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balanced healing

with juliann

a holistic approach to your overall wellness

Histamine Intolerance

a guide

www.BalancedHealingWithJuliann.com

The basics

of histamine intolerance

Histamine intolerance is the overproduction of histamine in the body or the inability to break it down.

How does it differ from Mast Cell Activation Syndrome?

"Mast Cell Activation Syndrome is often confused for histamine intolerance. The difference between the two is that when a person has MCAS, their mast cells secrete many mediators, not just histamine. ... Histamine intolerance is actually a subset of MCAS." --> [Read More.](#)

What are Some signs & Symptoms?

- Headaches
- Congestion, Nose Bleeds
- Digestive Issues
- Fatigue
- Hives / Urticaria
- Menstrual Pain
- Anxiety
- Dizziness
- Tissue Swelling
- Anaphylaxis

What are some common causes?

- Triggering Event Involving HPA Axis, Gut Changes and/or Emotional Trauma
- Hormone Imbalance
- Nutritional Deficiencies
- Liver imbalance
- Impaired DAO or HNMT enzyme activity
- Mycotoxins / Mold Exposure
- Gut Dysbiosis

Is it possible to fully heal?

YES! It absolutely is. You need to determine the underlying reason to the histamine intolerance. It may take time and patience but healing is 100% possible and likely!

Fun Fact!

Histamine intolerance most commonly affects women which may be partially attributed to hormones! "Histamine can stimulate oestrogen production; oestrogen induces mast cell degranulation in female reproductive tissues; and elevated oestrogen levels during the menstrual cycle induces histamine release and may also influence tissue histamine responsiveness." This could also be why many women are more symptomatic with their menstrual cycles. --> [Read More.](#)



The Histamine *bucket*

Histamine Intolerance is tricky because

Your body's ability to handle histamine is dependent on your histamine load aka your 'histamine bucket'. It is common for people to say "I can eat tomatoes one day, but not the next", the histamine bucket is the reason why your symptoms fluctuate.

Your bucket fills as the day goes on

In the morning, your Histamine Bucket is relatively low (unless of course you had very high histamine foods before bed). That is often why many people tend to be more symptomatic as the day goes on. If you have a little bit of histamine at lunch, it gets added to the bucket and before you know it the bucket gets filled up - once it overflows you'll have symptoms.

It feels like my bucket is constantly overflowing...

That is definitely a possibility. In severe cases of histamine intolerance you can't tolerate ANY histamine without a major reaction such as anaphylaxis. For such highly sensitive individuals it's crucial to look for the underlining reason as to why you have histamine intolerance. For others, histamine intolerance tends to be more of a nuisance - an occasional nose bleed, sniffly nose after eating, or hives - for example.

Histamine

in foods

Low Histamine Foods: Including but not limited to:

- Pasture raised organic fresh beef & poultry. I recommend both White Oak and Moink.
- Butter, cream goat cheese
- Corn, oats, quinoa, rice
- Brazil nuts, pistachio, chia, hemp, macadamia nuts
- Artichoke, asparagus, beets, broccoli, cabbage, cauliflower, celery, cucumber, lettuce, parsnips, all potatoes, pumpkin, winter & summer squash, bell peppers
- Apples, apricots, blackberries, blueberries, cherry, dates, grapes, melon, nectarine
- Basil, mint, oregano, parsley, sage
- Chamomile tea, peppermint tea, rooibos tea, coconut milk

(Including but not limited to)

High Histamine / Histamine Producing Foods:

- Leftovers of any kind
- Non-organic produce
- Anchovies, dried meat & fish, salami, sausage, deli meat, smoked meat & fish, shellfish, canned fish
- Vinegars, black pepper, curry, bone broth, chicken & beef stock, cocoa / chocolate, soy sauce, anything fermented or brined, cinnamon
- Alcohol of all kinds, coffee, chocolate drinks, mate tea, orange Juice, soda
- Blue cheese / other molded cheese, cheddar, aged cheese, sour cream, yogurt, raw cheese
- Baked goods, barley, bread, buckwheat, wheat, wheat germ, rye
- Almonds, hazelnuts, peanuts, sesame walnuts
- Beans, chickpeas, eggplants, tomatoes, seaweed, lentils, mushrooms, olives, pickled vegetables, garlic, sauerkraut, spinach
- Avocado, banana, citrus, pineapple, raspberries, strawberries, rhubarb

Supplements

to support healing

Histamine Digest by Seeking Health

This is a supplement you can take to support and assist you with digestion of food-derived histamine in the digestive track. This is not going to eliminate your histamine intolerance - it is a bandaid that helps support your ability to eat while you get to the root of the issue.

ProBiota HistaminX by Seeking Health

Many probiotic strains INCREASE histamine in the gut. This probiotic helps support the gut's healthy response to ingested histamine using specific beneficial probiotic strains.

Quercetin

A natural anti-histamine that stabilizes mast cells.

Food-Based Vitamin C

Lowers histamine blood levels and helps DAO enzyme break down histamine.

Adrenal support (that does not contain desiccated adrenal cortex as it can be problematic for those with histamine intolerance)

B-Complex with Additional b6 (P-5-P)

Vitamin B's, especially B6, are important co-factors of DAO enzyme - the enzyme which breaks down histamine.

Trace Minerals

For a healthy stress response

When your body is hyper-stressed, whether cellularly or mental/emotionally you get into a chronic stress feedback loop that perpetuates the inflammatory process. Supporting your adrenals during this time may help your body heal faster.

Lab Testing

to understand root cause

Comprehensive Stool Analysis (Mosaic Dx)

To determine if there is an underlying gut dysbiosis contributing to symptoms

Dutch COMPLETE (recision Analyticals)

To evaluate hormone and cortisol levels that can be contributing to symptoms

Mycotoxin Panel (Mosaic Diagnostics Lab)

To determine if mycotoxins (mold) are a factor in your symptoms

NOTE: NOT EVERYONE NEEDS EVERY LAB

It is important to work with a practitioner who is familiar with root causes of histamine intolerance so they can come up with an appropriate course of action for you, including specific labs.



Mental Support

the road to recovery

Mental / Emotional Support:

It can be very isolating having a condition that you have to explain to friends and even to medical professionals. Having severe histamine intolerance can leave you feeling fearful, sad and hopeless. By having a support system in place to help you realize this is not permanent and to encourage you to participate in fun and play is crucial. Your support system may include a higher power, family, friends and / or your medical practitioner.

The Road to Recovery:

Healing is not a linear journey. It may take months or even years to heal, depending on your individualized case. Nervous system regulation is a huge part of healing - implementing programs like Primal Trust or DNRS can drastically expedite your healing.

It is important to work with a practitioner who is familiar with root causes of histamine intolerance so they can come up with an appropriate course of action for you, including specific labs.

Meet the Founder

Balanced Healing with Juliann (formerly Balanced Healing of Jacksonville) was founded by Juliann Abecassis-Walsh in 2016 with a heartfelt mission: to create a space where patients felt seen and where healing is possible. Juliann built a thriving practice in Jacksonville, Florida, where she led a team of wellness professionals and also worked part-time as an acupuncture physician at Mayo Clinic's Department of Integrative Medicine. Over time, she transitioned away from her clinical director role to focus more intimately on individualized patient care. After the birth of her son, she closed her physical office and embraced a telehealth model—with the exception of bi-monthly injections offered at Sanders Chiropractic in Jacksonville—allowing her to continue serving patients with flexibility and focused attention.

Through Balanced Healing, Juliann offers a telehealth experience that meets patients where they are - creating a connected, accessible, and deeply personal approach to wellness. Her clinical focus includes complex or "mysterious" illness (often related to mold toxicity, Lyme disease, and co-infections), hormone and gut imbalances, stress-related conditions, and restoring the body's natural ability to heal through integrative care.



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