



Histamine Intolerance Tracking Journal: Track Your Body's Reactions and Get Control of Your Health (Paperback)

By Wendy Dewar Hughes

Summer Bay Press, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Histamine intolerance manifests in a host of confusing symptoms. These reactions can flare up, then calm down for seemingly unknown reasons. Why does it seem like a food is fine for you to eat one week and the next week results in a rash, or you can't breathe through your nose? Symptoms of histamine intolerance include skin rashes, hives, persistent fatigue, itching, flushing and severe sweating, joint, bone, or tissue pain; headaches and migraines, racing heart rate, tearing or dry eyes, vertigo, low body temperature, reactions to scents, odors, or chemicals; numbness and tingling, unexplained anxiety, low, or sudden drops in, blood pressure; persistent diarrhea, foggy thinking, sinus problems, chest pain, and many more. Certain foods have been found to contribute to histamine intolerance symptoms. These include some of the most common foods and beverages in the average modern diet, such as tomatoes, wine, chocolate, yeast-raised bread, fermented foods, aged meats, pickles, commercial yogurt, and nut butters. Histamine intolerance has only been identified in the last decade, and many will discover that finding a name for the various combination of symptoms is...



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Without doubt, this is actually the greatest operate by any writer. It is really basic but surprises within the 50 percent of the ebook. I discovered this ebook from my i and dad recommended this ebook to understand.

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It in one of the best ebook. Yes, it is actually engage in, still an interesting and amazing literature. Its been developed in an exceedingly straightforward way in fact it is just following i finished reading through this book by which basically modified me, alter the way i really believe.

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