

# Help for Allergy Sufferers Who Love to Eat

In our attempt to alleviate symptoms and remain functional during allergy season, we allergy sufferers fill our medicine cabinets with a plethora of antihistamine products. But the side effect of taking antihistamines is a fuzzy, sluggish, drowsy head. So we are forced to choose between the lesser of two evils -- the flu-like symptoms of allergies or the muddle-headed side effect of antihistamines.

Histamine is not an enemy to be eradicated. It is actually an ally, a beneficial chemical substance our bodies naturally produce in response to an injury or foreign substance. However, in addition to pollens and other histamine triggers we inhale, many of the foods we eat contain histamine, and other foods contain compounds that stimulate our bodies to produce histamine. Over time, we can become overwhelmed by high levels of histamine and begin to experience Histamine Intolerance.

In addition to flu-like symptoms, there are many other indications that may be related to Histamine Intolerance. Among them are:

- Abdominal pain, spasm
- Diarrhea alternating with normal bowel movements or constipation
- Chronic constipation
- Flatulence and a sensation of fullness
- Headache (including migraine and menstrual migraine)
- Shortness of breath
- Episodes of dizziness
- Flushing or reddening of the skin (rosacea of the face)
- Panic attacks, sudden changes in mood (aggression, difficulty concentrating, poor attention)
- Chronic fatigue
- Chills, shivers, discomfort, low blood pressure
- Intolerance to certain foods

*If you are experiencing any of these symptoms, I recommend you place yourself under the care of your holistic healthcare practitioner to exclude other conditions that cause similar symptoms.*

I developed the **NovoLife Detoxification System** to enable weight loss -- a pleasant side effect of cleansing the body. Additionally, the **NovoLife Detoxification System**, combined with a **Low Histamine Diet** (that is, by not overloading on high histamine foods and foods containing biogenic amines that cause the body to produce histamine), can also diminish symptoms and enhance quality of life for allergy sufferers.

The following **Low Histamine Diet Guide** provides a fairly extensive list of foods to **Choose** and **Avoid**. As you will see, many of the foods listed to avoid are normally very healthy, and in fact, are recommended on my weight loss diet. Moreover, avoiding all foods rich in histamine and all histamine-releasing foods is impossible because a systematic analysis of many foods has not yet been undertaken. This list is only a reflection of information available to date, but if you will incorporate it as closely as you can I believe your allergy symptoms will decrease.

Congratulations on your decision to make your health a priority!

Dr. Doug Pray



# Low Histamine Diet

## Meat

### Choose this:

- Fresh or deep-frozen grass-fed (free range) meat or poultry that has been continuously kept at adequately cold temperatures (frozen or refrigerated)

### Avoid this:

- All raw, smoked-dried and pickled sausage, salami, bacon, ham, preserved meat and sausage
- Packaged meat or poultry that has not been properly re-sealed after use
- Minced or shredded meats unless they are very fresh
- Re-heated prepared dishes containing meat or poultry
- Eggs

## Fish

### Choose this:

- Fresh or deep-frozen wild-caught fish -- except those species listed to avoid

### Avoid this:

- Tuna, mackerel, sardines, anchovy, herring, crustaceans (lobster, crab, shrimp)
- Preserved, marinated, salted or dried fish
- Fish sauces

## Cheese

### Choose these:

- Small amount of fresh cheeses produced from pasteurized milk (cottage cheese and other milk products)
- Very low histamine: Tilsiter, butter cheese, young gouda

### Avoid these:

- Cheeses with a long maturation period (hard cheeses like Emmentaler, Bergkase, parmesan)
- Mature or overripe pieces of soft cheeses and bleu cheese, ricotta
- Cheeses from raw milk (the flora increases the histamine content)
- Milk, yogurt, kefir, cream, buttermilk

## Bread, Cereals and Confectionary

### Choose these:

- Yeast-free bread, unleavened crackers (not containing apple juice), other baked goods prepared without leavening agents

### Avoid these:

- Breads and pastries prepared with yeast, baking powder and other leavening agents
- Buckwheat



# Low Histamine Diet (Cont'd.)

## Vegetables and Legumes

### Choose these:

- All fresh or deep-frozen vegetables other than those listed to avoid

### Avoid these:

- Avocado, eggplant, mushrooms, pumpkin, spinach
- Tomatoes and tomato products
- Soy and soy products (especially fermented)
- Red beans
- Pickles, olives, sauerkraut and any vegetable marinated in a vinegar-based marinade

## Fruits

### Choose these:

- Whole, fresh or deep-frozen fruits other than those listed to avoid

### Avoid these:

- Orange, grapefruit, lemon, lime
- Apricots, plums, cherries
- Cranberries, strawberries, raspberries, loganberries
- Bananas, pineapple, papaya, mango
- Prunes, raisins, dates, currants

## Nuts and Seasonings

### Choose these:

- Fresh herbs

### Avoid these:

- All nuts, sunflower seeds
- Cinnamon, nutmeg, cloves, anise, curry powder, chili powder
- Vinegar, and dressing or marinades containing vinegar
- Fish sauce, soy sauce, teriyaki sauce

## Beverages

### Choose this:

- Purified water

### Avoid these:

- All alcoholic beverages (including beer, ale, wine and distilled alcohol)
- All special "de-alcoholized" beverages such as beer and wine
- Chocolate, cocoa and cola drinks
- Tea (green, regular, herbal)

## Additives and Preservatives

### Avoid these:

- Tartrazine
- Benzoates
- Sulfites
- BHA, BHT
- MSG
- Nitrites
- Food colorings



## Low Histamine Diet (Cont'd.)

**NovoLife 7-Day Detoxification Program** is a valuable aid to help rid your body of the histamine triggers you inhale, ingest and absorb every day. Performing a **NovoLife 7-Day Detox** periodically during allergy season will greatly reduce the accumulation of toxins that trigger your body's histamine response, lessening your allergy symptoms and your need for antihistamines.

**NovoLife Detoxification Program** is convenient. The gentleness of the cleanse allows you to maintain your daily schedule without being interrupted by frequent bathroom breaks.

**NovoLife Detox** gently releases toxins from your blood and fat cells and cleanses your liver and kidneys so they can effectively flush the toxins from your body.

**NovoLife Metaboost II** increases your body's metabolic activity, maintaining your energy level during the detoxification process.

**NovoLife Energizer Meal Complete** is an allergen-free nutrient-rich pea and rice protein blend shake mix that provides an array of micronutrients, including high-potency vitamins C and B12, activated B vitamins, and chelated minerals. **NovoLife EMC** contains a plant enzyme that enhances protein digestibility and absorption, and chitin-glucan, a novel fiber that supports antioxidant systems in your body. **NovoLife EMC** is ideal for vegans.

No Gluten, Dairy, Lactose, and Other Common Allergens  
Non-GMO  
No Soy Protein  
No Fructose

