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TEST PATIENT

GUa d'Y HYghBUa Y
 Sex : :
 DUHy Collected : 00-00-0000
 111 H9GH ROAD TEST SUBURB
 @AB =8: 00000000 UR#:0000000

TEST PHYSICIAN

DR JOHN DOE
 111 CLINIC STF 99H
 7@B=7'GI 6I F6'J =7' \$\$\$

INTEGRATIVE MEDICINE

BLOOD - LI HEPA

Result	Range	Units
58.0 *H	28.0 - 51.0	ug/L



HISTAMINE

Histamine Comment

ELEVATED HISTAMINE:

Elevated Histamine is otherwise known as Histadelia. It is more prevalent in males. Approximately 15-20% of schizophrenics are deemed to be histadelic.

In evaluating copper status, serum/plasma, RBC or hair copper level are usually adequate. However, when in doubt, it may be preferable to use more accurate testing like 24hr urine copper or serum ceruloplasmin levels.

Patients with histadelia appear to have low to normal levels of copper. Important to this is that copper is required for the enzyme histaminase, which is involved in the metabolism of histamine. Aluminium and cadmium appear to be copper antagonists, and as such it would be beneficial to also determine their levels.

Treatment recommendations:

Supplementation with the amino acid Methionine lowers blood levels of histamine by increasing histamine breakdown.

A low protein diet with high complex carbohydrates is also recommended.

Histidine, which is more common in animal proteins, should be avoided as it converts to histamine.

Supplement with Calcium, Copper, Magnesium, Manganese, Vitamin B6 and Vitamin C.

CAUTIONARY NOTE:

Histadelic patients should avoid folic acid supplementation, as it can produce excess histamine. Folic acid increases depression in histadelic patients.

Treating histadelia is not a quick process. Early noticeable results/improvements may not be seen until close to 6-10 weeks. Treatment can take more than 12 months to complete.

To find out more about this see Mental Illness: The Nutrition Connection, a book by Carl Pfeiffer. The prognosis is seen to be good if the histadelic patient cooperates with treatment and works to give up detrimental addictions.

Tests ordered: HIAM,IMPEI,CFee

(*) Result outside normal reference range

(H) Result is above upper limit of reference rang