

# Histaminosis – An Increasing Phenomenon

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## ABSTRACT

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## Introduction

In the last 2-3 years, cases with histaminosis have clearly increased. We now call it a people's disease. Histamine (ancient Greek ἵστός histos 'tissue') - in nomenclature: 2-(4-imidazolyl)-ethylamine - is a natural substance that acts as a tissue hormone and neurotransmitter. In humans and other mammals, histamine plays a central role in allergic reactions and is involved in the immune system. Thus, it serves as one of the messenger substances in the inflammatory reaction to cause swelling of the tissue. Histamine also acts as an important regulator in the gastrointestinal tract, in the regulation of gastric acid production and motility, and in the central nervous system. Biochemically, like tyramine, serotonin, dopamine, epinephrine, norepinephrine, or octopamine, it is a biogenic amine. It is formed by splitting off carbon dioxide (decarboxylation) from the amino acid histidine and is stored in particular in mast cells, basophilic granulocytes and nerve cells. Important effects of histamine are its function in the defense against foreign - may be dangerous - substances and its pathological involvement in the symptoms of allergies and asthma. Histamine is also one of the mediator substances in silent inflammations. Here, histamine causes itching, pain and contraction of smooth muscle (for example, in the bronchi). It causes increased permeability of the vascular walls of small blood vessels and thus leads to hives. Histamine-induced activation of the transcription factor NF-κB and

an associated increased release of other inflammatory mediators are also involved in this process. Histamine leads to a release of adrenaline from the adrenal glands, too. These effects are mediated in particular via activation of H1 receptors.

If too much histamine is ingested with food, histamine excess can occur. Histamine is broken down by the enzyme diamine oxidase (DAO). As soon as this enzyme is not present in sufficient quantities or does not work effectively, the symptoms of so-called histamine intolerance occur. Intestinal inflammation can also be the cause of reduced DAO formation. If defense reactions against food proteins take place on the intestinal mucosa, inflammatory damage can occur to the mucosal cells themselves, which thin out and become leaky. This in turn leads to the symptoms of "leaky gut". The mucosa is of fundamental importance. Together with its surroundings, it represents the habitat of about seventy to eighty percent of the lymphatic immune system. In our view, if the mucosal density is reduced, there may be an increased passage of viruses, fungi, bacteria and chlamydia into the mucosa and thus into the organism. In addition, the absorption capacity of the intestinal mucosa may decrease. This may lead to a deficiency in the absorption of amino acids (proteins), minerals, vitamins, trace elements, essential fatty acids, phospholipids, antioxidants and polyphenols, which in turn may have negative effects on energy formation and cell function [1].

## Problems

There are two problematic pathways with regard to histamine:

- a) The consumption of foods containing histamine, and
- b) Its own production in the small intestine when food allergies take place.

Avoiding histamine-containing foods is relatively easy, as long as you know them. These are for instance: red wine, blue cheese, old cheeses in general, cured meats, seafood, etc. Unfortunately, most people are unaware of this issue. More important is the own production. Family physicians would have the task of testing the IgE and IgG antibodies to food allergens in the blood of each patient. Most commonly, large-molecule proteins such as casein (cow's milk and products) and gluten/gliadins (wheat, rye) have been shown to be problematic. This means that a usual breakfast of bread and latte is unacceptable. In our experiences, genetically modified foods can also trigger histaminosis. This concerns e.g., peanuts, soy, corn.

## Symptoms

The number of symptoms triggered by an increase in histamine is large. They are: Urticaria, skin itching, skin flushing, sleep disturbances, bronchial asthma, coughing, vertigo, nausea, vomiting, diarrhea, tachycardia, anxiety, M. Meniere, and several more. Neither a normal patient nor a usual physician thinks primarily of histaminosis with such symptoms. Children, for example, are given asthma sprays for years without testing for antibodies to food.

## What to Do

Of course, in addition to the important allergen abstinence, there are also remedies against elevated histamine such as diphenhydramine, cromoglicic acid (DNCG) or cetirizine. As a natural remedy, the amino acid L-histidine can be used. Japanese medicinal mushrooms have also proven effective. In addition to the problems from the environment, the inner world must also be considered. This psychologically concerns accepting what is, even if it contradicts one's own ideas. The intestinal environment

is of course of crucial importance. It is not sufficient to substitute positive intestinal inhabitants ("probiotics") for this purpose, because these do not integrate into the intestinal milieu as long as pathogenic germs, Candida fungi or parasites determine the milieu. First of all, cleansing must take place. This is difficult, because it requires explosive diarrhea. We have had the best experience with a therapy using intracellular enzymes from the company Citozeatec (1) from Milano/Italy. The following is a treatment scheme for intestinal detoxification:

## Enzymatic Detox Treatment

First 6 days

- 10 ml «Citozym» in the morning before breakfast
- 10 ml «Ergozym plus» in the morning before breakfast
- 10 ml «Citozym» before dinner

From the 7<sup>th</sup> to the 60<sup>th</sup> day

- 20 ml «Citozym» dissolved in a glass of water in the morning before breakfast
- 10 ml «Ergozym plus» in the morning with breakfast
- 1 stick of «Probiotic P-450» at 11.00 a.m.
- 25 ml «Citexivir» with 1 stick of «Propulzym» dissolved in a glass of water before dinner.

The successes with this treatment are great. First the intestine is cleaned, then the blood and finally the intracellular space.

## Summary

Histaminosis is developing into a disease of the people with increasing chemical and electromagnetic stresses from the environment and diet. It must be taken into account if one does not want to use strong drugs for a long time. Fortunately, there are gentler methods, which are listed here.

## References

1. <https://www.citozeatecsrl.ch/>.

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