

Frequently Asked Questions

About Histamine Intolerance

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Q: What is Histamine and Histamine intolerance?

A: Histamine is an important chemical which is generated in the body itself and also supplied through food. Histamine is stored in mast cells and nerve cells and is available there to be released. A problem may arise if there is an overabundance of histamine and it is unable to be broken down by means of the enzyme Diamine oxidase (DAO). If the enzyme is not available in sufficient quantity symptoms of a histamine intolerance occur.

Q: Can I have a histamine intolerance as well as a delayed food allergy?

A: Yes, a histamine intolerance is indicated by low DAO enzyme activity and can cause histamine related symptoms. At the same time, you can have delayed IgG reactions to food. With a histamine intolerance you need to reduce the amount of histamine rich food you have in a meal. With a delayed IgG reaction, you need to eliminate those foods for a period of time before gradually reintroducing them into your diet. The ImuPro Bundle Test will combine the results of the Complete 270 foods and your DAO test results.

Q: If my results show I am not histamine intolerant, what else could it be?

A: Symptoms can often present the same but the causes and therefore the testing is different. If your DAO test results show normal DAO enzyme activity, then it won't be the reason for your symptoms. Further diagnosis such as IgG (ImuPro Test), IgE classic allergy or other tests should be carried out to find the cause.

Q: What foods are high in histamine?

A: Food items that undergo a long ageing process are particularly rich in histamine. Examples of foods rich in histamine alcoholic beverages (especially champagne, red wine and wheat beer), aged cheeses, chocolate, aged or cured meats like salami, vinegar, tomatoes, citrus fruits, strawberries, pineapple and some nuts like cashews and walnuts.

Q: What's the difference with the DAO (Histamine Intolerance) Test and other histamine tests?

A: The DAO (Histamine Intolerance) test is not measuring histamine levels. It is measuring the DAO enzyme activity in your body which is responsible for breaking down the excess histamine in food. If you do not produce enough DAO enzyme you cannot break down histamine adequately and that can lead to allergic type symptoms. We are the only company in Australia who offer this type of test direct to consumer. If the test results indicate an intolerance, you can change your diet and reduce your intake of foods containing histamine. Once you have measured your DAO level, it is not likely to change too significantly over time. This is unlike tests for histamine itself which can change

dramatically depending on environment and diet. We analyze DAO activity via a blood serum sample.

Q: Do I have to stop taking antihistamines prior to testing?

A: No, you don't need to stop taking antihistamines. Just stop histamine rich food 2 days prior to blood collection: alcohol, cheese, chocolate, cured meats, fermented foods, and if applicable DAO supplements such as DAOSIN or Histamine.

Q: How do I know if this test is right for me?

A: If you react to foods like wine, cheese or chocolate and get an allergic type of reaction such as red or itchy skin, runny nose, asthmatic type conditions, sinus congestion/blocked nose or headaches then it could be because your body is not breaking down the excess histamine contained in food. Once we measure your DAO enzyme it is a good indication if your symptoms are caused by a histamine intolerance or not.

Q: Do I have to eliminate high histamine foods from my diet?

A: If your test results show you have low DAO enzyme activity, then you need to cut down the amount of histamine rich foods you have in a meal. (Unlike the IgG ImuPro results where you need to eliminate elevated foods for a period of time).