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 Overload Protocol**

- **Histamine and Histamine Intolerance**
  - "Histamine intolerance can develop through both increased availability of histamine and impaired histamine degradation."
- **Low DAO?**
- **Histamine Overload Protocol**
  - Garlic
  - Ginger
  - Co-Q10
  - Spirulina
  - Green tea
  - Bromelain
  - Magnesium
  - Essential oils
  - Manossteen
- **NESS #3, #301**
- **Omega 3 fatty acids**
- **Apple cider vinegar**
- **Lavender, lemon, peppermint oil**
- **Vitamin E, selenium, reduce sensitivity**
  - Other products
  - Herbs
    - Butterbur
    - Chamomile
    - Stinging nettle
    - See herb chart*
    - Terminalia chebula seed extract
  - Bee products
  - Propolis
  - Honey, local
  - Bee pollen, start with one grain/day
- **See other maps**
  - Antiinflammation
  - EMF and Mast Cells
  - EHS Belpomme Panel
  - Eczeema and Dermatitis
- **Amino acids**
  - N-acetyl-cysteine
  - DL-methionine keeps mast cell wall from bursting
  - Other products
  - Foods
  - EarthClinic
  - Natural alternatives
  - Histamine intolerance
  - Natural Antihistamines
  - Restore Unity, histamine
  - Detoxify to eliminate causes
  - Leading antihistamine herbs
  - The great outdoors is good for allergies
  - Other links
  - HEPA filters reduce pollen to the nose.
    - The nose filters air to the lungs.

**Histamine Functions**

- About Mast Cells
- Other products

**Histamine Allergies: Natural Therapies**

**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

**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.

*Antihistamine Herbs*

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

**Histamine Functions**

**Inflammation**

- 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

**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

**Histamine Functions**

- Food allergens
- The diet should be as healthy as possible.

**Histamine Functions**

- Home: Oscillatorium
- Newest version this map
- Date of this update: 01-10-16