HISTAMINE OVERFLOW LOOP

KOPEC FUNCTIONAL WELLNESS

Physical Stress

Emotional Stress

Mental Stress

Sensory Stress

Our own cells

Certain Foods

Physical Stress

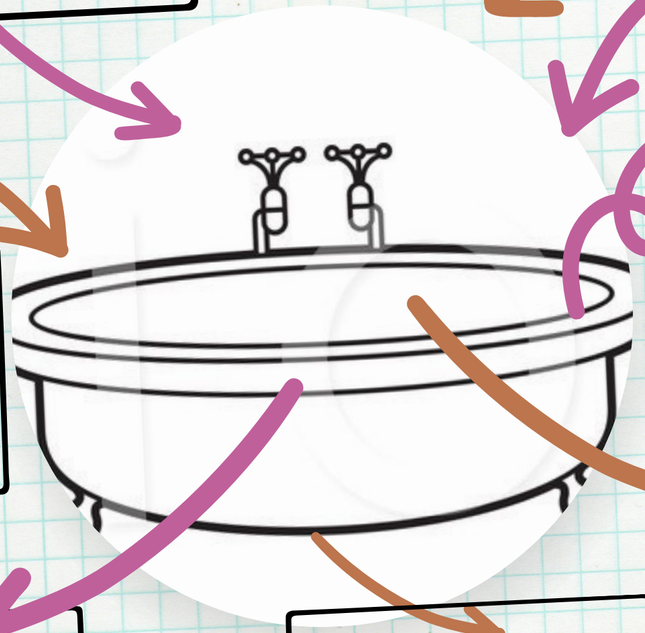
Excess Estrogen

Histamines

Excessive Exercise, Extreme Heat and More

Seasonal Allergies and More

Environment



Symptoms

Anxiety, Brain Fog and More

Headaches, chronic sinus and More

Insomnia, Night Sweats and More

Itchy skin, dry skin, rashes and More

Symptoms

Physical Stress

Histamines

"Drain the bathtub"

Our own body

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