



## Is Food Making You Sick?: The Strictly Low Histamine Diet (Hardback)

By James L Gibb

Quillpen Pty Ltd T/A Leaves of Gold Press, 2017. Hardback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. People all over the world suffer from histamine intolerance without being aware of it. We itch, sneeze, suffer from joint pain, inflammation, sleep disorders, irritability, anxiety, bowel disease, diarrhea, flatulence, stomach pain, heartburn and acid reflux, nausea, bloating and other digestive problems, eczema, psoriasis, tissue swelling, urticaria (hives), itching skin, itching scalp, sinusitis, runny nose, puffy eyes, hay fever, asthma, and breathing difficulties, or endure tension headaches, migraines, fuzzy thinking, dizziness, irregular heartbeat, painful periods (women), sudden drops in blood pressure, faintness or flushing. Symptoms may endure throughout our entire lives if we continue to consume large amounts of histamine without knowing it. Histamine is colorless, odorless and tasteless - undetectable except by scientific analysis, and yet crucial to our well-being. Individual histamine tolerance thresholds vary greatly. A range of circumstances including our genes, our environment, our diet and stress, cause our bodies histamine levels to rise. If they rise faster than our bodies can break them down, we experience the excessive inflammation brought on by histamine intolerance, or HIT. The good news is, if we can...



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