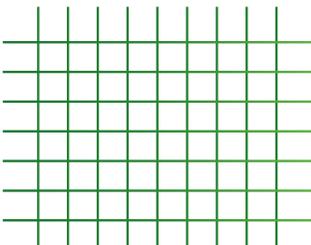
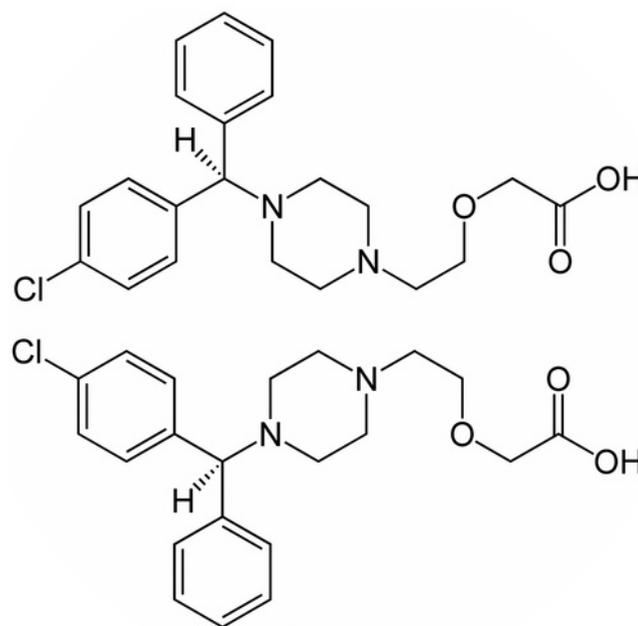




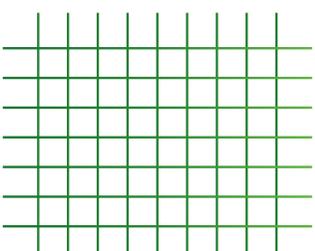
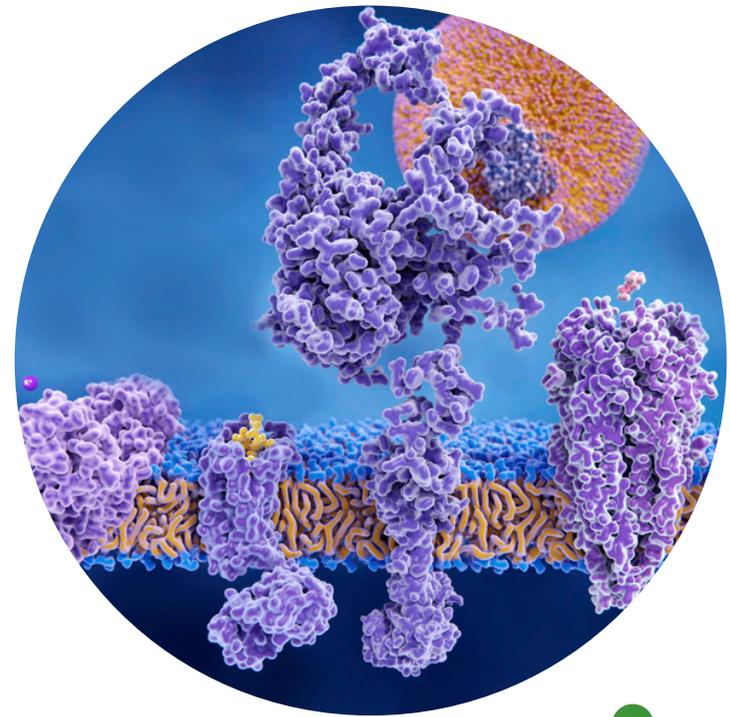
# HISTAMINE INTOLERANCE

**A Guide to  
Understanding Your  
Symptoms  
&  
What to Do**



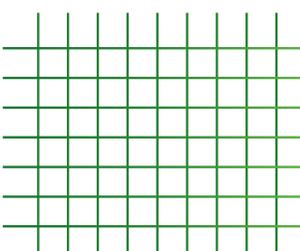
# WHAT IS HISTAMINE

- **Histamine** is a compound involved in the **body's immune & inflammatory responses**.
- It is a neurotransmitter which plays an **important role** in our **Gut Health**.
- It **travels** through the **bloodstream** & hence can cause a **wide range responses** in the body.
- Histamine responses keep us healthy but **high levels** lead to **symptoms**, which are often **debilitating**.



# SYMPTOMS

- Insomnia
- Fatigue
- Headaches/Migraines
- Tissue Swelling
- Brain Fog
- Irritability
- Joint Pain
- Nasal congestion / Runny nose / Sneezing
- Nausea / Vomiting
- Abdominal Pain
- Altered bowel function
- Palpitations
- High Blood Pressure



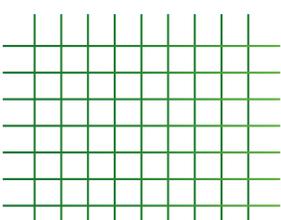
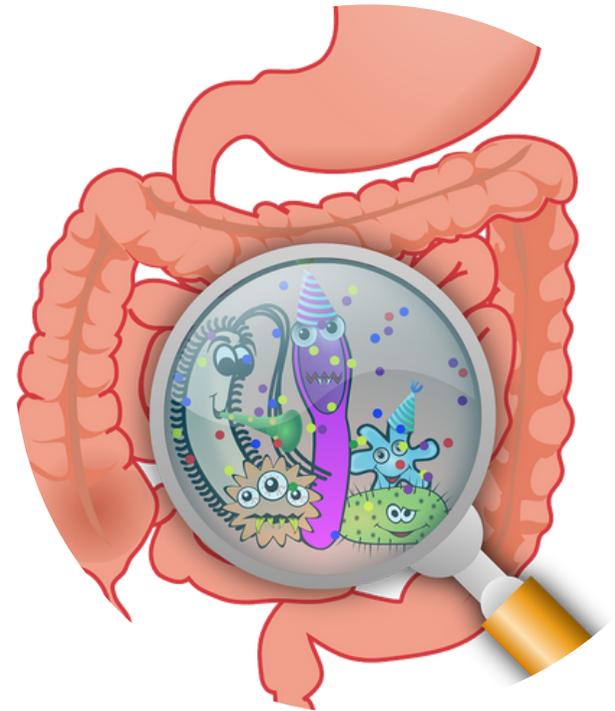


## WHAT CAUSES HISTAMINE INTOLERANCE

- Allergies
- Bacterial Overgrowth (SIBO)
- Dysbiosis
- Leaky Gut
- Histamine Rich Foods
- Fermented alcohol & foods

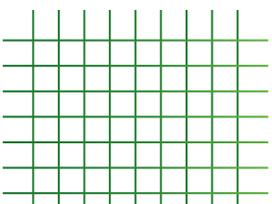
## WHAT HAPPENS?

An enzyme naturally produced in our Gut, DAO (diamine oxidase) breaks down histamine. If we are **deficient in DAO our body wont clear histamine efficiently**. With **poor gut health** & gut imbalance, **dysbiosis**, leads to an increase in histamine & a decrease in that clearance of histamine – so its like a catch 22!



## WHAT DO I DO?

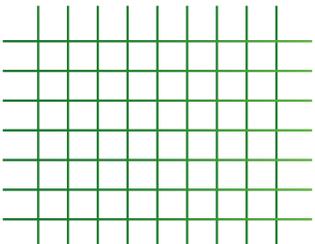
- A Low histamine gut supportive diet will help symptoms.
- However to truly **get to the root** of why you have it, testing is important.
- **Functional testing** provides the greatest answers to **determine** the **appropriate treatments**.
- To maintain good gut health, particularly for histamine intolerant people it is **important to find out what your gut microbiota is & what foods are causing inflammation** to your gut.
- Having other functional tests in combination with histamine testing allow for a definitive plan to treat your symptoms.





## ASSESSMENT

- Detailed **in-depth** assessments are **Really important** to **guide** which **testing** would be most **suitable** for **you**.
- Don't just jump in and start ordering tests.
- We are all different, and there is no one size fits all.
- These tests are amazing and give an in-depth answer to what is happening in your body but it is **important to be guided** by **those in the knowledge** of recommending which test & being able to **analysis the report & develop a plan for you**.





## WHERE CAN I GET TESTING?

Health 4 U a Nurse & Nutritional Practitioner led service provides:

- Detailed In-depth Holistic Assessments
- We organise the appropriate testing for you
- We analyse your report
- We Develop your individualised plan & support you through your journey

**Find out more**  
**[www.health4u.ie](http://www.health4u.ie)**  
**[info@health4u.ie](mailto:info@health4u.ie)**  
**087 7905843**



# Health4U

Diagnostic Health Screening  
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