The Histamine Haven Shopping List

This abundant food list is different from other low histamine lists for many reasons…you'll have to read the book to find out. Why the difference? A low-histamine diet manages symptoms. We wanted to do better than that! The Histamine Haven Protocol aims to address many of the contributing factors to why histamines are causing troubles. It's not just about managing your symptoms, but an approach to help you take back control of your health.

VEGETABLES – fresh or frozen! No canned or dried!				
Artichokes Arugula Asparagus Beets Bok choy Broccoli Brussel sprouts Cabbage – all varieties	Carrots Cauliflower Celery Collard greens Cucumber Dandelion greens Endive Escarole	Fennel Jicama Kale Kohlrabi Leafy greens except spinach Leeks Lettuce – all varieties	Okra Onions Parsnip Pea shoots Radishes Rhubarb Romaine lettuce Rutabaga Shallot/Scallion	Squash – except pumpkin Sunchoke (Jerusalem artichoke) Sweet potato Turnip Watercress Zucchini

FRUIT – fresh or frozen! No canned or dried!				
Apple Apricot Blackberry Blueberry Cantaloupe	Cherry Cranberry Currant – black or red Dragon fruit	Elderberry Figs Honeydew melon Lychee	Mango Nectarine Peach Persimmon Pomegranate	Pear Starfruit Watermelon

ANIMAL PROTEIN – frozen right after slaughter! No ground meats.				
Chicken, skinless Duck, skinless Fresh cheese made from goat or sheep milk	Goat Goose, skinless Ostrich, skinless Pheasant, skinless	Pork Lamb Quail, skinless Turkey, skinless	Veal	Meat stocks made from these meats (without connective tissue or bones).

NUTS AND SEEDS – soaked! Purchase refrigerated				
Almond Brazil nut Chia seed	Flax seed Hemp seed	Macadamia nut Pecan	Pine nut Pistachio	Pumpkin seeds Psyllium seed husk

HEALTHY FATS				
Avocado oil* Duck fat* Grass-fed Ghee* (if tolerated) Goat butter*	Cocoa butter* Coconut milk – full-fat, no gums Coconut oil* Flax oil	Hemp oil Lard* Macadamia oil MCT oil Olive oil	Palm oil* Sesame oil	*these fats are heat stable and are suitable for cooking with

FRESH HERBS and seasonings				
Basil Chives Cardamom Caraway seed	Cilantro Dill Garlic Ginger	Lemongrass Nigella seed Oregano Peppermint	Thyme Turmeric Rosemary Sage	Salt – Himalayan, sea or Celtic

BEVERAGES				
Chamomile tea Freshly made vegetable and fruit juices	Ginger tea Goat milk Mineral water Nettle tea	Peppermint tea Sheep milk Tulsi tea Water, filtered		Good quality herbal tea blends may or may not be tolerated!

STARCHES				
Arrowroot starch Cassava	Plantain Sweet Potato	Tapioca Taro	Tiger nuts (not a nut) Yam	

SWEETENERS – to be used in moderation				
Honey	Maple syrup	Monk fruit	Stevia	

MISCELLANEOUS				
Baking powder (gluten, aluminum & corn free)	Baking soda	Cream of tartar		

The Histamine Haven Stage 2 Shopping List

Once you have spent 1-3 months eating foods from The Histamine Haven Shopping List, then it is time to start adding some additional foods and monitoring how you do with moderate histamine foods. Keep eating everything from Stage 1, and slowly add these new foods. Our book will discuss how to reintroduce new foods in detail, and how to be your own detective.

VEGETABLES – fresh or frozen! No canned or dried!			
Green beans	Peas	Roasted and peeled bell pepper – lower lectin content	White & other potatoes -- peeled

FRUIT – fresh or frozen! No canned or dried!				
Kiwi	Lemon	Lime	Plums	Raspberries

ANIMAL PROTEIN – frozen right after slaughter!				
Beef and other aged meats such as bison, elk, yak… Whole cuts only!	Fish frozen on the ship right after slaughter. Start with skinless salmon.	Poultry with skin.	Any meat from Stage 1 in ground form.	Meat stocks made from stage 2 meats (without skin or bones).
Egg yolk				

NUTS AND SEEDS – soaked! Purchase refrigerated				
Hazelnut	Sesame Seed	Sunflower seed		

HEALTHY FATS
Grass-fed butter

FRESH HERBS and seasonings		
Coriander	Cumin	Dried herbs from Stage 1

BEVERAGES		
Coffee – choose a brand that is low in mycotoxins	Green tea	Rooibos tea

STARCHES
Potatoes, peeled

MISCELLANEOUS
Vanilla extract (alcohol free) or vanilla powder

The Histamine Haven Stage 3 Shopping List

This is the final stage! At this stage you are going to be continuing to figure out what does and doesn't work for your body. The detective work continues. Nutrient dense foods that are high histamine are added back in to deeply nourish you, and some low lectin grains are here too. Small quantities and slow introduction are the keys to succeeding in this stage! It's not necessarily about adding all of these foods back, but rather about figuring out how you can nourish yourself in the best way possible without triggering symptoms. Our book has suggestions and some recipes to help you bring these foods back into your diet.

VEGETABLES – fresh or frozen! No canned or dried!				
Bell pepper	Eggplant Mushrooms	Olives (not pickled)	Potato with skin	Sea vegetables: seaweed & algae

FRUIT – fresh or frozen! No canned or dried!				
Avocado	Citrus fruits	Grapes	Papaya	Strawberry
Banana	Dried fruit – no preservatives			

ANIMAL PROTEIN – frozen right after slaughter!				
Ground beef and other ground, aged meats	Egg whites	Fish with skin	Liver and other offal	Meat stocks made from these meats with connective tissue (skin and bones)

NUTS AND SEEDS – soaked! Purchase refrigerated
Walnuts

HEALTHY FATS				
Heavy cream	Raw dairy			

FRESH HERBS and seasonings				
Anise	Cinnamon	Nutmeg	Peppercorn	

BEVERAGES
Liquor, clear – occasional use only

STARCHES				
Black rice	Millet	Sorghum	White potato	White rice

SWEETENERS – to be used in moderation				
Dried fruit	Molasses			

MISCELLANEOUS				
Coconut butter	Coconut, dried	Cacao	Chocolate	Ferments made using histamine degrading probiotics

This list is to help you find replacement ideas for some of the foods you might be sensitive to. Use this list together with the Stage 1 (Shopping List).

Histamine	Replacement
Meat & Fish	Frozen right after slaughter or catch
Tomato	Squash, carrots, beets or a combination of these
Tea, green and black	Chamomile, nettle, peppermint, tulsi
Milk	Goat or sheep milk if tolerated, macadamia or hemp seed milk
Bone broth	Meat stock frozen into serving sizes
Canned foods	Frozen foods
Walnuts and cashews	Almonds, pistachios, macadamias
Spinach	Arugula or other dark leafy greens
Vinegar	Histamine Haven vinegar (recipe in cookbook)
Yeast	Baking powder – gluten, corn and aluminum free
Alcohol	Clear spirits in extreme moderation (Stage 3)
Pop/sodas	Sparkling mineral water
Chocolate	Treats made with cocoa butter
Cheese	Fresh goat cheese (homemade) or macadamia cream
Pasta	Zoodles, spaghetti squash, cabbage, sweet potato noodles, parsnip
Rice	Cauliflower rice
Breads and baking	Baking using cassava flour, almond flour, sweet potato or plantain
Sugar	Honey, maple syrup, stevia and monk fruit in moderation
Fats for cooking	Coconut oil, ghee, avocado oil, and rendered fats like pastured lard and duck fat
Salad oils	Olive oil, avocado oil or nut/seed oils
Yogurt	Chia Macadamia Parfait (recipe in cookbook)
FODMAPs	**Replacement**
Onion	Green onion, green parts only
Apples	Blueberries
Mango	Honeydew melon
Peach/nectarine	Blueberries
Watermelon	Honeydew melon
Asparagus	Sunflower sprouts
Broccoli	Kale
Cabbage	Bok choy
Cauliflower	Parsnip
Sunchokes	Parsnip
Leeks	Green onion, green parts only
Garlic	Garlic Infused Oil

Salicylates	Replacement
Berries	Pomegranate
Apricot, nectarines, peaches	Mango
Cherries	Peeled pear or apple
Asparagus	Bok Choy
Broccoli	Bok choy
Cucumber	Celery
Endive	Red cabbage
Radish	Rutabaga or turnip
Arugula	Lettuce
Sweet potato	Peeled white potato, plantain or parsnip
Watercress	Lettuce
Zucchini	Celery
Almonds, Brazil, macadamia, and pistachio	Sunflower/pumpkin seeds, hazelnuts, pecans
Coconut oil	Ghee
Olive oil	Avocado oil
Honey	Maple syrup
Peppermint tea	Chamomile
Bay leaf, basil, caraway, cardamom, celery seed, dill, ginger, mint, rosemary, turmeric	Parsley. Most herbs are high in salicylates, but small amounts may be tolerated.
Oxalates	**Replacement**
Almonds	Pumpkin seeds
Brazils, hazelnuts	Pistachio, pecans, macadamia
Beet	Carrot or turnips
Berries	Apple, cantaloupe, honeydew, mango
Endives	Radicchio
Plantain	Kohlrabi
Rhubarb	Sour apple varieties
Greens: chard, collard, sorrel, dandelion	Boil or steam well to reduce oxalates, or replace with arugula, bok choy, or lettuces
Sweet potato, yam (all potato varieties)	Cauliflower mash, sweet potato noodles, butternut squash, celeriac
Parsley	Cilantro
Okra	Asparagus
Early AIP	**Replacement**
Nuts and seeds	Coconut, fresh
Red pepper	Celery for crunch or cooked beets for color
Nut Allergy	**Replacement**
Almond	Pumpkin seed
Macadamia	Coconut cream
Any nuts	Equivalent weight (oz/g) of seeds

Histamine Haven Kitchen Essentials

Just like anyone who is working in the trades needs specific tools for their job, there are some tools you need to be successful in the kitchen. Some tools are necessary, and others are useful, but you might be able to get by without them – we've broken this list into *Must Haves* and *Helpful Tools*, so you know which tools to prioritize.

We have indicated an Instant Pot as a *Helpful Tool* rather than a *Must Have*, but it is worth the investment. If you have a different pressure cooker that is fine too. Pressure cooking allows you to keep histamine levels low, and to cook meat or fish straight from frozen.

We have listed a freezer as a *Must Have*. Purchasing meat and fish from frozen, and then freezing leftovers once you have cooked them, are two important strategies to keep histamine content low, so enough freezer space is important to manage symptoms.

Must Haves

- Baking sheets (rimmed are best)
- Blender – a high speed blender works best, but an immersion blender works for many recipes
- Bread and muffin pans
- Cast iron or ceramic coated pans
- Cutting boards – wood or bamboo
- Freezer
- Graters
- Knives (chef's, paring and serrated)
- Ladle
- Mason jars
- Measuring cups and spoons
- Meat thermometer
- Metal spatula
- Mixing bowls
- Parchment paper or silicone baking mats
- Peeler
- Scissors
- Sharp knives – a variety of sizes
- Sieve or strainer
- Silicon or rubber spatula
- Pots (at least a saucepan and stock pot)
- Storage containers – glass, silicone or stainless steel (if you aren't allergic to nickel)
- Wooden spoon

Helpful Tools

- Candy thermometer
- Cheesecloth – regular and fine (a nut milk bag or tea towel works instead of fine cloth)
- Cookie scoops – #40 scoop is good for fat bombs, and cookies, #30 for small meatballs or large cookies
- Dutch oven
- Food processor
- Food scale
- Ice cube tray or small silicon molds
- Instant Pot or pressure cooker – not a must have, but we **highly recommend an 8 Qts.**
- Mortar and pestle or coffee grinder for grinding dried herbs
- Muffin liners – paper or silicone
- Popsicle molds
- Rolling pin
- Tea ball or strainer
- Thermos – if you can't heat lunch at work
- Tongs
- Vegetable spiralizer
- Whisk, beaters, or stand mixer

Sourcing Kitchen Tools

- High-speed blenders: vitamix, blendtec
- Instant Pot: instantbrands.com (we recommend you get the 8 Qt. so you can batch cook)
- Cast iron frying pan: you can often find seasoned, second-hand cast iron pans at flea markets or second-hand shops. There are many good brands if you are buying new, such as Le Creuset, Lodge or Staub. Buy a 12-inch pan to meet all your needs. Enamel coated pans won't require seasoning.

For sourcing foods and supplements check out our **Suppliers & Supplements** resource too!

Histamine Haven Suppliers

Fish Frozen After Slaughter – there are many small **Community Supported Fisheries** around the world that you can buy fresh fish from. Do an online search for one in your area and ask them if they freeze fish or put it on ice immediately after slaughter (if you are getting straight off the boat). Find out if they sell or ship to your area.

- US: vitalchoice.com
- Western Canada: skipperotto.com

Fresh Crop Nuts

- US: freshfarmnuts.com
  - buyorganicnuts.com
- Canada: ranchovignola.com
  - ca-nutspick.glopalstore.com
- UK: buywholefoodsonline.co.uk – inquire about freshness
- New Zealand: nuttz.co.nz
- Australia: royalnutcompany.com.au

Ingredients
If you are struggling to find ingredients such as Nigella (Black Seed), Sumac, cacao butter, or good quality dried herbs and teas here are some good sources.

- Canada: lightcellar.ca
- Canada & US: omfoods.com
- US: mountainroseherbs.com
- Australia: thesourcebulkfoods.com.au
- New Zealand: thesourcebulkfoods.com.nz
- UK: buywholefoodsonline.co.uk

Need supplements too? Check out our **Supplements** resource.

We do our best to keep this page current and accurate. If you know of additional resources, please connect with us. We have no affiliation with any of the companies or services listed.

Histamine Haven Supplements

Histamine Degrading Probiotics
Never buy probiotics unless you know they are stored properly in cool conditions. Buy directly from the source or a reputable company.

- Five Strain Bifidobacteria: customprobiotics
- HistaminX: seekinghealth
- HMF Bifido: seroyal
- Sensitive Probiotic: getsmidge
- MegaSporeBiotic: microbiomelabs
- Saccharomyces Boulardii: there are many good brands of this single beneficial yeast

Note: customprobiotics also sells single strain histamine degrading probiotics such as L. Plantarum, L. Gasseri, B. Longum, B. Breve and a 2 strain B. Lactis & B. Bifidum

Diamine Oxidase

- HistDAO: xymogen
- ABP1 Assist: professional health products
- DAOfood Plus: dr-healthcare
- Histamine Block: seekinghealth.com
- Diem Histamine Digest (formerly Umbrellux): diemdirectllc.com

If you live in **Canada**, please feel free to explore some of our supplement protocols at https://ca.fullscript.com/welcome/treed-symons
Always discuss supplements with your health care practitioner before starting. Our protocols are not appropriate for everyone.

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Histamine Haven Symptom List

Brain & Nervous System	Skin
• Headache/migraine • Dizziness/vertigo • Anxiety/depression • Numbness/tingling • Nerve pain • Concentration or memory problems • Sensitivity to lights, sounds, smells, temperature, or EMFs (electromagnetic fields)	• Flushing (when embarrassed or after drinking alcohol) • Hives, rashes, or eczema • Itchy skin • Excessive sweating • Swelling/edema • Dermatographism (welts or lingering red or white marks with pressure, rubbing or scratching) • Strong reaction to bug bites
Respiratory (Lungs & Nose)	**Cardiac**
• Asthma (including exercise induced) • Coughing or itchy throat • Shortness of breath • Drippy nose • Congestion (mouth breather) • Sinus or nasal inflammation • Nose bleeds • Nasal polyps	• Heart palpitations or racing heart • Arrythmia • Low or high blood pressure • Blood clots • Chest pain • Fainting
Reproductive	**Urinary**
• Extreme pain with periods • PMS • Infertility • Estrogen dominance (men or women)	• Urinary urgency or frequency • Pain with urination • Pelvic pain • Vulvar pain
Digestive	**Muscles & Joints**
• Nausea with or without vomiting • Heartburn/GERD (reflux) • Diarrhea • Abdominal pain • Food allergies and sensitivities	• Pain (including back pain) • Twitches • Degenerative disks • Hypermobility
Systemic	**Eyes, ears & mouth**
• Anaphylaxis • Sleep difficulties	• Conjunctivitis • Tinnitus (ringing in ear)

• Sensitivities to smells, lights, sounds, temperature or EMFs	• Feeling of blocked ears • Itchy or burning mouth

This is not a complete list. Wondering if other symptoms could be histamine or mast cell related? Reach out to us.

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Histamine Haven's List of Conditions with Mast Cell Involvement

Research is happening rapidly in the field of mast cells. We do our best to keep this list up to date, so you can check in from time to time to see if the list has been updated.

*Mast cell involvement in disease progression, does not always indicate MCAS. This information is for **educational purposes** only.*

ADHD[i]
Alopecia (Telogen Effluvium)[ii]
Anxiety[iii]
Ankylosing Spondylitis[iv]
Atherosclerosis[v]
Autism[vi]
Burning Mouth Syndrome[vii]
Cancer (gastrointestinal)[viii]
Cardiovascular Disease[ix] [x]
Celiac[xi]
Chemical Intolerance[xii]
Chronic Fatigue[xiii]
Chronic Obstructive Pulmonary Disease (COPD)[xiv]
Chronic Pelvic Pain Syndrome (male)[xv]
Chronic UTIs (urinary tract infections)[xvi]
Complex Regional Pain Syndrome[xvii] [xviii]
Crohn's/colitis[xix] [xx]
Diabetes, Type 1[xxi]
Endometriosis[xxii]
Fibromyalgia[xxiii] [xxiv]
GERD (gastroesophageal reflux disease)[xxv] [xxvi]
Glaucoma[xxvii]
Hashimoto's[xxviii]
Hypermobile Ehlers-Danlos Syndrome (EDS)[xxix]
IBS[xxx]
Idiopathic pulmonary fibrosis (IPF)[xxxi]
Insomnia[xxxii]
Interstitial Cystitis[xxxiii]
Liver Disease[xxxiv]
Long COVID[xxxv] [xxxvi]
Multiple Chemical Sensitivity[xxxvii]
Multiple Sclerosis[xxxviii]
OCD[xxxix]
Oral Lichen Planus[xl]

Parkinson's[xli] [xlii]
Postural Orthostatic Tachycardia Syndrome (POTS)[xliii]
Pulmonary Fibrosis[xliv] [xlv]
Psoriasis[xlvi]
Restless Leg Syndrome[xlvii]
Rheumatoid Arthritis[xlviii]
Rosacea[xlix]
Schizophrenia[l] [li]
Stroke[lii]
Systemic Lupus[liii]
Tinnitus[liv]

Histamine Haven Medical Resources

Finding a Doctor

These organizations are good starting points to find a doctor, especially if you don't have a local mast cell disease organization in your area. Search for a doctor **with experience in histamine or mast cell issues**. Consider telemedicine if you can't find someone locally.

- Institute for Functional Medicine: imf.org
- Do an online search for an integrative or functional doctor in your area.
- Do an online search for the naturopathic organization in your country.

Lab Testing without a Practitioner

It is important to work with a practitioner who can help you navigate tests. If you want to get tested for Histamine/DAO/Zonulin levels, or for mast cell activation biomarkers, then you will need to work with a practitioner who does these tests. Testing for hormonal levels, chronic infection, and nutrient levels all needs to be done with your medical team.

There are a few tests you can order yourself to help you identify root factors.

Package Test

- EnviroTOX Complete Panel: includes the MycoTOX, GPL-TOX, Glyphosate Test as well as an Organic Acids Test – greatplainslaboratory.com

Mold Testing

- For yourself: MycoTOX Profile (mold exposure) – greatplainslaboratory.com
- For your home: ERMI Test – mycometrics.com

Toxicity Testing

- GPL-TOX Profile (toxic non-metal chemicals) – greatplainslaboratory.com
- Glyphosate Test - greatplainslaboratory.com
- EnviroTOX Complete Panel: includes the MycoTOX, GPL-TOX, Glyphosate Test as well as an Organic Acids Test - greatplainslaboratory.com

Genetic Testing

- strategene.me – includes genes involved in histamine clearance pathways

Tracking Symptoms

Worksheet

- histaminehaven.com/resources (also available in the Histamine Haven Community)

Apps

- mySymptoms: in addition to your symptoms, you also track food and drink intake, medications, supplements, exercise, and environmental triggers. Tracking all of these different areas is particularly useful to identify MCAS triggers. There is a comprehensive list of symptoms in the app with the ability to add your own as well.

We do our best to keep these pages current and accurate. If you know of additional resources, please connect with us.
We have no affiliation with any of the companies or services listed.

Histamine Haven Additional Resources

There is overlap in these resources. Some of them are specific to histamine intolerance or mast cell activation syndrome, while others cover both topics. For simplicity, we have divided them into either condition.

Books

Histamine Intolerance

- Histamine Haven: the essential guide and cookbook to histamine and mast cell activation by Tracey Reed and Luka Symons
- The Beginner's Guide to Histamine Intolerance by Janice Joneja
- Histamine Intolerance The Cookbook by Janice Joneja
- Histamine Intolerance: The Comprehensive Guide for Healthcare Professionals
- The 4-Phase Histamine Reset Plan by Dr Becky Campbell
- Is Food Making You Sick? by James L. Gibb
- The Anti-histamine Diet by Anna Keating

Mast Cell Activation Syndrome

- Histamine Haven: the essential guide and cookbook to histamine and mast cell activation by Tracey Reed and Luka Symons
- Never Bet Against Occam by Lawrence B Afrin MD
- Mast Cells United by Amber Walker
- The Trifecta Passport by Amber Walker
- Toxic: Heal Your Body from Mold Toxicity, Lyme Disease, Multiple Chemical Sensitivity, and Chronic Environmental Illness by Neil Nathan, MD

Websites

Histamine Intolerance

- alisonvickery.com
- drbeckycampbell.com
- drbenlynch.com (genetic testing for histamine related markers)
- histamineintolerance.org.uk
- healinghistamine.com
- histamineintolerance.net

histaminehaven.com

- histamineintoleranz.ch (in German, English and French)

Mast Cell Activation Syndrome

- mastzellactivierung.info (in German, English and French)
- mastcell360.com
- mastcellmaster.com
- mastcellresearch.com
- aaaai.org

Mast Cell Disease Organizations

These societies can connect you to local resources and some of them can help you find a physician in your area. If you can't find something locally, then contact Allergy associations.

- US: tmsforacure.org
- Canada: mastocytosis.ca
- UK: ukmasto.org
- New Zealand: mastocytosis-mcas.org
- Australia: mastocytosis.org.au

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[i] https://link.springer.com/article/10.1007/s00787-014-0522-2
[ii] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5514792/
[iii] https://pubmed.ncbi.nlm.nih.gov/19004805/
[iv] https://journals.sagepub.com/doi/full/10.1177/1759720X20971907
[v] https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1582-4934.2002.tb00456.x
[vi] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4931610/
[vii] https://pubmed.ncbi.nlm.nih.gov/21420635/
[viii] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3955103/
[ix] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6678575/
[x] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3114553/
[xi] https://pubmed.ncbi.nlm.nih.gov/3728211/
[xii] https://enveurope.springeropen.com/track/pdf/10.1186/s12302-021-00570-3.pdf
[xiii] https://grantome.com/grant/NIH/R01-NS071361-03
[xiv] https://www.atsjournals.org/doi/full/10.1164/rccm.200906-0932oc
[xv] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3662223/
[xvi] https://www.ics.org/Abstracts/Publish/326/000270.pdf
[xvii] https://onlinelibrary.wiley.com/doi/abs/10.1111/papr.12049
[xviii] https://www.sciencedirect.com/science/article/abs/pii/S0165247803002839
[xix] https://europepmc.org/article/med/17252993
[xx] https://pubmed.ncbi.nlm.nih.gov/7549499/
[xxi] https://www.sciencedirect.com/science/article/abs/pii/S1521661615300826?via%3Dihub
[xxii] https://pubmed.ncbi.nlm.nih.gov/29215841/
[xxiii] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6687840/
[xxiv] https://pubmed.ncbi.nlm.nih.gov/20428906/
[xxv] https://journals.lww.com/ebp/Abstract/2018/01000/In_adult_patients_with_GERD,_do_histamine__H2_.14.aspx
[xxvi] https://pubmed.ncbi.nlm.nih.gov/16336606/
[xxvii] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8392511/
[xxviii] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6449760/
[xxix] https://acrabstracts.org/abstract/mast-cell-activation-features-in-ehlers-danlosjoint-hypermobility-patients-a-retrospective-analysis-in-light-of-an-emerging-disease-cluster/
[xxx] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5503283/
[xxxi] https://www.sciencedirect.com/science/article/abs/pii/0091674987901588
[xxxii] https://pubmed.ncbi.nlm.nih.gov/24205232/
[xxxiii] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2346452/
[xxxiv] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5582878/
[xxxv] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7529115/
[xxxvi] https://pubmed.ncbi.nlm.nih.gov/33023287/
[xxxvii] https://pubmed.ncbi.nlm.nih.gov/15031958/
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[xxxix] https://www.sciencedirect.com/science/article/abs/pii/S0010440X11002409
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[xlii] https://pubmed.ncbi.nlm.nih.gov/12065607/
[xliii] https://www.ahajournals.org/doi/full/10.1161/01.HYP.0000158259.68614.40
[xliv] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3624698/
[xlv] https://www.frontiersin.org/articles/10.3389/fphar.2013.00174/full
[xlvi] https://pubmed.ncbi.nlm.nih.gov/18719932/
[xlvii] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7075100/
[xlviii] https://pubmed.ncbi.nlm.nih.gov/17523945/
[xlix] https://pubmed.ncbi.nlm.nih.gov/24844861/

[l] https://pubmed.ncbi.nlm.nih.gov/17349864/
[li] https://www.sciencedaily.com/releases/2013/07/130701080938.htm
[lii] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6562540/
[liii] https://pubmed.ncbi.nlm.nih.gov/27003772/
[liv] https://pubmed.ncbi.nlm.nih.gov/25909438/