Understanding Histamine

What Is It? What Does It Do?

Understanding Histamine

Symptoms: headache, itching, sore eyes, sneezing, wheezing (bronchospasm), swellings, rashes, diarrhea and allergy symptoms... Possibly anaphylactic shock (can be fatal)

Understanding Histamine

What Is It? 23 different metabolic roles

- Involved in immune responses
- Also a neuro-transmitter
- Increases permeability of blood vessels (thus causes swellings)

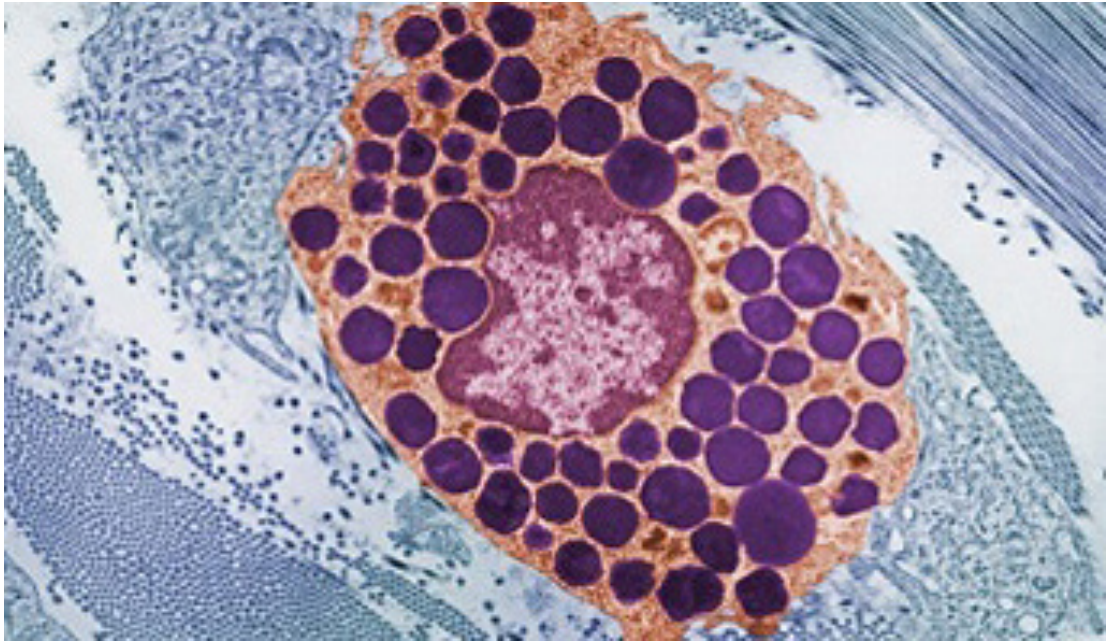
Understanding Histamine

Most Important Histamine Receptors:

H1 Mast Cell breakdown

H2Acid-Releasing cells in the stomach

- H1 is blocked by antihistamines
- H2 is blocked by drugs Cimetidine



Understanding Histamine

Mast Cell Breakdown:

Releases heparin, serotonin, kynins, arachidonic acid and **prostaglandins** which increase capillary permeability, vaso-dilatation and smooth muscle contraction.

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Capillary permeability can lead to massive fluid loss from the circulation.

Smooth muscle contraction leads to bronchospasm.

Both can be dangerous

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Histamine Occurs Naturally In Foods:

Wine, Beers and other fermented drinks

Mold Foods: sauerkraut, pickles, quorn

Tofu and soy sauce, vinegar

Yeasts, chocolate

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Histamine in red wine and chocolate may explain why these tend to cause migraine...
(the 5 "Cs" chocolate, cheese, coffee, claret (red wine) and citrus fruits)

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Histmaine also increases in spoiled foods (foods stored badly).

For example scombroid fish poisoning or scombrotoxin.

Same symptoms as an allergic reaction...

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Symptoms include urticaria (hives), nausea, vomiting, facial flushing, intense headache, epigastric pain, a burning sensation in the throat, dysphagia (difficulty swallowing), thirst and a swelling of the lips.

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Histamine is made from histidine.

Carl Pfeiffer taught us *histapenia* (lack of histamine) and *histadelia* (too much histamine) in psychiatric disorders.

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Pfeiffer claimed that "histadelia" can cause depression with or without psychosis.

His treatment is massive doses of B6 and methionine.

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Histapenias are treatment-resistant.

They have naturally high dopamine, serotonin and norepinephrine, so when given SSRI drugs and other treatments, they have poor effect.

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Histapenias have high levels of copper and may go into overdrive as the correction is working.

They need: folate, B6, B3, B12, C, Omega-3s, zinc and manganese.

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Pfeiffer conjectured another related condition: pyroluria or "Mauve Factor" in the urine, a form of intermittent schizophrenic porphyria.

It's an orthomolecular diagnosis

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Abram Hoffer came up with the idea of large doses of B3 (niacin) for schizophrenia.

Added to B6 and zinc in large doses, often helped but caution is needed.

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The Methylation Connection:

Today we would think of disordered methylation and the methylation gene MTHFR (MethyleneTetraHydroFolate Reductase... sorry!)

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Not enough methylation =
Histadelia (excess histamine)

Over-methylation =
Histapenia (too little histamine)

Treatment is to regulate methylation

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Under-methylation: deficiencies of B6, folic acid and B12 and would cause a tendency towards high histamine, high homocysteine, an increased risk of heart disease and aging processes.

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Over-methylation: Must lower copper with zinc^{+++}, manganese and C.

Histadine actually binds zinc, so you must use big doses of zinc to combat histadine and release the high copper.

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Bottom Line is unchanged:

We need only "low-impact foods" as I now call them.

It's all here in the Diet Wise Academy!
You are in the right place!