



Histamine Haven Symptom List

Brain & Nervous System	Skin
<ul style="list-style-type: none">• Headache/migraine• Dizziness/vertigo• Anxiety/depression• Numbness/tingling• Nerve pain (neuropathy)• Sleep difficulties or fatigue• Concentration or memory problems• 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/angioedema• 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 or cold induced)• Coughing or itchy throat• Shortness of breath• Drippy or itchy nose• Congestion (mouth breather)• Sinus or nasal inflammation• Nose bleeds• Nasal polyps	<ul style="list-style-type: none">• Heart palpitations or racing heart• Arrhythmia• Low or high blood pressure• Blood clots• Chest pain• Dizzy when standing up• Fainting
Reproductive	Urinary
<ul style="list-style-type: none">• Extreme pain with periods• PMS• Infertility• Estrogen dominance	<ul style="list-style-type: none">• Urinary urgency or frequency• Pain with urination• Pelvic pain• Vulvar pain

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The information provided is not intended as medical advice, nor is it intended to replace the care of a qualified health care professional. Always consult with your primary care physician or licensed health care provider for all diagnosis and treatment of any disease or health condition, for medications or medical advice, as well as before changing your health care regime.



Digestive	Muscles & Joints
<ul style="list-style-type: none">• Nausea with or without vomiting• Heartburn/GERD (reflux)• Diarrhea• Abdominal pain• IBS• Food allergies and sensitivities	<ul style="list-style-type: none">• Pain (including joint or back pain)• TMJ pain• Muscle twitches or cramping• Degenerative disks• Hypermobility joints or dislocations• Restless legs
Systemic	Eyes, ears & mouth
<ul style="list-style-type: none">• Anaphylaxis• Autoimmunity• Generally tired or fatigued• Sleep difficulties• Sensitivities to smells, lights, sounds, temperature or EMFs• Inflammation• Chronic complex pain• Dysautonomia• Symptoms wax and wane or come on suddenly• Unexplained weight changes	<ul style="list-style-type: none">• Conjunctivitis• Itchy, dry, swollen or irritated eyes• Eyelid tremors or tics• Itchy, red, sore or tight throat• Tinnitus (ringing in ear)• Feeling of blocked or inflamed ears• Itchy, swelling, or burning mouth• Mouth ulcers or cankers• Difficulty swallowing (dysphagia)• Gingivitis or cavities with good oral hygiene

This is not a complete list. Wondering if other symptoms could be histamine or mast cell related? Join us at our next free The Histamine Connection webinar. To register go to <https://www.histaminehaven.com/courses>

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