

# Regul8®

## HISTAMINE

### FOODS THAT ARE HIGH IN HISTAMINE AND THE REASON WHY WE DEVELOP AN INTOLERANCE

Histamine intolerance is not a sensitivity to histamine, but an indication you have developed too much of it. Histamine is ingested from food and is stored in all tissues on the body including the gut, skin, epithelium, blood vessels, nervous system and the bronchioles. Histamine is usually a good thing, unless it can't be broken down properly. If histamine builds up in the system, it can lead to problems.

People develop a range of symptoms from histamine intolerance, and often experience issues with the gut. Symptoms of histamine intolerance include diarrhea, bloating, headaches, skin rashes, allergies, flushed skin, facial swelling, anxiety issues, red eyes and blood pressure changes.

#### WHY DO WE PRODUCE HIGH LEVELS OF HISTAMINE?

- We have an Enzyme in our body called Diamine Oxidase. Diamine Oxidase breaks down histamine foods.
- If you develop a Deficiency to this enzyme you will be unable to break down histamine and can develop an intolerance.

#### DIAMINE OXIDASE CAN BE AFFECTED BY THE FOLLOWING

- Medication
- Leaky Gut, IBS and Gut disorders
- High histamine foods and food that block the Enzyme

#### WHAT IMPACTS DO DIAMINE OXIDASE HAVE ON THE BODY?

- Produces red rashes on the skin
- Inflammatory response
- TEDWL (water loss in skin)
- Headaches
- Nasal congestion
- Hives
- Digestives issues

#### HISTAMINE FOOD

- Alcohol
- Fermented foods (sauerkraut)

- Dairy products
- Dried fruit
- Eggplant
- Spinach
- Avocados
- Processed or smoked meats
- Shellfish
- Aged cheese
- Kefir
- Vinegar

#### HIGH HISTAMINE TRIGGERING FOOD

- Alcohol
- Bananas
- Tomatoes
- Wheatgerm
- Beans
- Papaya
- Chocolate
- Citrus fruits
- Food dyes
- Some nuts - walnuts, cashews and peanuts
- Legunes
- Chickpeas
- Lentils
- Strawberries
- Citrus fruits
- Eggplant
- Spices such as curry and & cinnamon

#### FOOD THAT BLOCKS THE PRODUCTION OF DIAMINE OXIDASE

- Alcohol
- Black tea
- Green tea
- Mate tea
- Energy drinks