

# HISTAMINE RESET

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## Quick Info

- Histamines can affect hormones, weight loss and immune function
- Histamines can be affected by gut health, stress and diet
- Elimination of foods can help and if needed can be eliminated gradually.
- Therefore we recommend a week by week approach to eliminating histamine foods.
- Reach out if you need help adjusting the strategies.

## Week 2

- Deep breathing 2x daily
- Drink 8 ounces water 8 times a day
- Give up breads of any kind
- Give up refined sugar (white sugar, brown sugar, corn syrup, cane sugar)
- Add Somatic exercise to your workout routine.
- Carry over the elimination from Week 1 and 2 into week 3

## Week 1

- Give up alcohol
- Give up foods containing chemicals such as food dyes, high fructose corn syrup
- Switch to mold free coffee
- Give up peanuts & peanut butter
- Carry over this list into week 2

## Week 3

- Switch from coffee to green tea or matcha
- Give up soy
- Add additional 1/2 c veggie to every meal
- Give up pork and beef (can do bison or venison in place of red meat)
- Give up hard cheeses from cow dairy
- Sleep 7-8 hrs, no more or less. Bedtime 10:30pm
- Carry over Week 1-3 into week 4

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## Week 4

- Give up legumes (beans)
- Give up mushrooms
- Give up tomatoes
- Make your own salad dressing instead of store bought using olive oil
- Give up eggs
- Give up refined carbs that contain more than flour and water such as store bought tortillas, pretzels, crackers, cakes, cookies
- Carry over Week 1-4 into week 5

## Week 5

- Give up avocado
- Use only olive oil as oil
- Give up citrus
- Limit grains to 1x a day or less
- Grains need to be whole grains in original form such as brown rice, corn grits or steel cut oats and avoid anything not whole
- Do one extra thing for your stress and health such as IV, Facial, Massage

## Week 6

- Talk with our office about reintroduction.
- You may continue on the elimination plan as long as you like. If you are concerned about your total nutrition please schedule with us.
- Only fresh and high quality when reintroducing.
- A complete return to a previous lifestyle may result in previous imbalances.

## Final Thoughts

- Histamines are often cumulative so moderation is key to maintenance
- If setbacks occur, a "histamine cleanse" of chicken, lettuce, celery and cucumber may help.
- Brown rice to the cleanse might be acceptable to some.

