Bloating, Itching, Headaches? Your Histamine Levels Are Too High Transcript

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Histamines and Common Symptoms

What do bloating, itchy skin, and headaches all have in common? They're all related to histamines. You might have heard of histamine commonly in an antihistamine allergy medication, something that you'd take for runny nose, sneezing, or congestion.

Histamines are actually all over the place in the body. And a lot of the science that we're seeing is that they are related to skin health, they're related gut health.

They're really to headaches and mood, and then of course allergies as well. There's even some research showing that histamins are really related things like fibromyalgia and other joint and muscle conditions.

So histamine, we want them in a body, but we don't want to be over produced. Histamines are made by a cell, a white blood cell called a mast cell.

How Histamines Are Produced

When mast cells get big and get irritated, they make more of these histamins. As you can imagine, there are a lot more histamiens being produced in the springtime when there's a little more pollen and a bit more mast-cell aggravators.

Every year at the clinic, I offer a spring cleaning reset. This is my favorite time of year because it's a gentle hit the reset button by making sure that we're addressing histamines and we are addressing the liver.

Oh, have you ever done a cleanse or detox where you actually feel worse?

Spring Reset and Liver Support

That could be quite common. And one of the reasons for that is because the toxins bottleneck and they're not all able to exit. So there's a stop gap and symptoms get backed up.

So I don't want that to happen to you. I like to design my cleanses so that they're very systematic and stepwise so we're decreasing histamine load, we are helping support the liver, and by the end of the cleanse, end the reset, you feel incredible.

No bloating, clear skin, great energy, good mood, less headaches. Now, how we do this is a 14 day reset. It's gentle. it includes dietary guidance on how to decrease histamines.

So you get a two week meal plan, your anti-histamine diet. This is my favorite part because I love lists for those of you that know me, I loved being organized and having everything tidy and ready for you.

Why Cleanses Can Make You Feel Worse

You get your grocery list and your prep guide and you're a meal, plan of Here's what to eat for breakfast, lunch, dinner, when to not cook on this day, When to Cook on This Day.

So it's ready-made for you, easy button. That's a piece of it. The nutrition component so that you don't have to think about what eat this week. You can look at your antihistamine diet and eat all of these wonderful nutrition foods while we're decreasing your histamine load and supporting your liver.

Another component of is decreasing inflammation at lunch. Now, inflammation can show up a lot of places in the body.

What the 14-Day Reset Includes

Wherever your weakest system is, that's typically where people feel inflammation. Though sometimes it can be muscles and joints. Sometimes it could be digestion or skin.

sometimes they can hormones. So wherever your body tends to hold on to inflammation, it's usually where you'll see some decrease. And then the third piece is educational blurbs every day about histamines, about how histamine show up in the body, why we're doing what we are doing at each phase of the cleanse, so that this isn't a, do this because I said so, but instead, you can define this information out for yourself and see how your body reacts and responds in each face of a cleanse so you that you could use this as information for after the clients.

As cleansers are great, resets are good, but if you're only hitting the reset button once and then going back to how things were, how much was that really helpful?

Instead, I would love for you to have the information on exactly how your body needs to be supported.

Reducing Inflammation During the Cleanse

So throughout the 14 days, you'll have your meal plan, You'll see inflammation decrease, and you have this educational component of knowing what's going on in your body so that you can start to connect to the dots and help to decrease that histamine load, but prevent the histamines from coming back in the future too.

Now, I offer this cleanse usually twice per year, once for spring cleaning and once in the fall. Oh, the reason for that is because those tend to be when people have their most allergen symptoms where histamines are just going crazy.

Seasonal Timing and Ayurvedic Support

But also in an Ayurvedic context, seasonal changes are a really nice time to support the body, support lymphatic system and the liver and give the It goes through a lot.

Your body's doing a a for you all the time. So this is a gift to it to help hit the reset button and cool off a little bit. Now the details are in the comments below.

This is 20 bucks to join and it includes your educational blurbs every day, your meal plan, and then two live calls with me so that you can get all of your questions answered and start to map out your next step plan after your cleanse.

Pricing, Live Calls, and How to Join

So find the link below, I hope you join us and this is an opportunity to have more information. have more information about what makes your body tick, what make your very happy and what upset.

So please join and if you have questions please don't hesitate to reach out in the comments below too. I'll see you soon.