by it. Dr. West recommended it and he was one of the greats. Thanks for the reminder.

Posted On 04/15/2024

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## **oxygen**

VERY helpful article. It's the most thorough I've read on histamine intolerance -- thank you!

Posted On 04/13/2024

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## **dolittlema02**

It really bites to be included in this category. It's been life destroying. I have helped mitigate it with many of the supplements mentioned and cutting out the biggest trigger foods but there are some days flairs still happen and I just want to literally die. It's not just histamine causing foods but everything in existence including drinking water can set off symptoms. I have not tried DAO supplements because they are too expensive and I'm already taking a slew of other stuff. Life can be day by day, hour by hour and even minute by minute in trying to survive.

Posted On 04/13/2024

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## **welchmf**

I was experiencing the same issues for about 7 years, and I think a big problem for me was our tree in the front yard plus termite infestation. Moving out helped but didn't cure. I'm waiting for the good doctor to review the hair test from US food intolerance labs in Maryland. It has been a huge help in narrowing down our culprits, and not just chasing symptoms. God bless you.

Posted On 04/13/2024

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## **karmana**

Thank you for repeating this article! I found that dietary changes are everything in tackling the histamine/allergy problem. It worked so well for me that I'm preparing to adopt the same strategy for one of my very allergic dogs (pictured). It's important to note that the way in which meats are harvested, stored and prepared may explain the difference between reacting, or not reacting, to the same food on different days. Meats/fish must be frozen promptly after harvest to decrease histamine. When there are meat/fish leftovers, must be frozen again quickly, not left in the refrigerator. The good news is that when your system 'calms down' you can manage using a principle some refer to as the 'histamine bucket', and take care not to let it overflow again. Also, there are DAO supplements that can be useful while you are healing.

Posted On 04/13/2024

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## **HealingMindN**

I treat my sensitivities and triggers, thereof, like the blue lines in hockey - which means I'm clueless.

Posted On 04/13/2024

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## **welchmf**

There is a 100% link between histamine and UTI. If you consider histamine makes your blood vessels more permeable, you know it's doing the same to tissues! E. Coli and Kliebsiella are spitting out histamines where they live, so no wonder there's misery when they go where they don't belong.

Posted On 04/13/2024

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## grulla

My airborne allergies are not as bad as they used to be in my younger years due to better eating and vitamin consumption habits. However I am still vulnerable to occasional airborne allergies due to (distant) forest fire haze and smog mixed with tree pollen. I am not aware of any food allergies, but I don't confuse them with certain food intolerances due to age related indigestibility that can bind and clog my lower gut resulting in an inguinal hernia or severe tummy cramps.

Posted On 04/13/2024

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## welchmf

The easiest and least painful way to test for food sensitivities that we, as a family of 5 food-sensitive sufferers have found, is the hair test from US food intolerance. The expanded test is not that expensive and it's worth it. It aligned with our previous results from both blood and computer testing from muscle impulses, and revealed more.

Posted On 04/13/2024

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## MarKe

My child has Mast Cell disorder, which is triggered by histamine. Started LDN in January and what a miracle drug it is. While I have avoided the use of drugs all her life, this is one of two that Dr. Mercola approves of and it is a lifesaver. The benefits keep on coming. It is used off label for many, many illnesses and is a boon to my family.

Posted On 04/13/2024

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