



THE PATH  
TO GREATER  
VITALITY AND  
HEALTH

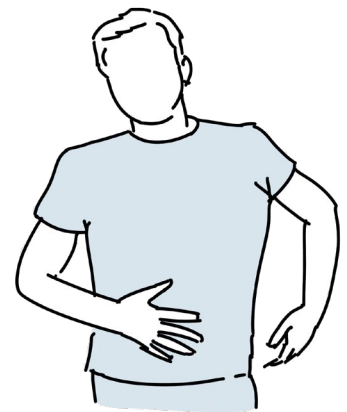
# HISTAMINE INTOLERANCE

In the case of histamine intolerance, the body is unable to metabolise all the histamine ingested with food. This may be due to a reduced ability to metabolise histamine. In the body, histamine can be metabolised by the enzymes diamine oxidase and histamine N-methyltransferase. If there is a functional disorder of these enzymes, the degradation capacity is reduced. The enzyme disorder can be genetically determined or acquired, e.g. due to damaged intestinal mucosa or medication. If there is a high intake of histamine through food, the histamine concentration increases and various symptoms can occur. The first symptoms can occur about an hour after eating histamine-rich foods. Tolerance can vary greatly, but usually small amounts throughout the day are tolerated quite well [1, 2].

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## POSSIBLE SYMPTOMS:

- Diarrhoea, nausea
- Flatulence, abdominal cramps
- Tachycardia, cardiac arrhythmia
- Drop in blood pressure
- Menstrual pain
- Itching, skin redness
- Headaches, dizziness
- Nervousness, restlessness
- Stuffy/runny nose
- Shortness of breath



Once a histamine intolerance has been diagnosed, the ideal strategy is to proceed in three stages:

### 1. Eliminate phase

- Achieve a symptom-free status
- Duration: 2-4 weeks
- Low histamine diet

To relieve the bowel during the eliminate phase, you can also avoid gas-producing foods such as cabbage and onions, as well as coarse wholemeal products. Eat slowly, chew thoroughly, and divide your meals into 5-6 small portions throughout the day.

Write a food and  
symptom diary.

## 2. Testing phase

- Determine your individual tolerance threshold
- Duration: 6-8 weeks
- Reintroduce histamine-containing foods
- Keep checking your individual tolerance threshold

## 3. Individualised permanent diet

- You know your tolerance threshold and you can move on to the permanent diet phase
- Histamine-reduced, varied permanent diet



Zu einer Lagerung zählt auch die Zeit im eigenen Kühlschrank.

Gehen Sie daher mehrmals pro Woche einkaufen!

## USEFUL TIPS (FOR EVERYDAY LIFE)



Long matured and stored foods, as well as fermented foods, contain large amounts of histamine. Reheated meat products also contain a larger amount than freshly prepared meat. For this reason:

- **The fresher, the better**
- **Ensure quick processing**
- **Store at low temperatures**

Some foods and additives, such as flavour enhancers, do not contain large amounts of histamine themselves, but they promote histamine release in the body and worsen the symptoms. The histamine content can also be increased by the processing of ingredients in ready-made products. **You should therefore favour fresh, unprocessed foods.**

Histamine levels depend on production, preparation and storage and can therefore vary greatly. The following table provides you with an overview of suitable and potentially unsuitable foods. However, due to the fluctuating histamine content and individual tolerance, a clear categorization of foods is not possible

**Tolerance is individual and must be tested!**

	SUITABLE 	UNSUITABLE 
<b>Drinks</b>	Mineral water (still, low-carbonated), coffee, apple juice, in small quantities: clear spirits, bottom-fermented beers, white wine	Tea (green, mate), cocoa, orange juice, multivitamin juice, red wine, sparkling wine
<b>Vegetables</b>	All other vegetables	Spinach, tomato, aubergine, avocado, sauerkraut, pickled vegetables (gherkins), pulses (lentils, chickpeas, beans)
<b>Fruits</b>	All other types of fruit	Pineapple, ripe bananas, orange, lemon, strawberry, kiwi, raspberries, papaya
<b>Cereals, cereal products</b>	All other cereals	Wheat germ
<b>Nuts, seeds</b>	Coconut, cashew nuts, sunflower seeds	Peanuts, walnuts
<b>Meat, fish</b>	Fresh meat, fresh fish	Meat/fish stored for a long time, preserved, or reheated long-life sausage, salami, raw ham, salted meat, dried meat
<b>Dairy products</b>	Milk, yoghurt, curd, buttermilk, kefir, young cheeses (butter cheese, mozzarella)  Oat drink, rice drink, oat yoghurt	Matured cheeses (Emmental, Gouda, Harz cheese, Parmesan), Camembert  Soy products (tofu, soy milk, soy yoghurt, soy cream)
<b>Others</b>	Fruit gums, biscuits, cakes, sweets	Chocolate, snacks with glutamate, spices with flavour enhancer, yeast flakes

*The table only contains examples of foods and does not represent a complete list.*

Note: Intestinal flora also plays a role in histamine intolerance, as there are bacterial cultures that have a histamine-lowering effect. Taking probiotics that are especially suitable for patients with histamine intolerance could be useful.

**This recommendation does not consider any other intolerances or allergies. It also does not claim to be exhaustive and serves only as an initial guide. It does not replace the advice of a professional nutritionist.**

**Sources:**

- [1] Schleip T. (2006) Histamine intolerance. 1st edition, TRIAS Verlag in MVS Medizinverlage Stuttgart GmbH & Co KG.
- [2] Ledochowski M. (2010). Clinical nutritional medicine. Springer Vienna New York

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