

Histamine is found in cells of the bloodstream (basophils) as well as cells distributed throughout the body, especially near the skin, respiratory membranes and gastrointestinal lining (mast cells). When these cells "degranulate" or burst as a result of exposure to an allergy-causing substance such as pollen, histamine is released into tissues.

Histamine initiates a cascade of physiologic activity, including inflammation, neurotransmission, and capillary permeability. This is part of its protective and defensive role in our bodies. When it is released in high amounts, symptoms may range from itching and sneezing to tissue swelling. It may be associated with a medical emergency.

It is degraded intracellularly by methylation, and extracellularly by DAO oxidation.

This map is intended to offer an overview of natural antihistamines for mild to moderate discomfort only. Links are provided for their information content and no product endorsement is intended.

Histamine Functions

About Mast Cells

Other products

Garlic

Ginger

Co-Q10

Spirulina

Green tea

Bromelain

Magnesium

Essential oils

Mangosteen

Reishi mushroom

NESS #3, #301

Omega 3 fatty acids

Apple cider vinegar

Lavender, lemon, peppermint oil

Vitamin E, selenium, reduce sensitivity

Vitamin C complex



OPC, Pycnogenol

Flavonoids spare vitamin C

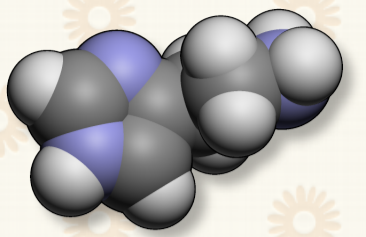
Bromelain assists quercitin

Hesperidin supports blood vessel integrity

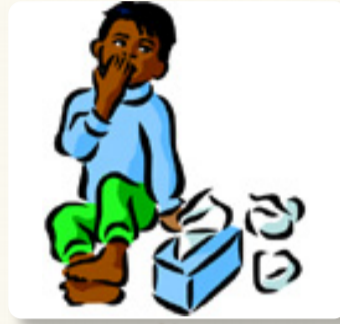
Quercitin inhibits manufacture, release of histamine

Vitamin C prevents histamine release from macrophages

HEPA filters reduce pollen to the nose. The nose filters air to the lungs.



Histamine



Herbs

Butterbur

Chamomile

Stinging nettle

See herb chart *

Terminalia chebula seed extract

Bee products

Propolis

Honey, local

Bee pollen, start with one grain/day



OTC "antihistamines" block receptors, not histamine release.

* Antihistamine Herbs

- marshmallow root
- burdock
- mullein
- goldenseal root
- eyebright
- stinging nettle
- acerola cherry
- ma huang
- capsicum
- rosemary
- white pine
- echinacea
- wild oregano



Amino acids

N-acetyl-cysteine

DL-methionine keeps mast cell wall from bursting

See other maps

★ Inflammation

★ EMF and Mast Cells

★ EHS Belpomme Panel

★ Eczema and Dermatitis



AGGRAVATING FOODS

- Cow's milk
- Hen's egg
- Gluten



AGGRAVATING EMF

- Cellphones
- Smart Meters
- Wi-Fi
- more...

Studies

Honey

Spirulina

Chlorella

Vitamin D

Mangosteen

Perilla frutescens Britton

Children, food, blood tests

Terminalia chebula seed extract

Our own bile lowers histamine

Eosinophilia, food allergy in eczema



The diet should be as healthy as possible.

HISTAMINE ALLERGIES: NATURAL THERAPIES

HISTAMINE OVERLOAD PROTOCOL

HISTAMINE AND HIST. INTOLERANCE

"Histamine intolerance can develop through both increased availability of histamine and impaired histamine degradation."

Low DAO?

★ 15 SIGNS, HIST. INTOLERANCE

★ PEA SEEDLINGS RAISE DAO

WATER AND SALT ARE ANTIHISTAMINES



The great outdoors is good for allergies

EarthClinic

Other links

Natural alternatives

Histamine intolerance

Natural Antihistamines

Restore Unity, histamine

Detoxify to eliminate causes

Leading antihistamine herbs

Goals of natural histamine relief:

- Minimize exposures, if possible
- Strengthen cell walls
- Support natural antioxidant functions
- Prevent excess histamine release
- Optimize methylation functions
- Optimize DAO availability
- Reduce inflammatory processes

Antihistamine Foods

- apples
- garlic
- ginger
- grapefruit
- other citrus fruits
- cherries
- raspberries
- red grapes
- yellow onions
- red onions
- leafy vegetables
- red wine
- green tea
- black tea
- evening primrose
- squash
- shallots
- broccoli
- blue-green algae
- capsicum
- papaya