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Top 7 Things

You do NOT want to do with

Histamine Intolerance

Eileen Schutte, MS, CN, FMN
Clinical Nutritionist
Functional Medicine Nutritionist

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Resolving histamine intolerance can be challenging, but here are seven things you need to do to stop your histamine bucket from overfilling and leading to histamine reactions.

1. Eating Leftovers

Histamine will form on leftovers, especially meat, poultry, or fish, increasing the histamine levels. Always freeze leftovers after a meal to be reheated, reducing the histamine load.

2.Not Defrosting Right

Whereas it is often recommended to deforest in the fridge, this takes longer and allows histamine to form. Use the microwave to defrost meat and poultry. Fish should be thawed in a bowl of cold water dripping to maintain a safe temperature.

3.Taking the Wrong Probiotics

Some probiotic strains, like Lactobacillus bulgaricus, produce histamine, which can increase histamine levels in the gut. While other strains are histamine reducers, like L. plantarum. Check out my blog to learn more.

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3.Taking Supplements with High B-Vitamins

High-dose B vitamins, especially methylated B vitamins like methylfolate, can increase the production of neurotransmitters like dopamine and adrenalin. High levels of dopamine can lead to anxiety and lack of focus, as well as the release of histamine. In addition, you may experience early morning insomnia and headaches due to high B-vitamins.

It would be best if you always started with a lower dosage, especially with methylated B vitamins. If you want a safe B-vitamin supplement, I recommend Bio-B-100 by Biotics. You can purchase it through my Fullscript Best Supplements for Histamine Intolerance Guide. With my Fullscript guide, you will also get additional guides like my Top 10 Histamine Food Swap List.

5.Stress Management

Overlooked is the fact that histamine is also an excitatory neurotransmitter that is released with exercise and stress and is part of our sleep-wake cycle. When we are stressed, high levels of histamine is released that can fill up our bucket. This becomes a bigger problem if you have gene variants in the genes, HNMT and MTHFR.

Stress management is the key to lowering histamine, along with a low-histamine diet. To manage stress, try meditation, deep breathing exercises, or mindful walks. For more tips on managing stress, check out my Stress Resiliency Toolkit.

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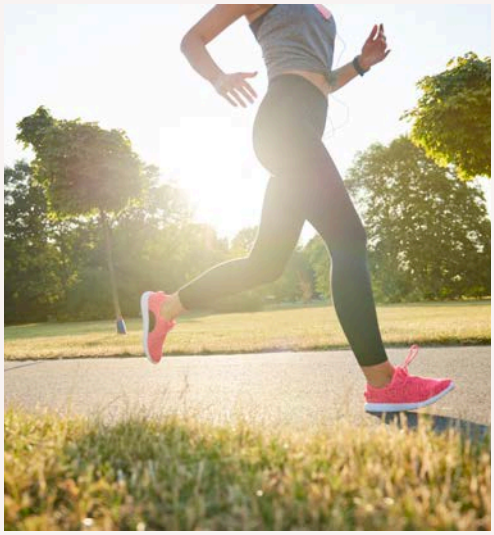
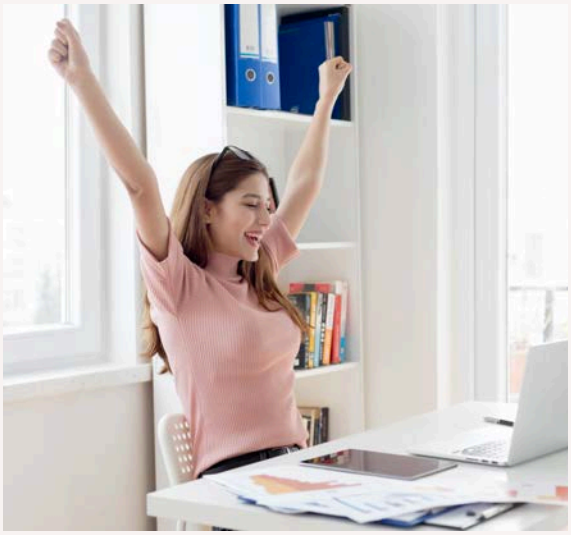
6.Over Exercising

When over-exercise or don't give our bodies time to rest, this causes imbalances in our immune system, especially if you are a woman. Our immune system can become compromised, making fighting infections or repairing tissue damage harder. This leads to an immune system that can become "stuck," which means more histamine release. Make sure to exercise moderately and give your body time to rest and repair.



7.Not Getting Down to the Root Cause

The biggest mistake I see with my clients with histamine intolerance is that they continue to stay on a low-histamine diet without getting down to the root cause! Finding the root cause can be challenging, but it is the key to resolving histamine intolerance. For some of you, it might be multiple causes, such as poor gut combined with genomic variants.



For others, poor gut health or leaky gut can cause increased histamine intolerance and other food intolerances and sensitivities, such as gluten, even if you don't have histamine gene variants. Or, you could have an imbalanced immune system or autoimmunity. By getting down to the root cause, you can finally begin to resolve histamine intolerance and enjoy the foods you love again.

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Thank You...

I hope you enjoyed my guide and that it will help you begin your healing journey on overcoming histamine intolerance.

The first step in resolving histamine intolerance is following a low histamine diet while you uncover the root cause.

Check out my programs that help you to learn how to heal the gut and support your histamine intolerance genes.

Learn more about my Histamine Intolerance Programs!

Contact Information

Phone: 608-224-9585
Email:
unsnutrition@gmail.com
Website:
uniquenutritionsolutions.com

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