

# UNDERSTANDING HISTAMINE INTOLERANCE

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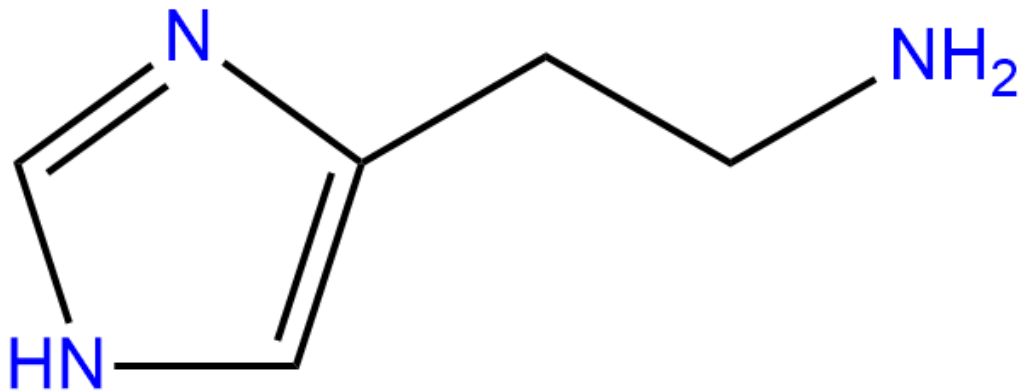
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## A CASE STUDY: HIT HIDES IN PLAIN SIGHT.

- 55 year old female
- Reports with Lyme Disease diagnosis
- Symptoms include: Insomnia, whole-body itching (with and without rashes), wired but tired, intense anxiety, obsessive-compulsive, rage episodes, tachycardia, paresthesia in arms and legs, UTIs, joint pain, tremors, loss of appetite, broken blood vessels in face, acid reflux, RUQ pain, bladder pain and irritation.
- She had a major case of mold, bartonella, and parasites and she had good improvement in working on these issues. But it wasn't until the pattern of HIT was evident that the game of whack a mole stopped and she made much more predictable progress.
- At first patterns were hard to discern. Later associated histamine foods with the bladder pain.
- We didn't measure whole blood histamine until later and noted it was over 120 ng/mL, Now it is under 85 and many of her symptoms are milder or eliminated.
- If I had do-over, I would have started with HIT much sooner.

# WHAT IS HISTAMINE INTOLERANCE?



- When histamine becomes excessive and its effects become toxic.
- **Histamine:** is made from the amino acid histadine, often found in food.
- **Main functions:** Stimulates digestion, important in blood flow, immune and inflammation processes, regulates brain function.
- It is an immune molecule, a neurotransmitter, and a stress hormone.

# HISTAMINE

- Vasodilation (opening blood vessels and regulating blood pressure)
- Vascular hyperpermeability (makes blood vessels leaky to help transport)
- Glandular secretions (mucus, etc.)
- Regulates the sleep-wake cycle
- Releases stomach acid for digestion
- Stimulates neurons
- Regulates appetite
- Smooth muscle (in the organs) contraction
- Sexual function
- Pain perception
- Inflammation and immune function
- Helps move mast cells for immune function
- Neurotransmitter (serotonin, dopamine, norepinephrine, etc.) regulation

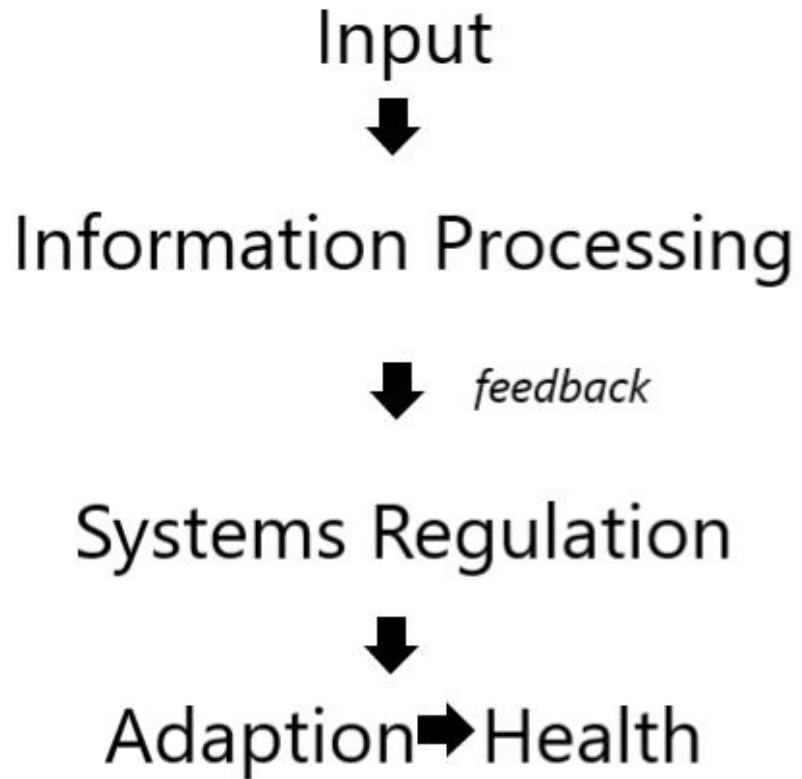
# REVERSE THE FUNCTION LIST TO UNDERSTAND SYMPTOMS OF HIT

- Low blood pressure and flushing.
- Leaky membranes (leaky gut, leaky brain, leaky blood vessels)
- Increased mucus
- Poor sleep, day-night cycle issues
- Acid reflux
- Burning, itching, and rashes/hives
- Food reactions
- Poor appetite
- Overstimulated nervous system
- Smooth muscle spasms/cramps in organs
- Sexual dysfunction
- Increased pain
- Bloating, swelling, and inflammation
- Fluid retention
- Reactive immune system
- Increased mast cell activation
- Neurotransmitter (serotonin, dopamine, norepinephrine, etc.) dysregulation-depression, anxiety.

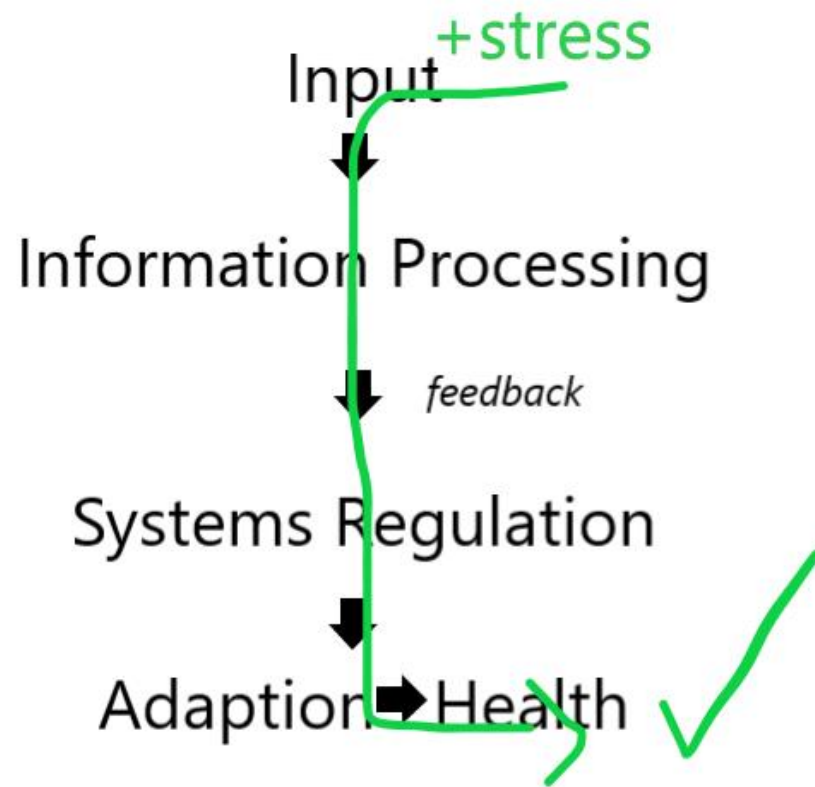
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# PINPOINTING HISTAMINE INTOLERANCE

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- Reactions may seem random at first, especially if they aren't the "classic" histamine symptoms of rashes, flushing, or itching but a symptom picture can be a good start.
  - Whole blood histamine lab test.
  - OAT
  - Symptom questionnaire
  - Genetic testing for SNPs related to histamine.
  - Allergy Testing or Prick Test
  - Dermatographia

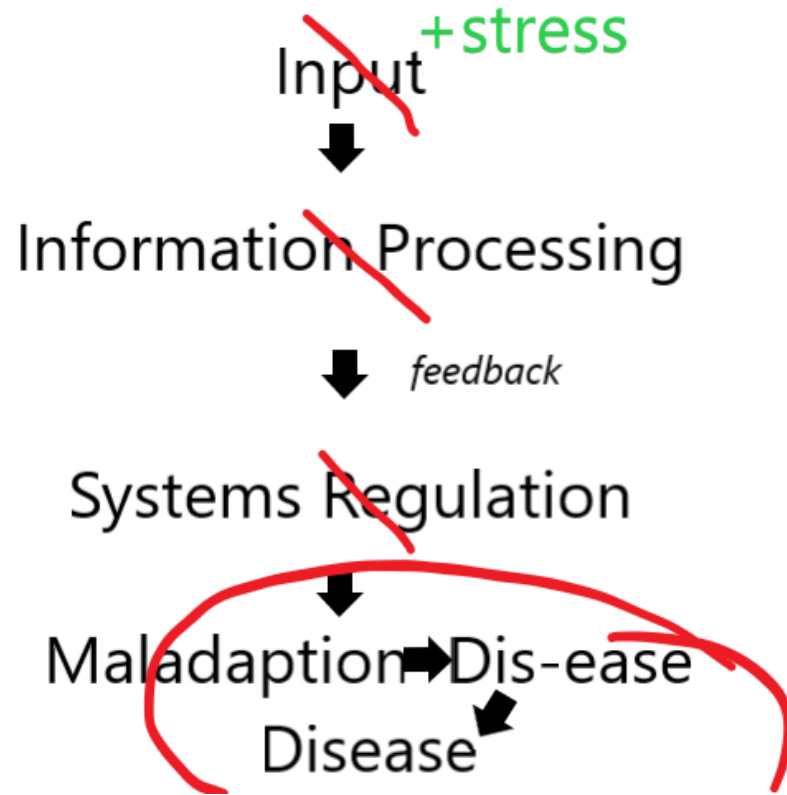


CAUSES OF  
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UNDERSTANDING  
BIO-REGULATORY  
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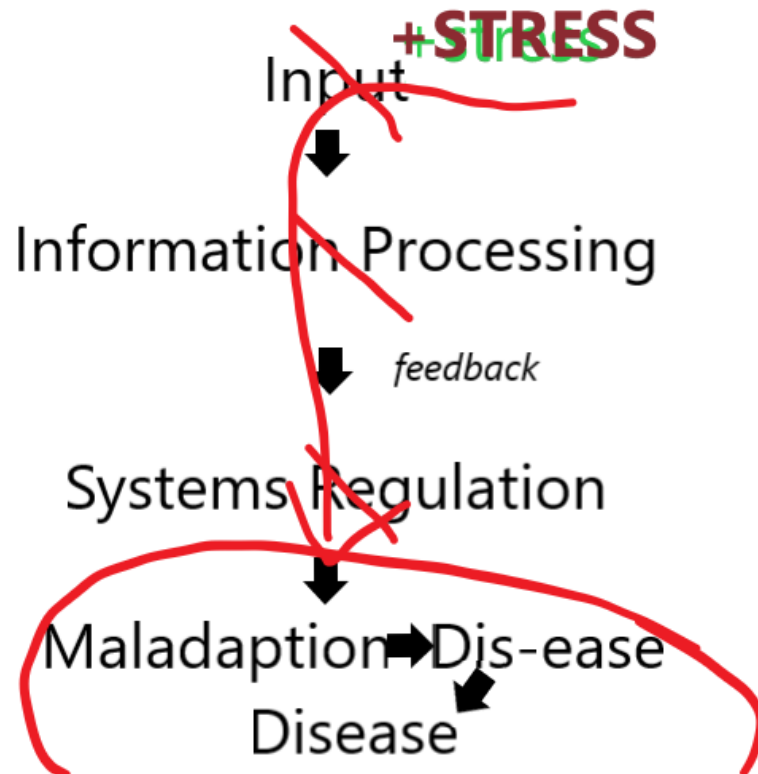


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## CAUSES OF HISTAMINE INTOLERANCE: BREAKING THE BIOLOGICAL FLOW

Deficient in the enzymes that breakdown histamine: **DAO, HNMT, MAO-B.**

- *This could be due to deficiency of co-enzymes (copper, vit C, B-vitamins, methyl donors, magnesium, iron), genetic SNPs, or overburdened enzyme pathways due to other factors.*

**Dysbiosis** of the microbiome, especially the anti-histamine probiotics.

- *Bifidobacterium infantis, Bifidobacterium longum, and Bifidobacterium breve*

## CAUSES OF HISTAMINE INTOLERANCE: BREAKING THE BIOLOGICAL FLOW

### Small Intestinal Bacterial Overgrowth.

- *Bacteria, either pathogenic or from the colon, overpopulates in the small intestine.*

### Parasite Infections.

- *The body will use histamine to try and defend against these invaders and they can stimulate allergies (more histamine).*

CAUSES OF  
HISTAMINE  
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BIOLOGICAL  
FLOW

## Mold Toxicity or CIRS.

- *Creates a toxic and inflammatory state in the body and can stimulate histamine release.*

## Chronic Infections.

- *Dysregulate the body's immune response creating excess histamine, allergies, Th2 dominance.*

## CAUSES OF HISTAMINE INTOLERANCE: BREAKING THE BIOLOGICAL FLOW

### **Stress.**

- *Lifestyle, emotional, or biological stress on the body, mind, or spirit can either dysregulate the immune system or provoke histamine release as a stress hormone.*

### **Field Disruptors.**

- *Infected teeth, poor diet, mercury fillings, etc can all dysregulate the body systems, microbiome, and/or immune system.*

# HEALING HISTAMINE INTOLERANCE

## ■ Short Term

- Low histamine diet
- Natural anti-histamines
- Co-enzyme factors for DAO, HNMT, MAO-B.
- Avoid triggers
- Low and histamine degrading probiotics

## ■ Long Term

- Work with a qualified Bio-Regulatory Medicine practitioner.
- Address the root causes such as SIBO, parasites, dysbiosis, and chronic infections.
- Restore the body's regulatory and adaptive capabilities.
- Shift from low-histamine diet to anti-histamine diet.
- Balance the Th1 versus Th2 immune response.

# IS IT HIT, ALLERGIES, OR MCAS

- **HIT**
- *Excess histamine due to multiple issues arising in the body.*
- **Allergies**
- *Immune response against a particular allergen, may or may not also have HIT.*
- **MCAS**
- *The body's mast cells release histamine and other inflammatory immune molecules too often and too easily. May or may not also have HIT.*



THANK YOU!



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