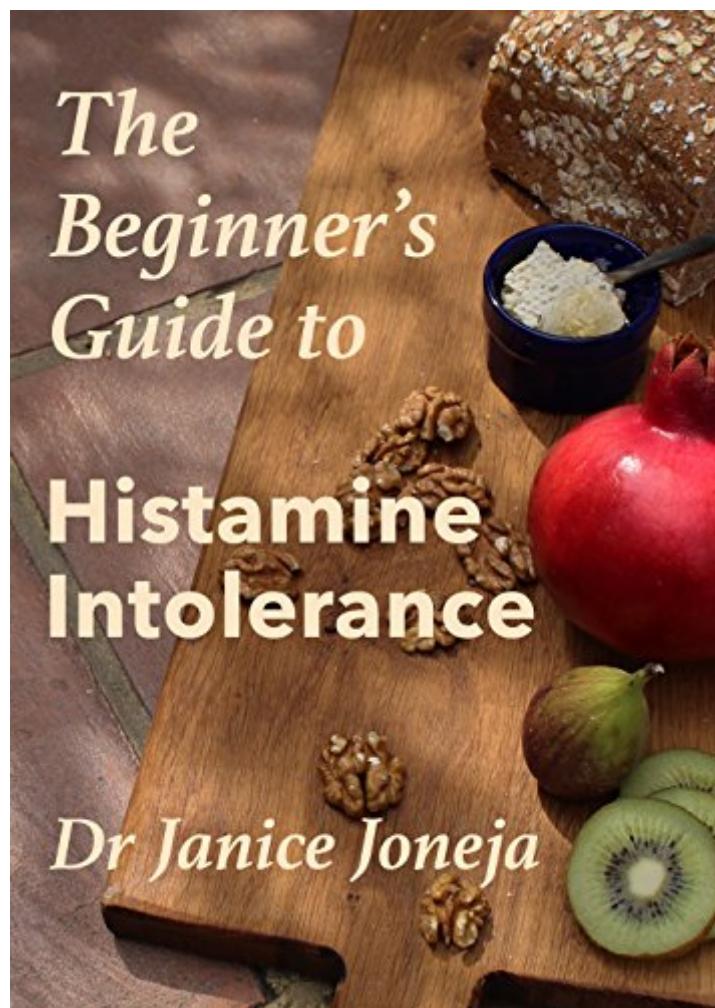


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# The Beginner's Guide To Histamine Intolerance



## Synopsis

If you're 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 can include headaches, flushing, itching, hives, swollen facial tissues, racing heart, digestive problems, irritability and 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 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 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 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 they are and want to know what to do about it this book is for you.

## Book Information

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## Customer Reviews

The Beginner's Guide to Histamine Intolerance has offered an eye-opening glimpse into the possible source of baffling allergic-type reactions I've been bombarded with for years (severe headaches, racing heart, chest pain, hives, itchy face followed by acne flare-ups, indigestion, etc.). An array of symptoms that left multiple doctors perplexed and unable to make a diagnosis, mostly negative allergy tests, the lack of knowledgeable guidance, and exasperation with constant symptoms motivated me to become my own health advocate and delve into researching what could possibly be going awry inside my body. I'm so thankful I came across Dr. Janice Joneja's articles online and now this book, as her expertise offers valuable insight into the source of the symptoms that plague me, and offers hope that there is something I can do to help manage them. This book also inspired me to visit my doctor and request blood tests to check for underlying causes of excess histamine, so they can be treated appropriately if needed. For the first time in this long, exhausting, lonely journey, I finally feel like I've been pointed in the right direction to find answers and wellness! Thank you Dr. Joneja!!

'This book answers some questions I have had for years about allergic reactions to things that have eluded identification! I have been looking for guidance on histamine intolerance for some time as it seems apparent that this could be the root of a number of my symptoms. I was very pleased to find this. Not difficult reading - I did not get lost in complicated medical explanations - but really seemed to covered the subject nicely. And I am definitely going to try the diet. Excellent book.'

Dr. Joneja makes this an easy way to begin to understand what many of us don't. Even though I have read her previous books, I'm happy to see that she has a simplified version for the beginners. Having HIT and idiopathic anaphylaxis I have stopped another ER visit many times by my new diet of 4 years now. My physical and mental state has improved 200%! Begin to get your life back with her expert advice and knowledge!

This book contains a crystal clear explanation of histamine intolerance for the lay person, who may have been searching for years for an answer to unusual medical symptoms not well-understood by the general medical community. The restricted histamine diet is presented in an easy to follow manner and gives the histamine intolerant sufferer a way to feel healthy again. I highly recommend this book.

The book gives more information than I've found online, however much of the information here and online seem to be contradicting on some food items making it difficult to know what to avoid and what may be safe. I guess each individual has to find out what works for them. This book gave a good base of information.

What a great find. I just discovered this book by Dr. Joneja. I have never found any really useful information about histamine intolerance until now. This explanation makes sense with a good diet that I can follow. Thank you!

When other Drs have no answers Dr Joneja has provided every answer. Scientific, exceptional and life changing, I'm so thankful to have the complete understanding this book has provided!

Really excellent little book. A clear and concise explanation of a very baffling condition with helpful suggestions as to how to manage it. Essential reading for any who thinks they might have a histamine problem. I have a number of health problems related to histamine and have found this book extremely helpful

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