Histamine Symptoms

headaches migraines dizziness/vertigo anxiety/depression poor concentration or memory nerve numbness or tingling nerve pain

asthma (including exercise induced) coughing shortness of breath drippy nose congestion (mouth breather) sinus or nasal inflammation throat itching or burning

nausea with or without vomiting heartburn or GERD (reflux) diarrhea abdominal pain food allergies and sensitivities

> infertility estrogen dominance PMS (female) extreme pain with periods cramps

flushing (when embarrassed or after drinking alcohol) hives, rashes, or eczema itchy skin strong reaction to bug bites excessive sweating swelling or edema dermatographism

> heart palpitations or racing heart arrhythmia low blood pressure high blood pressure blood clots chest pain fainting

urinary urgency or frequency (overactive or irritable bladder) pain with urination pelvic pain vulvar pain

pain twitches degenerative disks hypermobility

anaphylaxis sleep problems sensitivity to smells, lights, sounds, temperature or EMFs (electromagnetic fields)

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others: eye & ear problems

You can have a few of these symptoms or a lot of them. Your symptom profile is unique to you.