

## Information Histaminintolerance

Dear patient!

We diagnosed Histamine intolerance. Histamine is a messenger that belongs to the group of biogenic amines. It is part of many foods and is usually degraded by the body because of the endogenous enzyme diamine oxidase. Your intestinal mucosa does not produce enough of this enzyme, so that in case of taking in food containing a lot of histamine it will enter your blood system which will cause your symptoms.

These are allergy like symptoms, not be confused with a real allergy.

Typical symptoms of histamine intolerance are:

Headache up to migraine attacks, skin rash, itching with wheals, gastrointestinal disorders like diarrhea, stomachache, cramps and flatulation, asthma and difficulty breathing, nausea, palpitation, vertigo, blocked or running nose. All these symptoms are no disease as you would think, but they are all caused by the excess of histamine. The best way to avoid this is not to eat food with high histamine content.

**This includes:** Alcohol, especially red wine and champagne

Hard cheese

Raw sausage like salami or bacon

Sea food, fish (crabs, seashells, shrimp etc.) and fish sauces

Sauerkraut

Vegetable varieties like e.g. tomatoes, spinach and eggplant

Walnuts

Fruit varieties like e.g. strawberry, pineapple and banana

Dough products made with yeast

Chocolate, vinegar or pickled vegetables

All food that is not freshly produced will contain histamine the older it gets. Especially eating histamine-containing food in combination like red wine and cheese can lead to pronounced symptoms. Histaminintolerance can be presumed if blood levels of the enzyme diaminoxidase (DAO) are low.

However the following can lead to false low results without indicating histamine intolerance:

Taking antibiotics (Cefurexim Cefotiam or Clavulanic acid),

anti depressives (Amitriptylin),

antihypertensive drugs (Alprenolol, Dihydralazin, Verapamil),

Metoclopramid or expectorant drugs (Acetylcystein oder Ambroxol) .

Medication such like this must be paused 4-5 days before drawing your blood.

If histamineintolerance is suspected you can prevent the symptoms by changing your nutrition. If this is successful histaminintolerance is most likely and diet should be continued.

In case you do want to eat a meal containing a lot of histamine, to prevent symptoms you can try to take the enzyme in small amount (eg. Daosin-pills up to 3 per day right before a histamine containing meal)

Your Officeteam

Website for nutrition: [www.histaminintoleranz.ch](http://www.histaminintoleranz.ch)

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