

# THE HISTAMINE RESET HANDOUT

- ALWAYS:
  - Deep breathing exercises 3x daily
  - Drink 8 ounces of water 8x daily
  - Carry over the eliminations from each week into the next
- WEEK 1
  - Give up alcohol
  - Give up foods containing chemicals, food dyes, high fructose corn syrup
  - Switch to mold-free coffee
  - Give up peanuts & peanut butter
- WEEK 2
  - Give up breads of any kind
  - Give up refined sugar (white sugar, brown sugar, corn syrup, cane sugar)
  - Switch from coffee to green tea or matcha
- WEEK 3
  - Give up soy, legumes and beans
  - Give up pork and beef (can do bison or venison in place of red meat)
  - Give up hard cheeses from cow dairy
- WEEK 4
  - Give up mushrooms
  - Give up tomatoes
  - Make your own salad dressing instead of store bought using olive oil
  - Give up eggs
- WEEK 5
  - Give up avocado
  - Use only olive oil as oil
  - Give up citrus
  - Limit grains to 1x a day or less and must be whole grains
  - Give up all caffeine
- WEEK 6
  - Make sure the majority of your food every day is from the low and medium histamine side of the list and keep high and very high to a minimum.

Handout courtesy of [www.optim8healthandwellness.com](http://www.optim8healthandwellness.com)

# REINTRODUCTION

## CONSIDERATIONS AND TIPS:

- Reintroduce one food at a time – one food every week
- Be patient during the process
- Always drink 8 ounces of water 8x daily
- ALWAYS do your deep breathing exercises
- Continue to avoid peanuts and peanut butter
- Reintroduction may be more successful if portions are small and introduced when stress is low
- Avoid preparing and eating food in a hurry as this can create a stress response
- Reintroduce vegetables first, then fruit, then grains, then dairy
- Keep out artificial ingredients especially when eating grains, and foods containing sugar
- Keep out “old food”
- If under stress go back to the version of the low histamine that worked for you
- Pay attention to when you are “triggered” by a particular food
- Keep portions small on reintroduction. For example an avocado is more successfully reintroduced if not too ripe (avoid any shiny or grey parts) and if only as much as half at a time.
- Avoid back to back days on the same high histamine foods
- Keep overall diet predominantly low to medium histamine. Reintroduction of foods is to be in limited amounts.
- Overall diet should never be predominantly high histamines again even if you have successfully reintroduced all foods
- Avoid going back to the way things were before
- Determine whether you need to work on next level growth such as trauma therapy or other stress management
- Inflammatory food and drink should be consumed less often and better quality when introducing
- A complete return to a previous lifestyle will result in previous imbalances

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