

HISTAMINE

Histamine is a biologically active amine which is involved in immune responses, the regulation of the gut and acts as a neurotransmitter. Imbalances of histamine have been implicated in allergies, schizophrenia, depression, anxiety, behavioural disorders and autism. The histamine test can therefore diagnose histamine imbalances and be used to monitor therapy effectiveness.

The Function of Histamine

Histamine is most well known for its involvement in allergic reactions, however it also acts as a neurotransmitter like serotonin and dopamine. Histamine is involved in the wake/sleep cycle and is required for arousal, alertness, learning and memory. It also regulates appetite, other neurotransmitters and the perception of pain.

The Function of Histamine

There is a lot of evidence that histamine imbalances, both low and high are involved in mental health issues. As histamine is required for arousal, for pain perception and helps regulate some stress hormones. It is therefore not surprising that patients with low histamine levels have been described as having depression, poor motivation, anxiety and issues with self-mutilation. Low histamine levels have also been observed in patients suffering from various mental health issues including schizophrenia, conduct disorder, alcoholism and some forms of dementia.

High histamine levels have been observed in patients suffering from schizophrenia, obsessive-compulsive disorders, anorexia, bulimia, autism and depression. High histamine level may run in families and these patients are more likely to have allergies, headaches, obsessions, phobias and be more sensitive to pain; symptoms consistent with histamine's role in the body.

Symptoms & Conditions associated with Low Histamine Levels (HISTAPENIA)

Chemical and food sensitivities	No headaches or allergies
Depression	Nervousness
Easily frustrated	Over-methylation
Eczema/Dry skin	Overweight
Grandiosity	Paranoia
High anxiety and panic	Poor achiever
High copper levels	Poor motivation
High pain threshold	Religiosity
Hirsutism (Excess body hair)	Self-isolation
Hyperactive psychosis	Self-mutilation
Low libido & difficult orgasm	Sleep disorder
Many dental fillings	Tinnitus (Ringing in the ears)

Characteristics of Patients with High Histamine Levels (HISTADELIA)

Addictive behavior	High inner tension
Blank mind	High libido
Catatonic psychosis	Large ears and long fingers and toes
Cry, salivate and feel nauseated easily	Light sleeper
Delusional	Low pain tolerance
Diagnosis of OCD/ODD common	Migraine headaches
Fast metabolism	Non-compliance
Frequent stomach aches, muscle cramps and back pains	Phobias
Heat intolerant	Sneezes in bright sunlight
High achiever before illness	Social Isolation
High energy	Strong willed

HISTAMINE (WHOLE BLOOD) [Test code: 4006]

❖ Histamine

How to order a test kit:

To order a test kit simply request the test name and/or test code on a NutriPATH request form test code and have the patient phone NutriPATH Customer Service on 1300 688 522.



Phone 1300 688 522 for further details
www.nutripath.com.au

