



Signs and Symptoms of High Histamine (Histadelia)

Like Pyroluria has a Familial or Genetic component.

Signs and Symptoms:

- Headaches and migraine.
- Sneezing in sunlight.
- Crying or feeling nauseous easily.
- Excess mucus and salivating easily ensuring cavity free teeth.
- Hungry when first wake and prone to peptic ulcers.
- Easy orgasm and/or nymphomania.
- Deception, abnormal fears, compulsions, rituals and obsessions
- Light sleeper, hear pulse in head at night.
- Fast metabolism and "morning person".
- Rarely gain weight.
- Producing a lot of body heat.
- Prominent veins.
- Pronounced facial features.
- Little body hair (e.g. no hair on chest if male) and lean build.
- Get referred itch (e.g. when scratch leg foot or other part itches).
- Frequent back, tummy and muscle cramps and ache.
- Large ears or long fingers and toes.
- 2nd toe out of line, longer than big toe.
- Good tolerance of alcohol and depressant drugs.
- Prone to substance addictions and abuse.
- Depression or suicidal thoughts.
- Diagnosed "vertical" schizophrenic.
- Mental illness unresponsive or worsens with megavitamin therapy and most allopathic treatments.
- Inner tension or driven feeling.

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- Shy or over-sensitive as a child and teenager
- Client mind may go blank if ask a question requiring visualisation scenario out of the blue.
- Seasonal allergies (e.g. hay fever probably with family history).
- All boy family.
- Exposure to toxic levels of lead (not a symptom).

CREDIT: Patrick Holford

Not all the symptoms are present in every Histadelic but a high number of the above may indicate Histadelia and can be investigated by blood level testing, which can be requested through your nutritional therapist as a solo test (£50).

Anti-Histamine Nutrient Requirements: Methionine (use with B6) - Calcium-Ester C - Zinc-Manganese - Quercitin. Keep Folic acid should only be used under the guidance of a Nutritional Therapist and whilst consulting with your GP and /or prescribing physician.