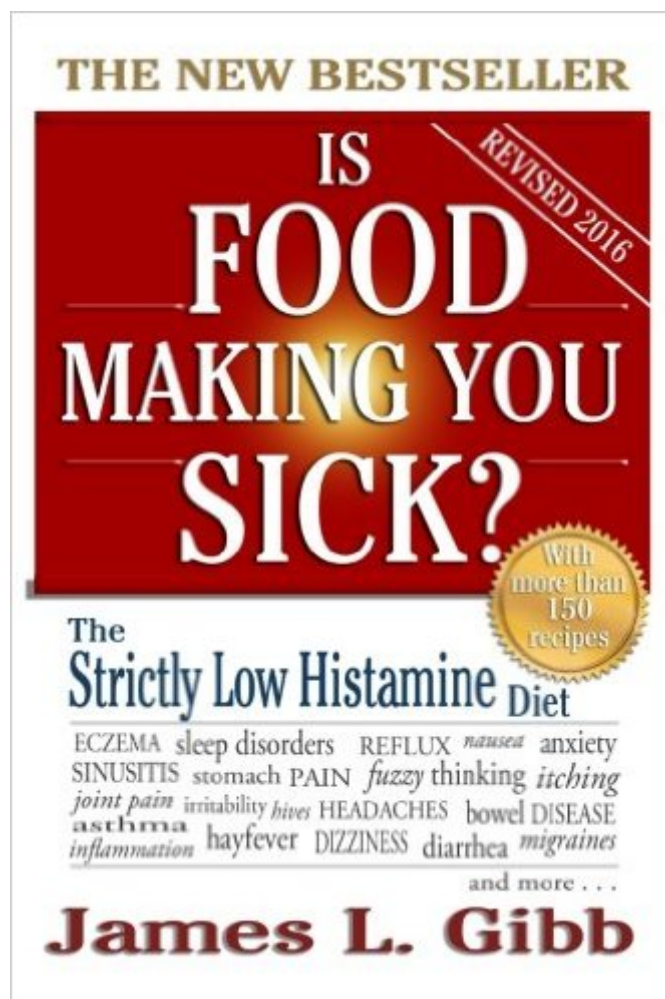


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# Is Food Making You Sick?: The Strictly Low Histamine Diet



## Synopsis

People all over the world suffer from histamine intolerance without being aware of it. We itch, sneeze, suffer from joint pain, inflammation, sleep disorders, irritability, anxiety, bowel disease, diarrhea, flatulence, stomach pain, heartburn and acid reflux, nausea, bloating and other digestive problems, eczema, psoriasis, tissue swelling, urticaria (hives), itching skin, itching scalp, sinusitis, runny nose, puffy eyes, hay fever, asthma, and breathing difficulties, or endure tension headaches, migraines, fuzzy thinking, dizziness, irregular heartbeat, painful periods (women), sudden drops in blood pressure, faintness or flushing. Symptoms may endure throughout our entire lives if we continue to consume large amounts of histamine without knowing it. Histamine is colorless, odorless and tasteless - undetectable except by scientific analysis, and yet crucial to our well-being. Individual histamine tolerance thresholds vary greatly. A range of circumstances including our genes, our environment, our diet and stress, cause our bodies' histamine levels to rise. If they rise faster than our bodies can break them down, we experience the excessive inflammation brought on by histamine intolerance, or HIT. The good news is, if we can understand what is happening and why, we can treat or prevent this widely unrecognized condition. By far the best way to treat histamine intolerance is with diet. All foods with the potential to raise histamine levels should be avoided until your health improves significantly. This book discusses HIT in depth, including causes, symptoms and therapies, backed by scientific research. Along with a list of foods to help HIT sufferers, it includes a wide range of recipes for everything from entrées to desserts. Find out more at <http://www.low-histamine.com/>

## Book Information

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## Customer Reviews

I've had severe allergies all my life and have tried every treatment option available in the USA of which I became aware. Reading this book *Is Food Making You Sick? The Strictly Low Histamine Diet* by James L Gibb has given me more relief and control than all the others combined. While I am quite aware of how allergies and the immune system function, managing histamine levels is never given more attention than selecting which antihistamine drug to take. Gibb uses The Swiss Interest Group Histamine Intolerance (SIGHI), The Swiss Allergy Centre, and Dr Janice Joneja to prepare a list of foods, supplements, and therapies that support a low histamine level and another of foods and items to avoid. Most of the book consists of recipes. I've read this book three times and am still taking away new information that helps me feel better but there are contradictions that confuse me as well. For example, all legumes, pulses, nuts and seeds are to be avoided but yet flaxseed meal and black currant seed oil are therapies. Coconut is recommended often but is classified as a fruit. I have always heard coconut to be a tree nut or a seed depending upon the source. I was surprised to find that wikipedia also lists coconut as a fruit. So do they know about chia seed and how it is a better source for omega 3 than flax seed? Is it to be avoided because it raises histamine levels or they just have not considered it? This book did answer questions for me that typically have given me sceptical looks from USA-trained physicians. Years of headaches might be replaced with bad skin rashes not because it is a psychological issue but because different histamine receptors are activated.

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