

Many people experience allergy symptoms even though conventional tests fail to diagnose allergies. Frequently, that's because the allergy symptoms are caused by a histamine metabolism disorder.

Histamine is a simple chemical substance created during processing of the amino acid *histidine*. Histamine is also an agent in inflammation and increased presence of histamine causes allergic reactions. Histamine may play a role in the increased prevalence of food intolerances.

Nature creates histamine through bacterial decomposition. Food processors take advantage of this, for example, in the making of 'aged' food products like cheese, wine, beer, smoked meats and many other foods. Creating such foods takes time. The longer the aging process, the more histamine it creates. Histamine is also created unintentionally when food spoils. This makes histamine content an indicator of freshness, hygiene and storage.

Histamine plays several important roles in the human body. Tiny amounts are needed as messengers for inflammation and immune response. Too much histamine, on the other hand, causes symptoms of discomfort, such as:

- Headaches
- Heat sensation
- Skin rashes - similar to the results of contact with stinging nettle
- Stuffy or runny nose
- Digestive disorders
- Blood pressure increase
- Allergy symptoms like asthma
- And many more.

Your body, therefore, is vitally interested in keeping histamine levels balanced by digesting histamine in the colon using enzymes. Histamine intolerance occurs when the body's defences are too weak to handle the amount of histamine introduced into the body. This is frequently caused by the following:

- Consumption of large amounts of foods containing histamine;
- Lack of calcium, copper, Vitamin B6, Vitamin C, zinc and other trace elements;
- Overgrowth of fungus or parasites in the colon;
- Overloading the digestive system due to lack of good eating habits.

Often, histamine intolerance is caused by a combination of these factors. MODERN MAYR THERAPIE always provides significant improvement.

Histamine Intolerance can be tested in the laboratory and we conduct these tests if necessary. Blood tests can show mineral and vitamin deficiencies. The Applied Kinesiology test offers rapid diagnosis of histamine intolerance.



## Information about Histamine Intolerance

Reducing histamine intake through foods requires knowing which foods are high in histamine. Histamine is not impacted by heat or cold, so cooking or roasting or freezing does not significantly change the histamine content of foods.

### Overview of Histamine Content in Foods

<b>Low in Histamine - Suitable Foods</b>	<b>High in Histamine - Unsuitable Foods</b>
Fresh fish and fresh meat Frozen fish and meat Codfish, wild salmon, halibut, Atlantic cod	Smoked, pickled, cured or dried foods Marinated foods Spoiled or poorly stored foods Herring, Anchovies, tuna, mackerel
Fresh vegetables and fruit, lettuce, cherries, lemons, cabbage, beans	Salami, corned beef, Osso Collo
Fresh milk and dairy products, Butter, kefir, quark, cottage cheese, yogurt.	Sauerkraut, tomatoes, spinach, bananas Orange, kiwi, strawberry
Brandy, white wine, sour wines, Vegetable juice, Coffee and coffee substitutes (made from malted grains)	Aged cheese such as gouda, cheddar camembert, Emmentaler, blue cheeses such as gorgonzola, Roquefort, stilton, etc.
	Aged red wine, liqueur, sparkling wine, Champagne, dandelion tea, black tea
	Chocolate, nougat, cocoa Red wine vinegar Snack foods

The above tables provide an overview, but are not a complete list of foods high or low in histamine. **The important thing to remember is that fresh foods are usually lower in histamine and are preferable.** Often, a combination of foods high in histamine can cause problems, such as drinking red wine and eating cheese at the same time.

#### Further Reading:

Stossier Harald, Treating Allergies with the FX Mayr Cure, 2004  
 Thieme, Stuttgart / Thieme, New York ISBN: 1588901653



**VIVA**  
 Das Zentrum für  
 MODERNE MAYR MEDIZIN

*Information about Histamine Intolerance*