



SAMPLE REPORT

09-May-1990 Female

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3814213

INTEGRATIVE MEDICINE

BLOOD - Whole	Result	Range	Units	
HISTAMINE	63.0 *H	28.0 - 51.0	ug/L	

Histamine Comment

ELEVATED WB HISTAMINE:
 Otherwise known as Histadelia, it is more prevalent in males and is seen in schizophrenics (15 - 20%).
 In assessing Histamine levels, Diamine Oxidase (DAO) should also be tested concurrently as patients with histadelia appear to have low to normal levels of copper. Important to this is that copper is required for the enzyme Diamine Oxidase (DAO), which is involved in the metabolism of histamine.

Additional Assessments:
 In evaluating copper status, serum/plasma (or Red Cell) copper, Zinc and caeruloplasmin are preferred.
 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.