



ASTHMA

A chronic, histamine-mediated inflammatory disorder of the respiratory system with recurrent attacks of wheezing and shortness of breath involving the lungs, bronchi and bronchioles.

Possible Contributing Factors

- Hypochlorhydria (low stomach acid)
- Intestinal parasites
- Toxic element exposure (mold, heavy metals, environmental chemicals)
- Food sensitivities/allergies
- Adrenal cortical dysfunction (hypofunction or hyperfunction)
- Histamine overload (histamine rich foods/beverages, estrogen dominance, gut infections/overgrowths, lack of DAO enzyme)
- Nutrient insufficiencies: magnesium, B vitamins

Lifestyle & Dietary Recommendations

- Eliminate dairy 100%, including butter
- Avoid histamine-rich foods & beverages: fermented, pickled/canned, aged food & drink, leftovers, alcohol, black/green tea, broths, dried fruits
- Avoid histamine-producing probiotics: Lactobacillus casei, Lactobacillus Bulgaricus, Streptococcus thermophilus, Lactobacillus delbrueckii, Lactobacillus helveticus
- Create a non-allergenic environment (especially the bedroom); air filter, pets sleep elsewhere, HEPA vacuuming daily, damp dusting, regular curtain cleaning
- Investigate sources of mold
- Epsom salt baths
- Stinging nettle tea

Supplement Considerations

- DAO enzyme
- Bio-available B complex
- Magnesium glycinate
- Boswellia, quercetin and stinging nettle
- Hydrochloric acid betaine with pepsin (if hypochlorhydria at play and no H Pylori overgrowth)
- Histamine-degrading probiotic (ex. Metagenics UltraFlora Acute Care, Seeking Health ProBiota HistaminX)