



Histamine Haven Symptom List

Brain & Nervous System	Skin
<ul style="list-style-type: none"> • Headache/migraine • Dizziness/vertigo • Anxiety • Numbness/tingling • Nerve pain • Concentration or memory problems • Sleep difficulties • Sensitivity to lights, sounds, smells, temperature or EMFs (electromagnetic fields) 	<ul style="list-style-type: none"> • 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
<ul style="list-style-type: none"> • Asthma (including exercise induced) • Coughing • Shortness of breath • Drippy nose • Congestion (mouth breather) • Sinus or nasal inflammation 	<ul style="list-style-type: none"> • Heart palpitations or racing heart • Arrythmia • Low blood pressure • Blood clots • Chest pain
Reproductive	Urinary
<ul style="list-style-type: none"> • Extreme pain with periods • PMS • Infertility • Estrogen dominance (men or women) 	<ul style="list-style-type: none"> • Urinary urgency or frequency • Pain with urination • Pelvic pain • Vulvar pain
Digestive	Muscles & Joints
<ul style="list-style-type: none"> • Nausea with or without vomiting • Heartburn/GERD (reflux) • Diarrhea • Abdominal pain • Food allergies and sensitivities 	<ul style="list-style-type: none"> • Pain • Twitches • Degenerative disks • Hypermobility

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