# 3 POWERFUL Ways to Reduce Histamine Inflammation Transcript

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## Why Histamine Balance Matters

Have you ever thought about how Have you ever thought about how histamine causes inflammation and histamine causes inflammation and unpleasant symptoms, but we also need unpleasant symptoms, but we also need some histamine to live? How do we some histamine to live? How do we balance that? And if histamine is balance that? And if histamine is causing us health challenges, what are causing us health challenges, what are the three big ways to reduce our the three big ways to reduce our Welcome to my YouTube channel. I'm Dr.

Welcome to my YouTube channel. I'm Dr. A, and I talk about integrative and A, and I talk about integrative and holistic means to deal with common, holistic means to deal with common, complex, chronic illness and other complex, chronic illness and other related topics. Let's get into this related topics.

## Foods That Trigger High Histamine

Let's get into this video about histamine. There are three video about histamine. There are three primary interventions that we do with primary interventions that we do with people and that people can do for people and that people can do for themselves to help with their overall themselves to help with their overall histamine load. The first one, if you histamine load. The first one, if you are truly suffering from high histamine are truly suffering from high histamine states, is to look at histamine states, is to look at histamine triggering or high histamine foods and triggering or high histamine foods and remove those from your diet. Now, in the remove those from your diet. Now, in the olden days, we used to have these books olden days, we used to have these books or handouts or whatever that we would or handouts or whatever that we would give people or mail to them. Now, you give people or mail to them. Now, you can go online and while not every list can go online and while not every list will agree of what's higher or lower will agree of what's higher or lower histamine, if you find a reputable histamine, if you find a reputable online source, many universities have, online source, many universities have, you know, histamine containing food you know, histamine containing food lists, and they'll list a scale, low, lists, and they'll list a scale, low, medium, high, or grade one to five, medium, high, or grade one to five, something like that. Take a look at the something like that. Take a look at the higher histamine triggering or higher histamine triggering or containing foods and remove those from containing foods and remove those from your diet. Now, there might be things in your diet. Now, there might be things in there you really like, but if you're there you really like, but if you're really bothered by histamine, let's stop really bothered by histamine, let's stop the flow coming in so that we can the flow coming in so that we can decrease the load on our body. Histamine decrease the load on our body. Histamine is a signaling molecule that is used is a signaling molecule that is used both in the brain and through your both in the brain and through your entire body to signal different types of entire body to signal different types of activity. If we took all the histamine activity. If we took all the histamine out of our brain, we would die because out of our brain, we would die because our body's regulatory mechanisms that our body's regulatory mechanisms that run on histamine receptors would just run on histamine receptors would just shut off and you'd be dead. If you give shut off and you'd be dead. If you give the brain too much histamine, it can the brain too much histamine, it can trigger a lot of things such as trigger a lot of things such as headaches, anxiety states, even headaches, anxiety states, even psychotic episodes. Too much. So, we psychotic episodes. Too much. So, we want the right amount. So, if we have want the right amount. So, if we have too much, let's try and reduce the too much, let's try and reduce the amount that goes in the body. Now, amount that goes in the body. Now, peripheral histamine we think of giving peripheral histamine we think of giving us, you know, allergies, uh hay fever us, you know, allergies, uh hay fever symptoms, itchiness, hives, even uh symptoms, itchiness, hives, even uh allergy anaphylactic syndrome, but also allergy anaphylactic syndrome, but also histamine can create joint pain and histamine can create joint pain and other unpleasant things. So, while we other unpleasant things. So, while we need some histamine, if we're having need some histamine, if we're having those problems and we've decided maybe those problems and we've decided maybe with our health care practitioner with our health care practitioner histamine's a piece of the puzzle, let's histamine's a piece of the puzzle, let's not take it into our body in any higher not take it into our body in any higher amount than we have to. So, go online, amount than we have to. So, go online, look at, you know, low histamine diet or look at, you know, low histamine diet or high histamine foods, either way, and high histamine foods, either way, and just take the

bigger contributors out of just take the bigger contributors out of your diet. So, that's number one. Number your diet. So, that's number one.

## The Three Pathways That Eliminate Histamine

Number two is to attend to the three two is to attend to the three elimination pathways for histamine elimination pathways for histamine biochemically in your body. Now, what biochemically in your body. Now, what are these three pathways? There is uh an are these three pathways? There is uh an acetylation pathway that runs through acetylation pathway that runs through N-acetyltransferase, N-acetyltransferase, N-acetyltransferase, and thankfully that is supported uh by and thankfully that is supported uh by vitamin B5, often known as pantothenic vitamin B5, often known as pantothenic acid. And for decades in the integrative acid. And for decades in the integrative health community, physicians have used health community, physicians have used vitamin B5 to help with histamine vitamin B5 to help with histamine issues. Now, it's not the only way out, issues. Now, it's not the only way out, but vitamin B5 is generally very well but vitamin B5 is generally very well tolerated, and it can be a I call it tolerated, and it can be a I call it kind of the relief valve. Okay. Now, if kind of the relief valve. Okay.

## Supporting DAO and Diamine Oxidase

Now, if you go back 25, 30, 40 years, we used to you go back 25, 30, 40 years, we used to have an enzyme, the second enzyme we have an enzyme, the second enzyme we called uh histaminase. In modern times, called uh histaminase. In modern times, you hear about uh DAO, you hear about uh DAO, or diamine oxidase, that is the same or diamine oxidase, that is the same thing. Histaminase became diamine thing. Histaminase became diamine oxidase cuz it's more of appropriate oxidase cuz it's more of appropriate biochemical term, but that is the enzyme biochemical term, but that is the enzyme pathway to break down histamine. It's pathway to break down histamine. It's heavily represented in your GI tract, heavily represented in your GI tract, but it's also expressed elsewhere in the but it's also expressed elsewhere in the body. So, you can support acetylation body. So, you can support acetylation through vitamin B5. You can support through vitamin B5. You can support diamine oxidase through things like diamine oxidase through things like vitamin C and vitamin B6 and B1 and vitamin C and vitamin B6 and B1 and magnesium and a little bit of copper magnesium and a little bit of copper actually to help on the DAO side. And actually to help on the DAO side. And then you've got a long winding pathway then you've got a long winding pathway often referred to as the HMNT pathway.

often referred to as the HMNT pathway. So, that pathway doesn't just have one So, that pathway doesn't just have one enzyme. So, in people that are real enzyme. So, in people that are real sensitized, what I will normally do is sensitized, what I will normally do is start with the acetylation pathway start with the acetylation pathway through vitamin B5 and the DAO pathway through vitamin B5 and the DAO pathway either through DAO supplement or the either through DAO supplement or the cofactors.

## The HMNT Pathway and Methylation Support

And that kind of takes some cofactors. And that kind of takes some of the pressure off. It helps the of the pressure off. It helps the histamine move out. And then the long histamine move out. And then the long and winding pathway, the histamine and winding pathway, the histamine N-methyltransferase pathway is a little N-methyltransferase pathway is a little tricky because the first step uses a tricky because the first step uses a methyl donor like methyl B12 methyl donor like methyl B12 methylfolate. But some people say, methylfolate. But some people say, "Well, I take that and I get worse "Well, I take that and I get worse histamine symptoms." Well, the reason histamine symptoms." Well, the reason for that is that once I take histamine for that is that once I take histamine and I methylate it, methylhistamine and and I methylate it, methylhistamine and some of my receptors can bind harder some of my receptors can bind harder than regular histamine. So, I call it than regular histamine. So, I call it evil histamine. It's an intermediate.

evil histamine. It's an intermediate. Well, you think, "Well, why would the Well, you think, "Well, why would the body do that?" Well, that's because it body do that?" Well, that's because it methylates it and then it takes to methylates it and then it takes to another step, which is monoamine another step, which is monoamine oxidase, the cousin of

DAO is MAO, okay?

oxidase, the cousin of DAO is MAO, okay? So, monoamine oxidase takes So, monoamine oxidase takes methylhistamine and much like DAO does methylhistamine and much like DAO does on the other side, it converts it down on the other side, it converts it down to a different chemical that is an to a different chemical that is an aldehyde of histamine. Well, aldehydes aldehyde of histamine. Well, aldehydes of histamine are also very disturbing to of histamine are also very disturbing to your body. They're an intermediate toxic your body. They're an intermediate toxic form. Aldehydes don't usually make you form. Aldehydes don't usually make you have the hives or runny nose or other have the hives or runny nose or other stuff. Aldehydes plain make you feel stuff. Aldehydes plain make you feel toxic. You can have headache syndromes toxic. You can have headache syndromes and other stuff if you're trapped at the and other stuff if you're trapped at the aldehyde level. And so, what then we aldehyde level. And so, what then we need is an aldehyde enzyme step to get need is an aldehyde enzyme step to get rid of it at the end. So, this is why I rid of it at the end. So, this is why I called the third pathway the long called the third pathway the long winding pathway because we need methyl winding pathway because we need methyl donors, then we need MAO support, which donors, then we need MAO support, which is very similar to DAO support. So, is very similar to DAO support. So, you're looking at things like vitamin B6 you're looking at things like vitamin B6 and uh magnesium and vitamin C and stuff and uh magnesium and vitamin C and stuff like that. And then the aldehyde support like that. And then the aldehyde support is going to include all of the above is going to include all of the above plus vitamin B1, thiamine, which is very plus vitamin B1, thiamine, which is very important in reducing things. The other important in reducing things. The other thing that helps at the end there with thing that helps at the end there with the aldehyde getting out of the body is the aldehyde getting out of the body is vitamin B3. And the form that is often vitamin B3. And the form that is often used is niacinamide used is niacinamide or nicotinamide. Niacinamide, uh and or nicotinamide. Niacinamide, uh and nowadays we have these uh high-speed nowadays we have these uh high-speed supplements that help uh NAD form in the supplements that help uh NAD form in the body. NAD is actual cofactor for that body. NAD is actual cofactor for that step. So, you've got a whole bunch of B step. So, you've got a whole bunch of B vitamins in there. But, if you think of vitamins in there. But, if you think of three ways out for this nasty histamine three ways out for this nasty histamine molecule, take care of the easy ones molecule, take care of the easy ones first, the acetylation with B5 and the first, the acetylation with B5 and the DAO, and then work on the long winding DAO, and then work on the long winding one because it's got all of those other one because it's got all of those other intermediates in there. And I've done a intermediates in there. And I've done a whole video on the YouTube channel just whole video on the YouTube channel just on those pathways to take a look at. So, on those pathways to take a look at. So, number one is lower the histamine in number one is lower the histamine in your diet. Number two is attend to all your diet.

## Deeper Triggers of Histamine Overload

Number two is attend to all three elimination pathways. And then three elimination pathways. And then number three is more understanding why number three is more understanding why histamine can be such a problem. So, histamine can be such a problem. So, there's a lot of other reasons for there's a lot of other reasons for histamine to give us health problems histamine to give us health problems other than we might just be a little other than we might just be a little allergic or a lot allergic to pollen or allergic or a lot allergic to pollen or something. That's certainly one reason, something. That's certainly one reason, right? But, there's a lot of upstream right? But, there's a lot of upstream triggers to the cells that release triggers to the cells that release histamine that can be additional to the histamine that can be additional to the allergic phenomenon such as pollen or allergic phenomenon such as pollen or other allergies we might have. And so, other allergies we might have. And so, those things then can be mast cell those things then can be mast cell activation syndrome, which means that activation syndrome, which means that the cells that release histamine and the cells that release histamine and other inflammatory chemicals are too other inflammatory chemicals are too sensitive and they release the chemicals sensitive and they release the chemicals prematurely and they shouldn't be doing prematurely and they shouldn't be doing it. So, mast cell problems can do it.

it. So, mast cell problems can do it. Chronic infections can trigger these Chronic infections can trigger these things, very common. Poor digestion and things, very common. Poor digestion and inappropriate microbiome in your gut can inappropriate microbiome in your gut can trigger these things as well. Toxicities trigger these things as well. Toxicities can trigger these things and any number can trigger these things and any number of other things. So, it is

good and it of other things. So, it is good and it is possible to help reduce the histamine is possible to help reduce the histamine in your body. But, if it's a real big in your body. But, if it's a real big problem beyond just a simple allergic problem beyond just a simple allergic phenomenon. By that, I don't mean to phenomenon. By that, I don't mean to minimize people have allergies. I have minimize people have allergies. I have allergies. I don't like them. And so, I allergies. I don't like them. And so, I know what they feel like. But, if you know what they feel like.

## Mast Cell Activation and Chronic Illness

But, if you have a chronic illness that you may not have a chronic illness that you may not know about or you do know about and it know about or you do know about and it has characteristics of chronic has characteristics of chronic infections or toxicities or gut infections or toxicities or gut problems, microbiome problems, biofilms, problems, microbiome problems, biofilms, mast cell activation issues, those have mast cell activation issues, those have to you know you need to know that part to you know you need to know that part one and two lower the histamine in your one and two lower the histamine in your diet, improve the elimination of diet, improve the elimination of histamine can really help. But, if you histamine can really help. But, if you still are having problems, we got to still are having problems, we got to tackle big number three, which is what tackle big number three, which is what else is triggering histamine in my else is triggering histamine in my system. And that's really where working system. And that's really where working with somebody who can help you with the with somebody who can help you with the chronic illness piece can be very, very chronic illness piece can be very, very useful. Now, below, I'm going to list a useful. Now, below, I'm going to list a a link to a few supplements that my a link to a few supplements that my patients have found useful. It's not a patients have found useful. It's not a affiliate. I have no connection affiliate. I have no connection financially these people other than they financially these people other than they make really good nutritional supplement make really good nutritional supplement products. And it's Seeking Health if products. And it's Seeking Health if you're looking for it, but the link will you're looking for it, but the link will be down below. And I list the three be down below. And I list the three primary histamine removal or histamine primary histamine removal or histamine supportive things that we use from them.

supportive things that we use from them. They also do make a DAO and some other They also do make a DAO and some other supplements around histamine as well.

supplements around histamine as well. But again, no financial connection, just But again, no financial connection, just love their quality and the patients love their quality and the patients really respond well. If you like this really respond well. If you like this video, take a look around here. There's video, take a look around here. There's going to be links to other things. We've going to be links to other things. We've got a big histamine playlist over on the got a big histamine playlist over on the main channel at YouTube. Got other main channel at YouTube. Got other playlists that are cool. Let us offer playlists that are cool. Let us offer you some other things to listen to and you some other things to listen to and