



Low Histamine Starter Guide

LEARN ABOUT HISTAMINE,
DIET TIPS, YES & NO FOODS,
AND SUPPORTIVE SUPPLEMENTS

Nourish Functional Health
www.nourish-functionalhealth.com

Low Histamine Diet Tips

The low histamine diet is a guideline based on general rules of excluding foods high in histamines and foods that liberate histamines. Many people follow a low histamine diet, on-and-off, without really knowing if it is helping. A systematic trial will help you determine it is beneficial.

Goal: Aim to follow a low histamine diet strictly for 1-month. This is to lower your histamine bucket, while giving the supplements a chance to support your mast cells. Most importantly, it is critical to explore if this approach to know if histamines are playing a role in your symptom profile.

A Low Histamine Diet helps prevent excess histamine levels in the body and reduce symptoms. The key is to avoid: foods that contain high amount of histamine, foods that trigger the release of histamine from our cells, and foods that inhibit the production of the enzymes that break down histamine. (all listed on our yes and no)

Before you start removing foods, here are 3 things I want you to remember.

1. Don't remove foods unnecessarily.
2. Think about *replacing foods* rather than *removing foods*. For example, don't think of just removing spinach. Think about what you can eat in its place.
3. Clear your pantry and refrigerator of trigger foods. Fill with foods that you can eat and enjoy. This lowers temptation.
4. Find and join a support low histamine group.

The long-term goal is to support histamine pathways to work correctly. And you want to reduce mast cell over-reactivity, so that you can re-introduce more foods over time.

There are other types of foods that people with MCAS or Histamine Intolerance may react to as well. These include lectins and oxalates. *Note, that if you are not having less reactivity within the first few weeks - exploring removing high oxalates and lectins may prove helpful.*

Take a deep breath. You got this!

What is Histamine?

What is Histamine?

Histamine is a chemical involved in your immune system, proper digestion, and your central nervous system. As a neurotransmitter, it communicates important messages from your body to your brain. It is also a component of stomach acid, which is what helps you break down food in your stomach.

You might be most familiar with histamine as it relates to the immune system. If you've suffered from seasonal allergies or food allergies, you may have noticed that antihistamine medications like Zytrec, Allegra or Benedryl provide quick relief of your symptoms. This is because histamine's role in the body is to cause an immediate inflammatory response. It serves as a red flag in your immune system, notifying your body of any potential attackers.

Histamine causes your blood vessels to swell, or dilate, so that your white blood cells can quickly find and attack the infection or problem. This is part of the body's natural immune response, and typically enzymes will break down the histamine so that it doesn't build up.

If for some reason you don't break down histamine properly, it begins to build up and you develop what we call histamine intolerance.

Because it travels throughout your bloodstream, histamine can affect your gut, lungs, skin, brain, and entire cardiovascular system, contributing to a wide range of symptoms, and often making a histamine intolerance difficult to pinpoint and diagnose.

What is Histamine Intolerance?

There are two enzyme systems that break down histamine to prevent excess histamine levels in the body, a situation referred to as "Histamine Intolerance." These are Diamine Oxidase (DAO) [the main enzyme used in the digestive tract to break down ingested histamine] and histamine N-methyl transferase (HNMT).

Normally, when histamine levels rise above a certain level, these enzymes rapidly degrade the excess. However, if there is a deficiency or inactivity of these enzymes, the body is unable to break down histamine sufficiently, and histamine levels can build up. Once those levels surpass that individual's tolerance threshold (imagine it like a bucket where everything is fine until the water level reaches the top of the bucket and overflows), symptoms such as nasal congestion, flushing, headaches, and hives can occur.

HISTAMINE INTOLERANCE

Yes or No Foods

Foods to Avoid:

Meat, Fish, and Poultry:

- Anything that is not fresh, has been smoked, processed, or cured, and no leftovers.

Vegetables:

- Eggplant
- Mushrooms
- Spinach
- Sauerkraut
- Soy beans (edamame)

Fruit:

- Avocado
- Banana
- Citrus
- Dried fruit
- Strawberry
- Tomato

Nuts:

- Cashews
- Walnuts

Dairy:

- Aged cheese
- Cows milk
- Kefir
- Yogurt

Other:

- Alcohol
- Bone broth
- Canned Beans
- Chocolate
- Cinnamon
- Coffee (the caffeine can raise histamine, you can have decaf)
- Collagen
- Fermented foods/drinks
- Garbanzo beans
- Gluten (wheat, rye and barley)
- Legumes
- Peanuts
- Prepackage rice/pasta meals
- Soy and soy sauce

- Tea (green, mate, or black)
- Vinegar (except distilled white vinegar or apple cider vinegar)

Spices:

- Anise
- Artificial flavors and colors
- Baking mixes
- Cinnamon
- Cloves
- Curry Powder
- MSG
- Mustard
- Nutmeg
- Paprika/cayenne
- Seasoning packets

Foods to Have in Moderation:

(some people tolerate these foods better than others. If symptoms don't subside, you may need to cut these foods out of your diet)

Vegetables:

- Green beans
- Peas
- Pumpkin
- Squash

Fruit:

- Kiwi
- Lemon
- Lime
- Mango
- Nectarine
- Papaya
- Peach
- Pineapple
- Plums
- Raspberries

Nuts:

- Almonds (with skin)
- Pecans
- Pistachio
- Soaked brazil nuts
- Soaked pine nuts

Dairy

- I recommend avoiding all dairy, however, if it's a must, use the below in moderation.
- Goats milk - fresh
- Goat cheese - fresh
- Cream cheese
- Ricotta cheese (grass fed cows)
- Sheep cheese/milk - fresh
- Goat cheese - fresh

Other

- Almond flour
- Apple cider vinegar or distilled white vinegar
- Coconut (flour, milk, butter, or shredded)
- Dried spices (aside from the ones listed above)
- Eggs
- Honey
- Maple syrup
- Yeast

HISTAMINE INTOLERANCE

Yes or No Foods

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Foods to Enjoy!

Meat, Fish, and Poultry (fresh)

- Beef
- Bison
- Chicken
- Duck
- Lamb
- Pork* (often preserved-check)
- Rabbit
- Salmon & Cod (in moderation)
- Turkey
- Venison

Vegetables

- Artichoke
- Arugula
- Asparagus
- Beets
- Beet greens
- Bell Peppers
- Bok Choy
- Broccoli
- Brussels sprouts
- Butternut squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumber
- Garlic
- Jicama
- Kale
- Leafy greens (most)
- Leeks
- Lettuce
- Onions
- Parsnips
- Potato (white)
- Radishes
- Rutabaga
- Scallions
- Sweet potato
- Swiss chard

- Turnip
- Turnip greens
- Watercress
- Winter Squash
- Zucchini
- Yam

Fruit

- Apples
- Apricots
- Blackberries
- Blueberries
- Cherries
- Cranberries (fresh)
- Dragon fruit
- Figs (fresh)
- Grapes
- Melon
- Monk fruit
- Pear
- Pomegranate
- Plantain
- Star fruit

Nuts/Seeds

- Blanched almonds
- Chai seeds
- Chestnuts
- Flax seed
- Hazelnuts
- Hemp seeds
- Macadamia nuts
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds

Grains

- Amaranth
- Beans (soaked over night: black and kidney)
- Lentils (soaked over night)
- Millet

- Oats (gluten free)
- Quinoa
- Rice

Spices

- Basil
- Cardamon
- Chives
- Cilantro
- Cumin
- Dill
- Garlic
- Ginger
- Oregano
- Mint
- Parsley
- Peppermint
- Turmeric
- Rosemary
- Sage
- Salt

Cooking Essentials

- Arrowroot flour
- Blackstrap molasses
- Cassave flour
- Coconut oil
- Coconut sugar
- Extra virgin olive oil
- Flax meal
- Ghee
- Grass fed butter
- Sesame oil
- Stevia
- Tiger nut flour
- Tapioca

Other:

- Leafy herbs
- MCT oil
- Herbal teas
- Himalayan Sea Salt
- Pepper
- White or herbal tea

Note: There are many mixed opinions on what foods to include and not include on a low histamine diet. As you do further research you may find conflicting foods on this list with other list. Some lists are stricter and some are less strict.

HISTAMINE INTOLERANCE

Rules & Supplements

General "Rules"

- Eat only fresh meats, fish, and poultry (be careful with ground meats as some times it is aged)
- Gauge how you feel with fish (fish needs to be frozen right away - usually sockeye salmon is frozen immediately)
- Avoid left overs
- Avoid artificial sweeteners, preservatives, and colors
- Buy high quality foods:
 - Meat: grass fed and organic
 - Poultry and eggs: pasture raised and organic
 - Fish: wild caught
 - Best to get organic fruits/vegetables when possible
- Avoid cooking things for a long period of time (such as in a slow cooker). Pressure cooking (Instapot) is a great way to cook your food. This also decreases lectins which can be troublesome to people with histamine intolerance.
- You can meal prep for the week ahead of time, you will just need to freeze the food right after cooking. Great things to freeze are:
 - Pre-made sauces (freeze in silicone ice trays)
 - Turkey or beef patties
 - Egg muffin tins
 - Muffins made with cassava, tiger nut, or almond flour
 - Soups
 - Stir fries

Supportive Supplements

- A DAO supplement supports the ability to break down and excrete excess histamine.
- Vitamin B6, Magnesium and Copper are cofactors for DAO and HNMT enzyme production.
- Vitamin C (whole food, not ascorbic acid) is a known MAST cell stabilizer.
- MAST Cell combination products with Quercetin and Stinging Nettles are helpful.
- Support copper transportation via ceruloplasmin with Vitamin A (retinol) - ideal is through Cod Liver, & Vitamin E.
- We always recommend running labs and working with a skilled practitioner before blindly taking any supplement.

Metabolic Reboot

THE METABOLIC REBOOT IS LIKE A TUNE-UP FOR YOUR WHOLE BODY—GUIDED BY REAL DATA, NOT GUESSWORK. IF YOU'VE BEEN FEELING A LITTLE “OFF” LATELY (THINK LOW ENERGY, STUBBORN SKIN ISSUES, MOOD SWINGS, INFLAMMATION, OR WEIRD HISTAMINE REACTIONS), BUT CAN'T QUITE FIGURE OUT WHY, THIS PROGRAM IS DESIGNED TO HELP YOU CONNECT THE DOTS AND GET THAT METABOLIC ENGINE HUMMING AGAIN.

WE USE THREE POWERFUL FUNCTIONAL LAB TESTS

ORGANIC ACIDS TEST (OAT), GI-MAP, AND HAIR TISSUE MINERAL ANALYSIS (HTMA)

TO DIG DEEP INTO WHAT'S REALLY GOING ON BEHIND THE SCENES. FROM GUT HEALTH AND NUTRIENT BALANCE TO DETOX PATHWAYS AND METABOLIC FUNCTION, YOU'LL GET A 360° VIEW OF YOUR INNER TERRAIN.

IF YOU'RE TIRED OF GUESSING AND READY TO GET TO THE ROOT OF WHAT'S HOLDING YOU BACK, THIS IS YOUR STARTING LINE FOR REAL, LASTING CHANGE.

LEARN MORE ABOUT THE
METABOLIC REBOOT