

## Low-Histamine Guidelines

It is important to eat foods that are low in histamine levels in accordance to your threshold. Please always remember that there is no such thing as an “histamine-free diet”!

Here are some general pointers:

- Avoid or reduce eating canned foods and ready meals
- Avoid or reduce eating ripened and fermented foods (older cheeses, alcoholic drinks, products containing yeast, stale fish)
- Histamine levels in foods vary, depending on how ripe, matured or hygienic the foods are
- As much as it is possible, only buy and eat fresh products
- Don't allow foods to linger outside the refrigerator – especially meat products
- Ensure that your food preparation area (kitchen) is always kept clean – but don't be manic!
- Everyone has their own threshold; you will need to find yours
- Learn to cook! It can be loads of fun once you get into it!

Foods that have been reported to have lower histamine levels and are thus to be preferred:

- Fresh meat (cooled, frozen or fresh)
- Certain fresh/frozen fish – hake, trout, plaice
- Chicken (cooled, frozen or fresh)
- Egg
- Fresh fruits – with the exception of plantains, most fresh fruits are considered to have a low histamine level (also see histamine liberators below)
- Fresh vegetables – with the exception of tomatoes, eggplant and spinach
- Grains – also products thereof such as rice noodles, white bread, rye bread, rice crisp bread, oats, puffed rice crackers, millet flour, pasta
- Fresh pasteurised milk and milk products
- Milk substitutes – goat milk, sheep milk

- Cream cheese, mozzarella, butter, (without the histamine generating rancidity)
- Most cooking oils – check suitability before use
- Most leafy herbs – check suitability before use
- Most fruit juices without citrus fruits
- Herbal teas – with the exception of those listed below

Foods that have been reported to have higher levels of histamine:

- Alcohol
- Eggplant
- Pickled or canned foods – sauerkrauts
- Matured cheeses
- Smoked meat products – salami, ham, sausages....
- Shellfish
- Beans and pulses – chickpeas, soy flour
- Long-stored nuts – e.g peanuts, cashew nuts, almonds, pistachio
- Chocolates and other cocoa based products
- Seitan
- Rice vinegar
- Ready meals
- Salty snacks, sweets with preservatives and artificial colorings

Foods that have been reported to have released histamine (histamine releasers):

- Most citrus fruits – lemon, lime, oranges...
- Cocoa and chocolate
- Walnuts, peanuts
- Papaya, pineapples, plums, kiwi and bananas
- Legumes
- Tomatoes
- Wheat germ
- Most vinegars
- Additives – benzoate, sulfites, nitrites, glutamate, food dyes

Foods that have been reported to block the diamine oxidase (DAO) enzyme:

- Alcohol
- Black tea
- Energy drinks
- Mate tea

Debatable:

- Yoghurt – depends on the bacteria culture used
- Egg white – The theory, that egg white is a histamine releaser has been dismissed.

Other:

- Yeast – even though it does not contain histamine as such, yeast serves as a catalyst for minor or major histamine generation during leavening depending on product. There is no yeast in the end product. Relevance of yeast for HIT-patients is under discussion.
- Yeast extract has been reported to be very high in biogenic amines and a DAO inhibitor and is therefore deemed not suitable in the low-histamine diet.

An elimination diet takes around 4 weeks. By then you should feel a lot better. Then it is time to figure out your personal threshold.

<https://www.histamineintolerance.org.uk/about/the-food-diary/the-food-list/>

## **4R Program: Remove, Replace, Reinoculate, Repair**

### **Remove**

This step is all about removing the food triggers in your diet that might be responsible for more inflammation in your gut.

Try an Elimination Diet. An elimination diet is 2 weeks of eating a simple diet from which you have removed the most common food triggers including gluten, sugar, dairy, eggs, soy, coffee, soda, and artificial ingredients – as well as anything you typically crave (i.e., sugar, carbs, salty snacks).

Ideally, you would also stop many of your medications, especially reflux medications, NSAIDs, and antibiotics – but talk with your doctor first! If you have reflux, DGL licorice is a great alternative to PPIs and H2blockers. It safely heals the stomach without the potentially serious adverse effects of the above medications.

If you have constipation, you'll want to deal with this now. Get plenty of fiber in your diet and drink ample water, too. Supplements such as flax seed, psyllium, and magnesium citrate are safe for most people to take daily. For kids, slippery elm, which tastes like maple syrup, may be used, 1-2 tsp daily in oatmeal or a smoothie. The goal is 1 healthy BM every day.

### **Replace**

You're ready for the second step once you've you have started the elimination diet. This step is all about enzymes, which support digestion and the breakdown of food. Add in more fiber by getting 6 to 8 servings of fruits and veggies daily, and add in good quality fats. These are important foods for a healthy gut that our ancestors had as a natural part of their diets, and that we need to replace in ours.

## Reinoculate

After 7-10 days, add in a good quality probiotic. This step enables you to reinoculate your gut with beneficial bacteria and enhance digestion. Also safe for pregnant and breastfeeding women, and for kids.

## Repair

Once you've removed food triggers from your diet, replaced important digestive enzymes, and reinoculated your gut with beneficial bacteria, it's time to repair your gut lining. The following supplements can now be taken for about a month (up to 6 months) to help to heal the intestinal lining:

- Nature's Plus GI Natural
- Ion Gut Health liquid
- Xymogen HistDAO (for food histamines only)
- X-Hist
  
- Other nutrients needed to support allergies
- Turmeric, aloe vera, marshmallow root, and DGL licorice (aloe and licorice are not for internal use during pregnancy; these are fine for children) are some of the most effective herbs for healing the gut lining. They are best taken in capsule or extract form, though turmeric can also be added to foods. DGL licorice is available as chewable lozenges and thus may be the simplest one to give to kids.
- Zinc: 5-10 mg/day for children 4-7 years, 10-20 mg/day for children to age 12, 25-40 mg/day for older children and adults
- An antioxidant supplement containing vitamins A and carotenoids, C, E, and selenium. These are often found in a multivitamin. Pregnant women should get these from their prenatal vitamin only.
- Fish oil: I prefer Nordic Natural Pro-DHA Jr. for kids, and any good quality fish oil for adults. For kids you can put the oil into smoothies.

If you need a program to follow, consider doing a cleanse. Both of these programs are designed for the 4R program. For more information, please consult with a nutritionist at the shoppe!

Standard Process 21 day Purification Program

<https://sunflowershoppe.standardprocess.com/products/purification-product-kit-gastro-fiber>

28 Day Detox Balance Program

<https://sunflowershoppe.standardprocess.com/products/sp-detox-balance-chai-28-day-program-kit>

Bryan's favorite products for dealing with allergies (food and/or airborne);

- X-Hist - 2 capsules 3x a day (includes Quercitin, NAC, Nettles)
- Xymogen Hist DAO - Take 1 capsule 15 minutes before consuming histamine-rich foods
- Ion Gut Health - Take 1 tsp before each meal
- Lifeseason's Digestivi-t - Take 1 capsule before each meal
- Vitamin D 5000iu daily
- Natures Plus GI Natural - Take 1 serving after dinner

For people who need extra support add;

- Any Brand we carry of Butterbur 1 capsule 2x a day
- PHP Histamine scavenger 1 capsule daily
- Standard Process Antronex - Take 1 tb 3x a day

For lung issues;

- Lifeseason's Lung Capaci-T (follow directions)
- Terry Naturally Bronchial Clear (follow directions)
- Klaire Labs Micellized Vitamin A take 5 drops daily (not full dropper)
- NAC 500mg 2x a day