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Histamine  
Intolerance The  
*Histamine*  
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Delicious Reci  
*e The*  
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*Delicious*  
*Reci*

*Histamine is a  
chemical  
typically  
associated with*

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*Intolerance The  
Cookbook  
Delicious Reci*

*allergy, but it  
has other  
important  
functions in the  
body, including  
communicating  
with the brain,  
triggering the  
release of  
stomach acid,  
and dilating  
blood vessels to  
lower blood  
pressure. We all*

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*Intolerance The  
Cookbook  
Delicious Recipes*

*need histamine,  
especially when  
we graze a knee  
or suffer a bee  
sting. Histamine  
is found  
throughout the  
body, and is  
mainly stored in  
immune cells  
called mast  
cells and  
basophils. It  
performs its*

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Intolerance The

*role by*

*attaching to*

*specific Reci*

*receptor cells*

*at key*

*locations. This*

*book will*

*explain the*

*science behind*

*histamine*

*intolerance and*

*help you*

*understand the*

*dieting*

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*techniques, and  
supplements for  
managing your  
symptoms. This  
cookbook  
includes mouth-  
watering, easy  
to follow, low  
histamine  
recipes for  
soup, pasta,  
fish, meat,  
vegetables,  
desserts and*

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*Intolerance The Cookbook Delicious Reci*  
cakes. It also provides a simple explanation for how histamine works, together with a list of foods that are safe, and those to avoid.

Although histamine is an essential chemical needed

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Intolerance The

*for many  
important*

*functions in*

*your body, it is  
possible to have  
too much of it.*

*Excess histamine  
can cause*

*unpleasant*

*symptoms, often  
misdiagnosed as*

*allergic*

*reactions. You  
can do nothing*

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*Intolerance The  
Cookbook  
Delicious Rest*

*about the amount  
of histamine  
your body makes,  
but the good  
news is, that  
adjusting your  
diet is often  
enough to bring  
your symptoms  
under control*

*Low Histamine*

*Diet: MAIN*

*COURSE - 60+*

*Breakfast,*



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*Lunch, Dinner  
and Dessert*

*Recipes for Low  
Histamine Diet*

*Do you want to  
learn about Low  
Histamine Diet?*

*Do you want to  
know how to  
prepare the most  
delicious meals  
that fit your  
diet? In this  
cookbook, you*

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Intolerance The  
will find:

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Breakfast  
Delicious Reci  
recipes like:

**RAISIN PANCAKES**

**APRICOT MUFFINS**

**CHEESE OMELETTE**

*Lunch recipes*

*like: TOMATO*

**FRITATTA**

**MOZZARELLA**

**STUFFED CHICKEN**

**BREAST ZUCCHINI**

**PIZZA** And many

*other recipes!*

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*Here Is A*

*Preview Of What*

*You'll Learn...*

*How to cook*

*healthy mealsCom*

*prehensive*

*Dietary Advice &*

*GuidanceRecipes*

*with detailed*

*instructionsEach*

*recipe contains*

*the exact amount*

*of calories,*

*protein,*

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*Intolerance The  
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*carbohydrates  
and fat Fast and  
easy prep that  
requires no  
additional steps  
to prepare your  
meal Tips and  
Tricks Much,  
much more! Don't  
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page! Then you  
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can begin

reading Low

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*MAIN COURSE -*

*60+ Breakfast,  
Lunch, Dinner,  
and Dessert*

*Recipes for Low  
Histamine Diet.*

*The low*

*histamine diet  
is gaining*

*attention. It is*

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*Intolerance The  
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being used to  
treat problems  
such as rashes,  
headaches,  
bloating or  
other digestive  
symptoms that  
occur after  
eating foods  
containing  
histamine. In  
this book, you  
have the best  
guide to live a

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*healthy low-  
histamine life.  
It includes lot  
of delicious  
recipe you can  
make to  
eliminate excess  
histamine in  
your body and  
get rid of  
histamine  
symptoms  
completely. This  
book includes*

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*Intolerance The  
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*What histamine  
intolerance is  
symptoms of  
intolerance  
foods to eat  
foods to avoid 7  
days diet plan  
and many more So  
what are you  
waiting for?  
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on "Buy Now with  
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*HIT - Histamine Intolerance - is a condition that affects many people but remains largely undiagnosed. The symptoms of histamine intolerance (HIT) are caused by the inability of the body to break down*

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Intolerance The  
Cookbook  
Delicious Reci  
*histamine  
sufficiently.*

*These symptoms  
can appear very  
like an allergy  
and can cause  
stomach and  
intestinal  
complaints,  
migraine,  
tiredness and  
skin problems,  
to name but a  
few. This is in*

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Intolerance The  
*most cases*

*because of the  
reduced activity  
or low presence  
of an enzyme  
called diamine  
oxidase (DAO),  
which is mainly  
responsible for  
breaking down  
histamine and  
other biogenic  
amines ingested  
through food.*

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*Foods that are known culprits include: red wine, ready meals, cured meats, mature cheeses, tomatoes and aubergines. It can make people's lives a total misery. But it CAN be brought under*

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*Intolerance The  
Cookbook  
Delicious*  
**control with the  
RIGHT DIAGNOSIS  
and the RIGHT**

**DIET. This book  
is a guide to  
how to achieve  
both. It helps  
both health  
professionals  
and patients  
gain insight.**

**After the great  
success of the  
first edition,**

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*this second  
edition contains  
a new section on  
the different  
points of view  
about diagnosis  
as well as a  
second food list  
- a tolerance  
index which  
resulted from a  
survey of 800  
participants who  
judged 109 foods*

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Intolerance The  
Cookbook  
Delicious Reci  
according to  
their individual  
threshold - side  
by side with the  
scientifically  
based food list.

## CONTENTS

Introduction

Histamine

Intolerance - In  
a nutshell How  
do I find out if  
I have HIT?

Other

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*Intolerance The  
Cookbook  
Delicious Reci*

*intolerances  
-DAO and its  
closest friends  
and helpers What  
HIT is not  
Specially for  
the ladies -  
HIT's favourite  
targets How do I  
find out what to  
eat or not? What  
do I need to do  
at home? How do  
I keep the*



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*Intolerance The  
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Dieticians Raci*  
*family happy?*

*How can I deal  
with this at  
work? What do I  
need to keep in  
mind when  
shopping? What  
consequences are  
there for my  
social life?*

*Meat - the  
good...the bad  
and the ugly  
Fish - the*

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Intolerance The  
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good... and the  
ugly Milk and  
Dairy Products -  
essentials Fruit  
& Vegetables -  
the little  
labyrinth Bread  
& Baking The  
problem with  
alcohol!

Pharmaceuticals,  
food additives,  
E-numbers and  
other culprits

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*Food lists and  
supplements*

*Short summary of  
therapy options*

*Recipes The Food  
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*The New*

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*Histamine*

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Hit – a*

*Patient's Point  
of View*

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Recipes for  
Cooking Without  
Sugar*

*MAIN COURSE –  
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4-Week Food and  
Fitness Plan for  
Long-Term  
Health,  
Happiness, and  
Freedom  
With Carefully

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Cookbook  
Delicious Low  
Histamine  
Recipes

Histamine  
intolerance is an  
undiscovered  
disease and can  
be the cause of  
many  
diseases

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Do you often

suffer from

unexplained

headaches or

migraines? Are

you struggling

with different

allergies?

Tiredness and

exhaustion are

your constant

"companions"?

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Even breathing  
difficulties and  
asthma can be the  
consequences of  
histamine

intolerance! If  
so, then this book  
is for you The  
new histamine  
intolerance  
cookbook Learn  
from this helpful



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guide: \* Recognize  
and eliminate the  
causes of

histamine

intolerance. \*

How to safely

choose the correct

foods. \* What

not to eat under

any

circumstances!

\* What you can

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definitely eat! \*

Cookbook  
How to  
Delicious Reci  
permanently  
change your diet  
in order to achieve  
a healthy and  
symptom-free life.

77 delicious  
recipes that can  
be prepared  
quickly and easily  
Feel noticeable

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relief when you  
finally get this  
problem under

control Is that  
what you want?

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started today

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tablet or Kindle

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Dropping Acid:  
The Reflux Diet  
Cookbook & Cure  
is the first book to  
explain how acid

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reflux, particularly  
silent reflux, is  
related to dietary  
and lifestyle  
factors. It also  
explains how and  
why the reflux  
epidemic is  
related to the use  
of acid as a food  
preservative. Dr.  
Koufman defines

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the symptoms this  
shockingly  
common disease  
and explains why  
a change in diet  
can alleviate some  
of the most  
common  
symptoms.

Dropping Acid  
offers a dietary  
cure for acid

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reflux, as well as  
lists of the best  
and worst foods

for a reflux  
sufferer. The  
book ' s recipes  
use tasty fats as  
flavorings, not as  
main ingredients;  
included are the  
recipes for tasty  
dishes that prove

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living with reflux  
doesn't mean  
living without  
delicious food.

Millions of people  
say they feel  
better when they  
eat lectin-free.

Here at last is the  
cookbook that  
makes lectin-free  
cooking fun and



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delicious! For  
Cookbook  
Delicious Reci  
people who take  
their health and

well-being

seriously, gut

health is a top

priority. Optimum

gut health means

more than just a

well-working

gastrointestinal

tract. It means you

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have more energy,  
you simply feel  
better, and, not  
least, you're not  
gaining unwanted  
pounds. Among  
diets that address  
gut health, lectin-  
free is the fastest-  
growing, mainly  
because following  
it means your

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intestines absorb  
more nutrients  
and your gut is

populated by  
fewer bad

bacteria. Its many  
adherents range

from people with  
specific disorders,  
like irritable bowel  
syndrome (IBS),  
diabetes,

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Delicious Reci  
rheumatoid  
arthritis (and  
other

autoimmune  
disorders), and  
"leaky gut," to  
people who  
simply feel better  
without lectins.  
Easier weight loss  
or weight  
maintenance is an

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added benefit!

Cookbook  
Claudia Curici is

Delicious Reci

the talented writer

and photographer

behind the

pioneering lectin-

free blog Creative

in My Kitchen. The

125 nourishing

and imaginative

recipes she has

created for this

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book are all  
sugar-, grain-, and  
lectin-free, and  
they are  
delectable and  
easy to make.

Many are  
dinnertime main  
courses, from  
Chicken Coconut  
Soup with  
Shiitakes and One

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Beef Kebab Platter  
to vegetarian  
options like

Cauliflower Gratin  
with Pecans and  
Healing Vegetable  
Soup with Kale  
and Broccoli.

There are lectin-  
free superfood  
smoothies, too,  
among other

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drinks and snacks,  
along with soups,  
salads, sides, and  
even desserts,  
including an  
opulent but easy  
Lectin-Free  
Chocolate  
Strawberry  
Birthday Cake.  
Nourish and  
protect your gut



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with these diverse  
and delightful  
dishes!

With fifty new  
recipes and new  
information on  
the benefits of  
juicing and juice  
cleanses, here is  
the completely  
revised and  
updated edition of

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this juicing  
category killer.

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packed with new

information on

super fruits such

as pomegranate

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and papaya,  
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juice fasts,

immune function,  
juicers, and more.

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fruit and

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and a fresh new

package, this book  
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for any juicing  
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Do you have  
frequent headache  
or migraines,  
stomach cramps

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or shortness of  
breath or some  
baffling

symptoms? You  
might want to get  
some test as you  
may be suffering  
from histamine  
intolerance.

Histamine is a  
chemical  
compound that is  
released in the

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body when you're  
exposed an  
allergen or any  
harmful substance  
to help fight off  
the the potential  
harm. It also has  
other benefits like  
helping wound  
heal faster,  
improve digestion  
and nerve  
signalling in the



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brain. Problem  
arises when this  
histamine is  
produced in  
excess or the  
body react badly  
to the normal  
amount produced.  
Histamine  
intolerance occurs  
when the amount  
of histamine in the  
body is greater

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than what the  
body can  
eliminate. In this  
book, you have  
the best guide to  
live a healthy low-  
histamine life. It  
includes lot of  
delicious recipe  
you can make to  
eliminate excess  
histamine in your  
body and get rid

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delicious low-

histamine recipes

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intolerance will

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vanish after  
following the low-  
histamine diet  
with the recipes in  
this book and  
you'll be able to  
live your healthy  
life once more.  
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Do you also  
suffer from  
histamine  
intolerance?      If

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you have

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interested in the

subject, this book

is for you. It

contains a lot of

information and

gives you

guidance on how

to better deal with

the diagnosis of

histamine

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intolerance and  
thus improve your  
quality of life. We  
have also put  
together 202  
delicious recipes  
for you. From  
breakfast, main  
courses to  
desserts there is  
something for  
everyone. This  
book is both a

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guidebook and a  
cookbook and it is  
suitable for  
everyone who has  
to or wants to  
deal with the  
subject of  
histamine  
intolerance.

Too much  
histamine in your  
body? Headaches,  
itching, hives,



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swelling, flushing,  
racing heart,  
digestion

problems,  
irritability - if any  
of these sounds  
familiar, then  
perhaps you have  
Histamine  
Intolerance. If you  
have found  
yourself confused  
by the conflicting

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issues, then worry

no more. This

book will help you

put an end to the

uncomfortable

symptoms through

the Antihistamine

Diet. Inside you

will find a

comprehensive

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guide on what you  
should eat if you  
have histamine  
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book covers  
topics such as:  
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How to cure  
histamine  
intolerance  
Histamine  
intolerance  
symptoms

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foods Other high  
histamine causes  
Natural  
antihistamine  
foods Low  
histamine recipes  
Low histamine  
diet plan Curing  
your histamine

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problems requires that you know what foods you should prefer and what foods you should avoid. This book will teach you all that you need to know to get your histamine levels back on track.

If you're

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struggling with  
your health, but  
the doctor can't

find anything  
actually wrong  
with you, then  
perhaps you have  
Histamine

Intolerance. It's a  
condition with a  
range of  
unpleasant  
symptoms, which

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Intolerance The

can include

headaches,

flushing, itching,

hives, swollen

facial tissues,

racing heart,

digestive

problems,

irritability and

more. Many

doctors don't

know much about

Histamine



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Intolerance, although it's estimated that 1% of the world's population suffers from it. If you're one of them, you'll know first-hand how distressing and frustrating the disorder can be.

THIS BOOK  
TALKS ABOUT

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### THE UNDERLIST

ED--What is histamine-How to cure histamine intolerance-  
Histamine intolerance symptoms-Histamine intolerance treatments-Histamine intolerance food list-Dao enzyme supplements-What

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releases histamine-  
Histamine  
symptoms-How to  
lower histamine  
levels-Natural  
histamine blocker  
s-Histamine  
producing foods-  
Histamine rich  
foods-Other high  
histamine causes-  
Natural  
antihistamine

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histamine recipes-

Delicious Reci  
Low histamine

diet plan

Delectable Paleo

Recipes to Eat

Well & Feel Great

Mast-Cell-

Friendly and Low-

Histamine Cooking

SIBO Made Simple

The Complete

Book of Juicing,

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Revised and  
Updated

Delicious Reci

For Eczema,

Dermatitis,

Psoriasis, Acne,

Allergies, Hives,

Rosacea, Red Skin

Syndrome,

Cellulite, Leaky

Gut, MCAS,

Salicylate

Sensitivity,

Histamine

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more

Low-Histamine  
Breakfast, Snacks,  
Appetizers,  
Soups, Main  
Course and  
Dessert Recipes  
for Histamine  
Intolerance  
The Strictly Low  
Histamine Diet  
Armed with more than

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175 budget-friendly,  
quick and easy  
recipes made with  
everyday ingredients,  
you get to minimize  
time and effort  
preparing healthful  
foods without  
sacrificing flavor!  
Straightforward  
explanations and a  
comprehensive  
collection of visual  
guides will teach you

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which foods are the best choices to mitigate chronic illnesses, including autoimmune disease. Real-life practical tips on everything from cleaning out your pantry and easy ingredient swaps to reinventing leftovers and DIY flavor combinations make it even easier to make



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better food choices.  
From the creator of  
the hugely popular  
foodie blog Eat Drink  
Paleo comes this  
stunning cookbook,  
filled with delectable,  
paleo-inspired  
recipes. Passionate  
paleo-enthusiast Irena  
Macri draws on her  
love of world cuisines  
and all-natural  
ingredients to produce

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gourmet recipes that were created, taste-tested and photographed by the cook herself. From hearty feasts to healthy snacks, Eat Drink Paleo Cookbook will inspire seasoned paleo followers and curious connoisseurs alike. All recipes are free from grains, gluten,

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processed sugar and other no-nos of the paleo and primal philosophy. Far from being restrictive, they showcase the rich flavours, varied ingredients and fun, inventive cooking that can be enjoyed as part of any healthy lifestyle. The book takes home-cooks on a real-food journey

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Delicious Pa  
from breakfast  
(hazelnut pancakes  
with blood orange  
syrup, anyone?)  
through to dessert  
(did someone say  
chilli chocolate  
mousse?). There are  
super-tasty dinners,  
glamorous garden  
produce and sauces,  
sides and drinks.  
Complete with an  
introduction to paleo

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Delicious Reci  
nutrition and  
philosophy; a handy  
inventory of foods to  
focus on and avoid;  
and user-friendly  
recipes and  
measurements, Eat  
Drink Paleo  
Cookbook is a must-  
have for the modern-  
day hunter-gatherer.  
Histamine is a

h m l, known as a  
b g n m n . It

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Intolerance The

plays a role in several  
of the body's major

systems, including the  
immune, digestive,  
and neurological

system. The body  
gets all the histamine  
it needs from its own  
cells, but histamine is  
released from certain  
foods. People who

suffer from histamine  
intolerance have a  
histamine-rich foods

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## Intolerance The

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## Delicious Reci . This

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S ur f the

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may be nd v du l

with g n t tr t that

increase th r

n t v t to

h t m n . A low-

histamine diet n be

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Delicious Reci . Histamine

is a chemical released

by mast cells in the

immune system when in

the body in contact with

an allergen, which

causes an allergic

reaction. Histamine is

intolerance, this is

referred to as histamine

intolerance, which is a

rare condition in the



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about 1% of th  
ul t n. It v r  
h rd t diagnose and  
ft n h r t r z  
b symptoms u h  
t h ng, h v ,  
n z ng, w t r  
, thm ,  
h d h ,  
abdominal n,  
d rrh , t h rd  
nd hypotension.

Ing t ng a l rg

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## Intolerance The

## Cookbook

## Delicious Reci

u nt t ff d  
h gh in histamine n  
tr gg r th response,  
but figuring ut which  
f d triggered a  
r n can be  
m l t d. Once  
f d ll rg h v  
been ruled ut,  
people can tr a low-  
histamine d t. This  
t of d t v r  
r tr t v nd h ul  
not be followed f r

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## Intolerance The

long-term. In addition, people following a low-histamine diet should

be advised that a

registered dietitian or

nutritionist can help

to make sure that you are

receiving adequate

nutrition. However, it is

important to be aware of

the fact that some of the

symptoms, including the

immune, digestive, and

and neurological

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## Intolerance The

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t m . Th b d  
gets ll th h t m n  
t needs fr m t wn

ll , but h t m n  
also f und in rt n  
f d . P l who

x r n an allergy-  
like response to  
histamine-rich foods

m h v a nd t  
known as h t m n  
nt l r n .

Are you suffering from  
histamine intolerance

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Delicious Reci

and looking for low histamine recipes that are easy and delicious? In this book, you will find: A list of high-histamine, risky, and low-histamine foods. An overview of histamine intolerance, chronic urticaria, mastocytosis, and mast cell activation syndrome. How

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## Intolerance The

histamines,  
inflammation, and the  
DAO enzyme are

integral for health and  
healing. The most  
commonly reported  
symptoms of  
histamine intolerance.

How doctors diagnose  
histamine intolerance.

Breakfast recipes,  
including Honey  
Cardamom Raisin  
Pudding, Sweet

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Delicious Recipes  
Potato Apple Hash,  
and Peach Mango  
Smoothie Bowl with  
Ginger. Snack  
recipes, including  
Ranch Plantain Chips,  
Tortilla Chips with  
Vegetable Cream  
Cheese Dip, and  
Apples with Maple  
Spice Dip. Appetizer,  
side, and salad  
recipes, including  
Creamy Broccoli

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Blueberry Salad,  
Maple-Thyme  
Roasted Beet Medley,  
and Sweet Potato  
Garlic Shoestring  
Fries. Soups and  
stews, including Corn  
Potage, Watermelon  
Gazpacho, and Rustic  
Beef Stew. Main  
dishes--including  
Stuffed Artichoke Kale  
Spaghetti Squash  
with Chicken; Fish



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Tacos with Slaw,  
Spicy Cream Sauce,  
and Rice Flour

Tortillas; and Swedish  
Meatballs and  
Cranberry Sauce.

Desserts, including  
Sweet Potato

Coconut Pie, Coconut  
Macaroons, and

Honey Lavender Ice  
Cream with

Blueberries. Get the  
book and learn more

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about histamine  
intolerance, how to  
seek a medical  
diagnosis, how to  
begin the elimination  
phase of the low-  
histamine diet,  
reintroducing high-  
histamine foods  
safely, and recipes to  
get you well on your  
way towards success  
and wellness today!  
Better Well-Being and

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More Vitality Through  
the Right Diet for  
Histamine Intolerance  
+ 77 Delicious  
Recipes

The Living Well  
Without Lectins  
Cookbook

Your Delicious Guide  
to Youthful Vitality

The 4-Phase  
Histamine Reset Plan  
200 Healing Gluten-  
Free And Paleo

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Histamine In Your  
Body

50+ Nourishing And  
Delicious Recipes For  
People on Low  
Histamine Diets  
125 Lectin-Free  
Recipes for Optimum  
Gut Health, Losing  
Weight, and Feeling  
Great

*The Healthy Skin*

*Kitchen is an essential*

*Page 100/210*

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*Intolerance The  
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*resource for anyone  
who wants beautiful  
skin, particularly people  
who struggle with  
eczema, acne, and other  
skin disorders. It is laid  
out practically and  
beautifully, with  
gorgeous photography  
inspiring a healthy  
lifestyle. The recipes are  
allergy-friendly and  
include vegan and  
autoimmune paleo*

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*options to ensure there  
are options tailored to a  
wide range of people.*

*Most skin health books  
use ingredients that are  
rich in salicylates and  
histamines, like coconut,  
avocado, fermented  
foods, etc. This book is  
the first to explode the  
myth that such foods  
benefit skin health. It  
focuses on low chemical  
foods that are truly*

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*Intolerance The  
healing for the skin.*

*Cookbook  
Find answers and  
methods to combat*

*Delicious Reci  
acne, allergies,  
dandruff, leaky gut,  
migraines, rosacea, and  
many more conditions.*

*Even those without skin  
problems will benefit  
from these accessible,  
nutritious recipes. Care  
for yourself and reclaim  
your life with The  
Healthy Skin Kitchen.*

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*A low-FODMAP diet is the simplest and most effective way to manage irritable bowel syndrome (IBS) and a range of other dietary intolerances. Georgia McDermott is one of the 15 per cent of Australians who suffer from IBS. She is also a passionate home cook. She set out to find a way of managing her*



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*symptoms and*

*discovered the low-*

*FODMAP diet. At the*

*same time, she*

*chronicled her journey*

*and her cooking*

*experiments on her*

*phenomenally successful*

*blog and on Insta*

*(@georgeats). Now, in*

*her first book Low-*

*FODMAP Favourites,*

*Georgia shares over 90*

*recipes that are not only*

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*Intolerance The  
Cookbook*  
*delicious, but will help  
relieve the*

*uncomfortable  
symptoms of an  
unsettled gut. Georgia  
creates food for all  
occasions, from  
colourful salads and  
hearty dinners to  
gorgeous savoury bites  
and full-blown baking  
extravaganzas.*

*Accompanied by all-new  
photography, these*

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*Intolerance The  
Cookbook  
Delicious Reci*

*recipes - most  
vegetarian and  
sometimes pescetarian -  
are tried and tested by  
Georgia to ensure that  
taste is never sacrificed  
in the pursuit of feeling  
well and comfortable.*

*Whether you're  
following a low-  
FODMAP diet, suffer  
from food intolerances  
or experience gut-health  
issues OR you simply*

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*Intolerance The  
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*love great-tasting food  
that's also good for you,  
this book, bursting with  
deliciousness, is for you.  
This is a specially  
formatted fixed-layout  
ebook that retains the  
look and feel of the print  
book.*

*The companion  
cookbook to the  
revolutionary New York  
Times bestseller The  
Autoimmune Solution,*

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*Intolerance The  
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*filled with more than  
150 nutritious, easy-to-  
prepare, every day  
recipes to heal  
symptoms of  
inflammation and  
autoimmune disorders,  
including Graves'  
Disease, Psoriasis,  
Fibromyalgia, Lupus,  
Celiac disease,  
Hashimoto's thyroiditis,  
and Multiple sclerosis.  
Nine in ten Americans*

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Intolerance The

*suffer from*

*inflammation or an*

*autoimmune Reci*

*disorder—conditions for  
which conventional  
medicine has no cure.*

*Minor irritations like*

*rashes and runny noses*

*are ignored, while*

*chronic and debilitating*

*diseases like Crohn's*

*and rheumatoid arthritis*

*are handled with a*

*cocktail of toxic*

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*treatments that fail to address their root cause. But as Dr. Amy Myers revealed in The Autoimmune Solution, there are solutions. In this invaluable cookbook, she now shows you how to repair your body and reverse your symptoms by eating your way to good health. The Autoimmune Solution Cookbook*

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*delivers more than 150  
grain-free recipes  
designed to prevent and  
reverse the full spectrum  
of autoimmune diseases,  
including allergies,  
obesity, asthma,  
cardiovascular disease,  
fibromyalgia, lupus,  
IBS, chronic headaches,  
fatigue, multiple  
sclerosis, colitis,  
Graves' disease, and  
Hashimoto's thyroiditis.*



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*As our food and environment becomes more toxic, the health of millions of us have been impaired. Thanks to Dr. Myers, you no longer need to rely on prescriptions—with troubling, sometimes dangerous side effects—to counteract your body's over-reactive immune system.*

*The Autoimmune*

Page 113/210

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*Solution Cookbook is  
the healthy alternative  
to cope with and*

*conquer inflammatory-  
related symptoms and  
diseases.*

*After years of battling  
histamine intolerance,  
blogger and best-selling  
author Dr. Becky*

*Campbell went on a  
mission to help others  
heal through food. Now,  
in her third book, she*

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*Intolerance The Cookbook  
Delicious Reci*  
*makes it unbelievably  
easy to embrace a  
nourishing, low  
histamine diet, no  
matter how busy your  
lifestyle. Whether  
you're struggling with  
fatigue, skin issues,  
headaches or just want  
to eat better, these  
effortless recipes avoid  
inflammatory  
ingredients without  
sacrificing flavor. The*

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*Instant Pot makes  
mealtimes a breeze, and  
in this collection,*

*readers will take  
advantage of hands-off  
slow cooking, faster  
pressure cooking, no-  
stress steaming and  
more. Try nutrient-  
dense dishes like Herby  
Greek Meatballs,  
Gingery Chicken Salad  
and Savory Sausage  
Bread Pudding. Enjoy*

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*satisfying sweets such as  
Almond Coconut Cake  
and Cherry Apple Crisp.*

*Whatever the recipe,  
you'll be amazed by  
how little work is  
required to prepare  
healthy meals that  
reward bodies and  
tastebuds alike.*

*Antihistamine Cookbook  
Diet Guidance and  
Recipe Collection  
The Healing Kitchen*

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*The Anti-Inflammation  
Cookbook*

*Dropping Acid*

*End Sugar Addiction*

*Through a Healthy Diet*

*- Incl. Sugar-Free*

*Sweets + Nutritional*

*Information*

*75 Easy Meals for*

*Everyday Healing*

**This book**

**discusses HIT in**

**depth, including**

**causes, symptoms**

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and therapies,  
backed by  
scientific

research. Along  
with a list of  
foods to help  
HIT sufferers,  
it includes a  
wide range of  
recipes for  
everything from  
entrées to  
desserts.

**Recent research**

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reveals that  
inflammation has  
a negative  
impact on  
general wellness  
and can worsen  
many common  
health  
conditions,  
including  
migraines,  
diabetes, heart  
disease, weight  
gain, arthritis,



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and  
Cookbook  
gastrointestinal  
Delicious Recipes  
disorders. The  
good news?  
Eating certain  
foods and  
avoiding others  
can be a highly  
effective way to  
diminish and  
manage  
inflammation. In  
The Anti-  
Inflammation

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professional

cook and Reci

inflammation

sufferer Amanda

Haas joins

forces with Dr.

Bradly Jacobs to

explain which

foods are

beneficial and

why and to share

65 delicious,

simple inflammat

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ion-busting  
recipes.

Sometimes good  
food can be the  
best medicine.

If you're  
struggling with  
your health, but  
the doctor can't  
find anything  
actually wrong  
with you, then  
perhaps you have  
**Histamine**

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It's a condition with a range of unpleasant symptoms, which can include headaches, flushing, itching, hives, swollen facial tissues, racing heart, digestive problems, irritability and

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more. Many

doctors don't

know much about

Histamine

Intolerance,

although it's

estimated that

1% of the

world's

population

suffers from it.

If you're one of

them, you'll

know first-hand

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how distressing  
and frustrating  
the disorder can

be. Dr Janice  
Vickerstaff

Joneja saw the  
misery that this  
condition caused  
sufferers, and  
made it the  
focus of her  
research work;  
she's been  
studying the

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condition and  
helping patients  
since the 1990s.

She's now  
created this  
easy-to-read  
guide--which  
will help you  
understand if  
you have  
Histamine  
Intolerance, and  
what you can do  
about it--with

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clear advice and  
explanations,  
lots of

interesting real-  
life cases, plus  
diet and  
treatment  
recommendations.

If you wonder if  
your symptoms  
could be caused  
by Histamine  
Intolerance--or  
if you believe



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they are and  
want to know  
what to do about  
it--this book is  
for you.

Quick and Easy  
Mouth-watering  
Low-Histamine  
Recipes to Live  
a Lighter Life  
Histamine  
intolerance is  
an undiscovered  
disease and can

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be the cause of  
many diseases.

Do you often  
suffer from  
unexplained  
headaches or  
migraines? Are  
you struggling  
with different  
allergies?  
Tiredness and  
exhaustion are  
your constant  
"companions"?

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Even breathing  
difficulties and  
asthma can be  
the consequences  
of histamine  
intolerance! If  
so, then this  
book is for you!  
You can learn  
following from  
this cookbook:  
Recognize and  
eliminate the  
causes of

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intolerance. How  
to safely choose

the correct

foods. What not

to eat under any  
circumstances!

What you can

definitely eat!

How to

permanently

change your diet

in order to

achieve a

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healthy and  
symptom-free

life. Feel

noticeable

relief when you  
finally get this  
problem under  
control! Is that  
what you want?

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Today!

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Cookbook

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Eliminating Skin  
Inflammation  
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For People on  
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Quick and Easy  
Mouth-watering  
Low-Histamine  
Recipes to Live  
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Lower Histamine,  
Increase DAO,  
and Reverse

Histamine

Intolerance in  
Six Weeks

Low Histamine

Cooking in Your  
Instant Pot

A Complete Guide  
with Delicious  
and Healthy

Recipes for a  
Low-Histamine

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If you're one of the 25  
to 45 million

Americans living with  
IBS, finding an  
accurate diagnosis,  
treatment, and  
ultimately good health  
can feel like an  
impossible mystery.  
SIBO Made Simple



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brings you answers.

Small Intestinal  
Bacterial Overgrowth  
(SIBO) is a common  
cause of unwanted  
bloating, abdominal  
pain, weight  
fluctuations, and GI  
distress. In this guide  
for achieving long-  
term healing, health  
advocate, chef, and  
SIBO sufferer Phoebe

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Lapine covers everything you need to know about SIBO and how to thrive in spite of it. Lapine answers all your questions, from what SIBO is (and what it isn't) to related conditions (Hashimoto's thyroiditis, Celiac disease, and more) to

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practical strategies for  
on-going prevention.

With expert medical  
advice from dozens of  
top SIBO

practitioners, SIBO

Made Simple provides  
resources for all

phases of treatment,  
offering a clear

culinary road map that  
can be customized to

fit a large variety of

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gut-healing diets, such as the Bi-Phasic Diet, GAPS, SCD, SIBO Specific Food Guide, and more. With 90 delicious, easy, low FODMAP recipes that make a notoriously tough diet doable and delicious, SIBO Made Simple is a one-of-a-kind toolkit for learning about your

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condition and tailoring  
your diet toward  
healing. Every recipe  
adds anti-  
inflammatory  
ammunition to your  
diet, while offering  
suggestions for how to  
add problematic  
ingredients back in as  
you diversify your  
plate. Getting healthy  
and feeling great

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doesn't have to be  
punitive. SIBO Made  
Simple offers a clear  
path forward, from  
someone who's been  
there.

In this cookbook, food  
blogger Cindy Bokma  
takes familiar recipes  
and re-creates them  
for anyone dealing  
with a limited diet that  
can become extremely

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overwhelming. Health is like a line of dominos and once one falls, others soon follow. Most people have more than one issue that can be addressed by diet. But when gluten-free options lead you to almond flour and milk, for example, and almonds are rich in

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oxalates, you may  
then be put in the path  
of an illness or issue

related to high

oxalates. While much  
is known about gluten-  
free, low-carb, soy-  
free, nut-free, and low-  
sugar diets, this  
collection highlights  
oxalates, a naturally  
occurring but  
potentially



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inflammatory  
substance found in a  
wide variety of  
healthy plant foods,  
such as almonds,  
rhubarb, spinach, and  
more. These are,  
unfortunately,  
prominent in popular  
diets such as paleo  
and ketogenic. With  
Bokma's guidance,  
you'll learn how

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oxalates affect your  
body, in which foods  
they may be found,  
and how to adjust  
your diet so they don't  
cause you  
inflammation or other  
issues. Recipes such  
as Chicken with  
Garlic and Tomato,  
Cheeseburger  
Burritos, and Easy  
Bake Apples are

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simple, familiar, and stress-free and will allow you to eat your favorite foods without worry.

Histamine is an important mediator of allergic diseases, but knowledge of histamine as a cause of numerous non-allergic symptoms and signs is limited. This

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book offers wide-  
ranging coverage of  
histamine intolerance.

There is extensive  
background discussion  
of the origin of  
histamine, its content  
in food and alcoholic  
beverages and  
intolerance to red  
wine. Diagnosis of  
histamine intolerance  
is explained and the

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various symptoms of histamine intolerance are clearly described.

Subsequent chapters cover the relation of histamine to a wide variety of conditions, including drug intolerance, atopic dermatitis, seasickness and osteoporosis. This book will prove of value in clinical

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practice by facilitating differential diagnosis, which is by no means straightforward given the multiplicity of symptoms of histamine intolerance and by assisting in the selection of therapeutic measures. If you have a dietary sensitivity to inflammatory

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compounds, this  
cookbook can help  
you manage your

symptoms and  
alleviate your  
discomfort. Along  
with more than 100  
delicious dishes, from  
a Cornmeal Scallion  
Waffle Egg Sandwich  
to Maple Shortbread  
Cookies, you'll get  
food checklists,

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kitchen hacks, tips for eating out, a month of sample meal plans, and 15-minute meal ideas. Eating healthy never tasted so good! Is Food Making You Sick?

The AntiHistamine Diet

The Eczema Detox  
Quick, Easy and  
Delicious Low



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Histamine Recipes  
and Useful Tips to  
Rebalance Your Gut  
for Good

Healthy and Delicious  
Recipes for People on  
Low Histamine Diets  
Histamine Intolerance  
The Anti-  
Inflammatory Kitchen  
Cookbook

*A low-histamine diet  
can be suggested for*

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*people who have  
histamine intolerance.*

*Histamine is a  
chemical released by  
mast cells in the  
immune system when  
the body encounters  
an allergen, which  
causes an allergic  
reaction. Histamine  
intolerance, otherwise  
referred to as enteric  
histaminosis, is a very  
rare condition that is*

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Cookbook  
Dietitians Revi*

*estimated to affect about 1% of the population. It is very hard to diagnose and is often characterized by symptoms such as itching, hives, sneezing, watery eyes, asthma, headaches, abdominal pain, diarrhea, tachycardia, and hypotension.*

*Ingesting a large*

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*quantity of foods high in histamine can trigger this response, but figuring out which foods triggered a response can be complicated. Once food allergies have been ruled out, people can try a low-histamine diet. This type of diet is very restrictive and should not be followed for*

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*long-term. In addition, people following a low-histamine diet should be seen by a registered dietitian or nutrition professional to make sure they are receiving adequate nutrition. Histamine plays a role in several of the body's major systems, including the immune, digestive, and neurological*

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*systems. The body gets all the histamine it needs from its own cells, but histamine is also found in certain foods. People who experience an allergy-like response to histamine-rich foods may have a condition known as histamine intolerance.*

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*health to a new level.  
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can't imagine life  
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easier. This book is  
for everyone who ...  
looking for  
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to get to know a new,  
healthy attitude  
towards life, want to  
enjoy more  
consciously, want to  
experience an  
improved body feeling  
at the same time by  
eating without sugar  
enjoy the positive side  
effects such as weight  
loss and improved  
skin texture. This book  
contains recipes as

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well as information  
that can make the  
sense of a sugar  
detox plausible.

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gets their money's  
worth here. No  
complicated  
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suitable for every day  
good alternatives to  
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well as nutritional  
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individual dishes. The  
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book contains many  
recipes that will make  
a diet change in a  
sugar-free world tasty!  
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you will become an  
expert in recognizing  
sugar in all its  
variants. A sugar-free  
diet is tasty. The  
recipes for: Muesli  
with mango,  
Kaiserschmarrn, chia  
seed yoghurt, potato  
casserole, peanut  
butter and chocolate  
dream are convincing  
... which is a fraction*

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of the existing recipes  
and for any time of  
day. ;-)  
The sugar-free  
diet cookbook is a  
comprehensive work  
on the simple diet  
change and it is  
perfect for anyone  
who wants to give up  
sugar. With detailed  
information and  
recipes for everyone,  
you can get the whole  
family off sugar

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without missing out  
anything. With the  
book for sugar-free  
nutrition, you will also  
find the perfect  
introduction to other  
diets such as clean  
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this book for a better  
attitude towards life  
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sugar-free lifestyle.

**??????** Do you also  
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*Intolerance? If you have histamine intolerance or are interested in the subject, this book is for you. It contains a lot of information and gives you guidance on how to better deal with the diagnosis of histamine intolerance and thus improve your quality of life. We have also put together 202*

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*delicious recipes for  
you. From breakfast,  
main courses to  
desserts there is  
something for  
everyone. This book is  
both a guidebook and  
a cookbook and it is  
suitable for everyone  
who has to or wants to  
deal with the subject  
of histamine  
intolerance. [?][?][?][?][?]*

*Do you have too much*

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*of histamine in your body? Do you always have headache, scratching, burning, swelling, flushing, pounding heart, trouble with sleep, irritability -if all of these sounds familiar? Perhaps you might have intolerance to histamine. Do you always feel puzzled by about how allergies*

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Cookbook  
Diet*  
and histamine are  
contradictorily  
hypothesized online?

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further, this book will  
guide you on the  
Antihistamine Diet and  
relieve the painful  
effects. Inside the  
compendium, you will  
meet a complete  
guide on what you  
should eat if you have  
histamine intolerance.*

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*The book covers  
topics on What  
histamine is How to  
solve the histamine  
intolerance problems  
The symptoms and  
treatments of  
histamine intolerance  
symptoms. The food  
list of histamine  
intolerance. What  
releases histamine  
Curing your histamine  
problems requires that*

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*you know what foods you should prefer and what foods you should avoid. Low Histamine Recipes* T is a cookbook that tell you everything you need to know in order to get your levels of histamine back on track.

*The Fructose Free Cookbook*

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Vertigo, Allergies and  
More*

*Nourishing and  
Delicious Histamine  
Intolerance Cookbook  
More Than 100*

*Healing, Low-  
Histamine, Gluten-  
Free Recipes*

*Guide to Histamine  
Intolerance Cookbook  
Over 150 Delicious  
Recipes to Prevent*

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Cookbook  
Dietary Reci*  
*and Reverse the Full  
Spectrum of  
Inflammatory  
Symptoms and  
Diseases*

*Histamine and  
Seasickness*

*Created by the expert  
hosts of the popular Well-  
Fed Women Podcast, a  
step-by-step food and  
fitness plan for women,  
that teaches them how to  
improve their health by*



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Intolerance The

*changing the*

*quality—not the*

*quantity—of the food*

*they eat. To eat your way*

*to better health, you don't*

*need to limit your calorie*

*intake, or cut out carbs or*

*fat. You don't need to*

*count "points." Better*

*health doesn't come from*

*limits. It comes from*

*focusing on the quality*

*of food that you*

*eat—not the quantity.*

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Delicious Reci*  
*Instead of limiting your  
food intake you should  
be enriching it, argue*

*Noelle Tarr and Stefani  
Ruper. The popular hosts  
of the Well-Fed Women  
Podcast want you to  
focus on the good things  
you eat. They want to  
make sure you get  
enough food so that your  
body has the fuel and  
nourishment it needs to  
support a healthy, long,*

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Delicious Reci*  
*and energetic life. Noelle  
and Stefani know about  
eating for health  
firsthand. They, too,  
struggled with confusing  
and frustrating medical  
conditions, including  
infertility, digestive  
issues, acne, polycystic  
ovarian syndrome,  
hypothyroidism, and  
anemia. They discovered  
that the secret to  
improving wellness was*

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Delicious Recipes*

*actually more food: they ditched the diet books, calorie counters, and scales, and started eating their way to health. In *Coconuts and Kettlebells*, you'll eat at least 2,000 calories a day thanks to a delicious selection of dishes that are all gluten-free, grain-free, and paleo. Within those 2,000 calories, setting a minimum intakes of*

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*Intolerance The Cookbook Delicious Recipes*  
*protein, fat, and carbohydrates instead of the usual maximums will ensure that your diet is full of nutrients, while also providing flexibility to enjoy what you're eating. Noelle and Stefani identify the Big Four foods—grains, dairy, vegetable oils, and refined sugar—that cause the most health problems among women.*

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*While many diets require you to eliminate these foods entirely, Coconuts and Kettlebells provides an easy-to-follow step-by-step program to test these foods and determine which you need to cut back on—and which you don't—to feel better. To help you discover how your body responds to the Big Four, you'll choose from two simple*

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*4-week meal plans: one for the Butter Lover (people who tend to feel more satisfied eating higher ratios of fats) and one for the Bread Lover (people who tend to feel more satisfied eating higher ratios of carbs). Each meal plan comes with a weekly shopping list, a guide to kitchen tools and equipment, and instructions on how to*

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*batch cook, meal prep,  
and stock the pantry. In  
addition, you'll have  
access to over 75 gluten-  
free and paleo-friendly  
flavor-packed recipes  
(free of the Big Four  
foods) for every meal of  
the day, including:*

*Coconut Chai Latte Kale  
and Bacon Breakfast*

*Skillet Apple Pie*

*Smoothie Thai Coconut*

*Curry Shrimp Moroccan*



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*Lamb Meatballs Shrimp  
and Cabbage Stir Fry  
Parsnip and Carrot Fries  
Mango Jalapeno Salsa  
Chocolate Cherry Energy  
Bites Lemon Raspberry  
Mini Cheesecakes To go  
along with the meal  
plans, Noelle and Stefani  
also provide three  
4-week fitness plans  
tailored to three  
experience levels:  
beginner, intermediate,*

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*and advanced. All of the workouts can be done anywhere—at your home or on the road—and take no more than thirty minutes. A comprehensive whole body program to get and keep you healthy inside and out, Coconuts and Kettlebells provides the knowledge and tools you need to heal in a way that is effortless,*

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*rewarding, confidence-  
boosting, and everlasting.*

*Coconuts and Kettlebells  
is illustrated with color  
photos throughout.*

*Histamine intolerance  
develops when your  
blood levels of histamine,  
one of the main  
chemicals involved in  
allergic reactions, get too  
high. If you have a  
histamine intolerance,  
you can get your*

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*symptoms under control  
by following low-  
histamine diet while you  
work to fix the root cause  
of the problem. Scroll up  
and click on the BUY  
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started right away  
Offers recipes for a  
paleo diet, including  
Spanish frittata with  
chorizo, Korean beef  
noodle bowls, and lemon  
vanilla bean macaroons.*

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*Uncover the Root Cause  
of Your Health Issues  
and Heal Your Body for  
Life Millions of people  
suffer from allergies,  
migraines, skin issues,  
sleep disturbances,  
digestive ailments or  
anxiety due to  
undiagnosed histamine  
intolerance. Dr. Becky  
Campbell, who has years  
of experience in the field  
and who suffers from*

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*histamine intolerance herself, has created a revolutionary four-phase program to heal your body naturally. What makes her approach different—and more effective for lifelong results—is that it looks for root causes and offers a well-rounded, holistic treatment plan that addresses diet, environmental toxins,*

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*lifestyle and more. To help you uncover why your body is not processing histamine correctly, Dr. Campbell explains the eight most common factors and how to address them. Then she gives you a plan that includes a low-histamine diet, liver care, gut support and direction on how to safely reintroduce the foods*

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*Delicious Reci*  
*that were once making you sick. Along with her wealth of delicious recipes, she also includes information on supplements, ways to reduce stress and much more. Invest in your health and use The 4-Phase Histamine Reset Plan to heal your body for good.*

*FODMAP Friendly*

*The Healthy Skin Kitchen*



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*175+ Quick & Easy  
Paleo Recipes to Help  
You Thrive*

*Delicious, Nourishing,  
Low-Histamine Recipes,  
And Every Ingredient  
Labeled For Histamine  
Content*

*A Comprehensive Diet  
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Fructose Intolerance  
or Fructose  
Malabsorption (FM)  
diagnosis does not  
have to mean you or  
your loved ones no  
longer are able to  
enjoy food! The  
Fructose Free  
Cookbook is a  
comprehensive guide

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to eating with  
fructose intolerance.  
This elimination diet  
and cookbook  
provides you with  
fantastic affordable  
healthy recipes,  
essential cooking tips  
for managing  
fructose intolerance  
and a biweekly meal  
planning samples.  
With over 120  
satisfying recipes,

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including different snacks, foods, and drinks, this low fructose cookbook is perfect for anyone seeking advice for themselves or about how to prepare fructose free or low fructose meals for their loved ones. Inside you will find: Healthy nutritional choices to soothe

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your gut Over 120  
fantastic fructose-  
free, dairy-free,  
gluten-free, and  
lactose-free recipes  
with satisfying  
ingredients for  
people with fructose  
intolerance and for  
beginners Fructose  
free recipes for the  
people with fructose  
malabsorption, IBS,  
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residue, low fiber and  
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recipes and  
vegetarian recipes  
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inflammatory drinks  
for a healthy gut and  
relieve symptoms of  
fructose intolerance  
Complete lists of  
foods to consume  
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14-day meal plans  
and fructose  
intolerance Reci  
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This guide also  
features the low  
fructose diet step by  
step advice on food  
preparation and meal  
planning. This low  
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is also a great choice  
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patients or anyone  
who has gluten or  
lactose intolerance

such as IBS patients.

The readers can also  
consider this book as

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this diet guide and

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parsley -

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AND MINT RICE

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histamine taste

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better than the real  
thing! - CUCUMBER  
AND POMEGRANATE  
PUNCH with fresh  
ginger to lower your  
histamine bucket We  
understand

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Following on from the  
ground-breaking  
success of our first  
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and latest histamine  
food lists! With  
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Main Courses, Low histamine meat dishes, desserts, secret sauces (our special section), and some lighter histamine lowering snacks (often tricky for us histamine people but not now) you'll learn to celebrate and love food again on the low histamine diet. Every

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ingredient labeled for  
histamine content

We've printed the  
most comprehensive  
histamine food list  
out there, drawing  
from the best experts  
and sources on the  
internet. And  
remember, every  
ingredient labelled  
with histamine  
content - something  
labor ntensive but we

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felt it was really important. Loads of delicious recipes that will leave you happy, satisfied, and not missing those high-histamine foods you used to eat.

Remember to check out the other book in our popular Histamine Intolerance Series - Histamine Intolerance



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our team of Ketoko  
Guides experts who  
really understand  
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Free, Soy-Free, Yeast-  
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Recipes to Help You  
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The Delicious Way to  
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and Stay Healthy