

Histamine Handbook

A PRACTITIONERS GUIDE TO HELP YOU FAST
TRACK YOUR HEALING

M.E, POTS, CHRONIC FATIGUE, MCAS,
HISTAMINE OVERLOAD, LONG COVID &
FIBROMYALGIA



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INTRODUCTION

Jo Redfearn

Hello, Welcome. And thank you for investing in this jam packed guide to help you become your own medical detective and help fast track your way to better health.

I'm Jo and I'm a Health Improvement Practitioner with 20 years experience in the health field. My special interest and expertise is in the field of autoimmunity, M.E, POTS, MCAS and Histamine Overload. This is because I have had diagnosis of all of these! And when given these labels for the dysfunction in my body, I was also told very frequently – this is your lot – you have to accept that you'll be bed bound for the rest of your life and take X,Y,Z medications to simply manage the symptoms. There were many a shoulder shrug at this point – like – 'we don't really know what else to do so please be on your way.....' And a bunch of medical gaslighting appointments thrown in for good measure.

I've spent over 10 years piecing this puzzle together — living it, studying it, testing it, and supporting others through it. What you'll find inside this guide isn't just theory, it's the exact strategies, tools, and insights that can help you start improving your health today.

Instead of spending months (or years) drowning in forums, half-answers, and failed experiments, this guide aims to give you the roadmap I wish I'd had from day one.



I truly believe that better health is always possible. My mission is to support, motivate and share my learnings and knowledge. I hope to inspire you to find your light again so when you are asked "How Are You?"

you can say "AMAZING" and truly feel it.

You've got this. And I've got you!

- Jo Redfearn 

REVIEWS FOR THE HISTAMINE HANDBOOK

Feedback from verified customers...

RACHAEL

"Incredible guide!! And soooo informative 🙏 thank you for sharing your experience and knowledge it's a cheat code for MCAS patients! 🧡🙌🏻"

"This book is packed full of information that can help you navigate the many symptoms of CFS/Pots/MCAS etc... **great value for all the help you get**, from someone who has been through it too."

MICHELLE

DR CLAIRE BOWEN - CELLULAR VITALITY MENTOR

"Great guide!"

"Fabulous tool and book !! **Well worth the money**...info, guidance & support 🙌🏻🙌🏻🙌🏻"

NATALIE

RACH

"Incredibly informative book. Researched backed information to help to reduce triggers in autoimmune disorders."

*"This book has helped me as I would come across so many tips and helpful ideas from sources all over the internet it became overwhelming to put into practice. With this book **the research and help is all in one book** already there with help to apply it into my daily life."*

"Lots of information to help with cooking and tips about certain foods you never would have thought can be a trigger. Jo has clearly spent years of trying and testing and researching and now put into one book to help others **it certainly has helped me!**"

*"Its **easy to understand** with Jo as she explains how your body reacts to certain triggers for MCAS, POTS, other forms of dysautonomia, and autoimmune disorders. There are lots of helpful tips to make your home more friendly to your body which **helps you to reduce flares.**"*

"Thank you Jo for taking time to research, live the life that autoimmune and dysautonomic conditions present to gain the experience to be able to write this book in a way that makes me feel not so much ashamed by symptoms, whilst also adapting my lifestyle to help reduce POTS flares,migraines, and forever feeling nauseous. 🙌🏻🙌🏻"

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My Why

Let me first of all tell you why I wrote this guide for you....

It is my purpose and passion to be able to use my experience and my professional expertise to help shortcut / fastrack someone else's journey with a chronic health condition and diagnosis label. In fact, my real life's mission is to get information out there so that people don't become unwell in the first place!

How am I best placed to hand over to you some Auntie wisdom?

Well, way back in 2014, aged 38, I got a particularly nasty and violent virus which ravaged every part of my body. There was not a single function that wasn't impacted. My hair fell out, my mouth bled for no reason, eating would crack my lips and induce more bleeding, my gut felt like it had a hole burnt in it and the fatigue that got hold of me was like a ten tonne elephant was pinning me to my bed. My nervous system went into meltdown and the sound of message notification on my phone would have me startled like someone had just shot a gun near my ear.

I consider myself to be one of the "lucky" ones in that (after becoming my own medical detective) over the years I did improve. Relapses and flares were utterly brutal but through continuous and meticulous self-management (which is a full-time job in itself) it was the very bumpy journey of a lifetime to regain my health in 2017 where I was back to work and back to running. After a particularly stressful time in my life in 2022 and terrible black mould exposure, histamine overload really reared its head. After a chemical exposure in 2023 (someone sprayed me with herbicide (!), I had another extreme mould exposure and then a mosquito bite tipped me over the edge into MCAS. (Mast Cell Activation Syndrome).

KNOW BETTER, DO BETTER

What I didn't know back in 2014 was that **histamine overload** played a **HUGE** part in the puzzle pieces of my chronic health picture. And if I had known about the role that histamine played in POTS and in M.E at the start, I *absolutely* would have been able to implement some changes that would have made things easier for me.

I am a qualified Nutrition Specialist and was in the health field when I became unwell and then undertook a further Nutritional Therapist course during this period to try to learn more about how I could "fix" myself. And in both of my courses and in all of my CPD, histamine **was not mentioned once**. Nope. Nada. Nothing. So, I'm here to **shout about** it as it can be a

really **big** missing piece of the puzzle for a lot of people with Long Covid, M,E and POTS and Fibromyalgia.

My journey has been longer perhaps but I accept that this is the pathway that I had to take. And so, I am condensing my decade long learning and experiences into this guide for **YOU** so that if you are also in that similar place, you can take some of my learnings and look at how you can implement them yourself to **improve your current and future health**.

TAKE YOUR TIME. NO STRESS. JUST PROGRESS....

- Use this guide as information to consider – not more pressure to put on yourself
- Don't panic—be informed.
- Don't put pressure on yourself to understand, compute or retain anything on the first read. It's yours to keep so you can go back to it again and again.
- Pick the **easiest, most doable** change for *you*.
- **One tweak a week** is enough.
- Aim for **better, not perfect**.
- Small steps, stacked over time, beat big bursts and burnout.

Understanding Your Symptoms: M.E, POTS, Long Covid, Fibromyalgia & Histamine & Why It's Connected

Histamine overload is very close linked with M.E, (Myalgic Encephalomyelitis) Postural Orthostatic Tachycardia Syndrome (POTS), Long Covid and Fibromyalgia. Especially if these were experienced post virally or from some other form of chemical exposure or a physical or emotional trauma.

M.E & POTS

Let's take POTS and M.E to start with. POTS is a form of autonomic nervous system dysfunction — meaning your body finds it challenging to regulate things like heart rate, blood pressure, and blood vessel tone. That's why you may feel palpitations when you stand or move quickly — your blood isn't being pushed where it needs to go fast enough.

Emerging research (and patient reported experiences) points to histamine as a hidden driver in M.E./CFS. Mast cell activation and histamine release can inflame the brain, disrupt sleep, and worsen fatigue, while also disturbing circulation and the immune balance. This might explain why so many people with M.E also struggle with food sensitivities, allergic-type symptoms, and autonomic dysfunction.

Histamine + M.E. / CFS: What the Science Suggests

1. Mast Cell Activation

- Multiple studies suggest that **mast cell activation** (a major source of histamine) plays a role in M.E./CFS.

Histamine and Mast Cells

Mast cells are white blood cells found in all human tissues, especially places where the body interfaces with the environment = skin and gut. Mast cells are always on the lookout for environmental changes or insults to the body (think Meerkats on caffeine...). When a 'threat' is detected, they release immune mediator molecules which influence the behaviour of other cells and tissues in order to try to maintain homeostasis.

There are over 200 immune mediators stored in mast cells which include Tryptase, Prostaglandins, Leukotrienes and Histamine. In some people (especially women and especially after stress, trauma, or pregnancy and during perimenopause), these mast cells can become overactive.

It's important to note that **we need** histamine but when the mast cells become over active, intervention is required to calm this response down.

Too much histamine = too much chaos. It can trigger:

- **Heart racing** (histamine stimulates the heart and nervous system)
- **Burning sensations, skin rashes, scalp pain**
- **Anxiety, panic attacks and feelings of impending doom**
- **Throat tightening**
- **Nasal congestion, sneezing, ear pressure**
- **Dizziness, fuzzy vision, feeling and being off balance**
- **Loose stools, gut issues**
- **Feeling poisoned and toxic**

For example, in POTS, the **blood vessels are already struggling to stay constricted**. Add in histamine — which **opens them up further** — and boom: your legs feel swollen, your blood pressure drops, your heart races to compensate and you feel drained or dizzy.

Histamine & Anxiety: What's the Link?

Histamine isn't just involved in allergy symptoms – it's also a neurotransmitter. That means it plays a role in brain function, including mood and nervous system activation. For some people, especially those with histamine overload or mast cell issues, high histamine levels can contribute to:

Racing thoughts | Heart palpitations | Panic sensations | Insomnia or restless sleep |
Feeling "wired but tired"

These symptoms can **mimic or amplify anxiety**, even if the root cause is biochemical rather than psychological.

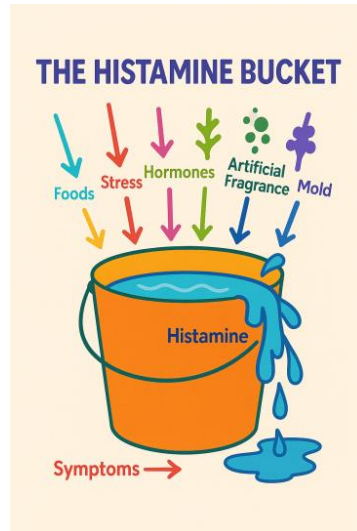
Things like high-histamine foods, hormonal fluctuations, continual chemical or mould exposure and / or poor detox pathways can spike histamine and tip the nervous system into fight-or-flight. That's why supporting histamine balance can often lead to a calmer mood, better sleep, and less reactivity.

Why This Matters

If you have noticed patterns — symptoms flaring around your period, linked to certain foods, or getting worse when you're stressed, that's classic **histamine bucket overflow**. It builds up from hormones, food, allergens, and emotional stress, until your system says NO.

The Histamine Bucket

I will be referring to the **histamine bucket** throughout this guide. What do I mean by this?



If you think of a bucket of water overflowing and think of histamine as that water— that is the simple way of imaging histamine overload. Your bucket is full up and overflowing and causing symptoms.

Your body naturally produces histamine for important jobs — regulating the immune system, digestion, and even your sleep–wake cycle. Foods, stress, hormones, and environmental triggers can also add more histamine to that same bucket. If our detox pathways are not operating optimally (i.e. there are blocked drainage holes for that histamine to drain naturally) then the histamine bucket can quickly become full and stagnant.

When everything is working well, the body has enough “drainage” (via enzymes like DAO and HNMT*) to keep the bucket from overflowing. But if your drainage is slow, or you’re adding too much water too quickly, the bucket spills over. That “overflow” is what we experience as histamine symptoms — headaches, hives, flushing, gut issues, dizziness, anxiety, or that wired-but-tired feeling.

* **HNMT** stands for **Histamine N-Methyltransferase**. It’s one of the body’s main enzymes for breaking down histamine — but unlike DAO (which works mostly in the gut), HNMT does its job **inside your cells**, especially in the liver, kidneys, and brain. It inactivates histamine by attaching a methyl group to it, a process that depends on good methylation (using nutrients like SAME, folate, and B12). More on that later.

DAO clears histamine in the gut → HNMT clears histamine in the tissues and brain

The histamine bucket is a simple way to picture **why some days you can tolerate certain foods or activities, and other days the exact same thing tips you into symptoms**. It's not just about one trigger — it's the **total load** your body is holding *at any one time*.

The goal isn't necessarily to empty the bucket completely (histamine is essential to health), but to:

- Reduce how much is poured in (by lowering histamine exposure and triggers).
- Support better drainage (helping your body break down and clear histamine).
- Stay tuned into your personal "bucket level," so you know when to rest, reset, or pull back before it spills over.

SO THE FIRST KEY STEP IN ADDRESSING HISTAMINE OVERLOAD IS TO STOP THE 'WATER' COMING INTO THE BUCKET!

The first question I get asked a lot is – what can I take to help? And the key is that **REMOVAL** is the first (and cheapest option) to support your health. By removing the things that are causing inflammation, stress and histamine overload, we can give your body a break and reduce symptoms. So. Let's start thinking. What could you remove that is causing histamine to be flowing into that bucket??

What We Can Do About It

The good news is that as this is biochemistry - that's something we can work with. Things that can be explored:

1. **Low-histamine eating plan** to lighten the load temporarily and 'empty' out that histamine bucket
2. **Nervous system regulation** (which helps mast cells chill out)
3. **Identifying and removing physical, chemical and emotional stressors**
4. **Supplements to stabilise mast cells naturally**
5. **Small routine changes** to improve energy and digestion
6. **Changes in your home environment to reduce triggers**
7. **Herbal support**
8. **Gentle detoxification and binders**

The aim of this guide is to support you in being gentle with yourself but acting powerfully. It is designed to give you information that if implemented (because there's a big difference in nodding along to something and 'knowing' it and actually implementing it..) will lower the inflammation and support your body to find stability again.

Many people with M.E, Long Covid, Fibromyalgia, POTS and autoimmune conditions feel significantly better once we calm histamine production down

Histamine food lists

You will notice that there are lots of foods lists available such as the MAST CELL 360 list and the Swiss Interest Group Intolerance list which will give you a detailed place to start in working on eating low histamine. However, as stated earlier, all lists are imperfect and there is some conflicting info within these (and the many different histamine lists online). The reason for this is that some were created by listing every food someone reacted to but those reactions may not have been due to histamine. And ***not everyone will react on the same level to the same foods*** item.

There are Venn diagrams of other types of foods that people with MCAS, M.E or Histamine Overload may react to. These include **nightshades**, **lectins** and **oxalates** (high levels are found in Sweet Potato and Spinach for example). All the lists are meant to be a starting place for you to make your own personal list. If you seem to be reacting to a food that is low histamine, you may have additional food sensitivities. If this is the case, I'd recommend working with a practitioner to help guide you further on this.

Including lots of **high nutrient single ingredient foods** from the given lists will ensure you aren't nutrient deficient from restricting other foods.

Your histamine bucket can become more full due to exposure to seasonal allergens, mould exposure, fluctuating hormones, chemicals, fragrances, cleaning products, dehydration, stress, weather and lack of sun etc. **NOT JUST FOOD**. So, keep this in mind when making food choices and address the **F.A.T.T principle** to accommodate for these fluctuations.

For example, if you are having a stressful time, have just got your period and someone has sprayed a perfume near you, your histamine bucket is going to be fuller so your tolerance to higher histamine foods will be lower as there's less wiggle room. All factors need to be taken into account. This also helps explain why you can enjoy a certain food one week and then 'react' to it another week. Histamine isn't always an instant react, it builds up in the system.

The **long-term goal** is to support histamine pathways to work correctly and reduce mast cell over-reactivity so that you can include more foods over time. Many higher histamine foods have great nutrients so eventually, we want to try to bring those back on board to ensure you have diversity in your diet. And also because of the enjoyment factor!

Gut Health & Histamine: The Hidden Connection

When it comes to histamine, the gut isn't just part of the story — it's *the stage where a lot of the drama plays out*.

Why gut health matters for histamine

Want to continue reading?

Download the full guide here:

<https://www.glo-jo.co.uk/product-page/histamine-handbook>

I know how frustrating it is to live in a body that doesn't serve your soul.
That's exactly why I created this guide. To pass on the knowledge I have to shortcut
your healing journey.

After years of research, learning, trial-and-error, and lived experience with MCAS, PoTS
& M.E.,

I sat down and poured everything out of my brain onto the page. Things that actually
helped in one place —so you don't have to waste years figuring it out alone.

Sure. There's plenty of free advice online...that you can piece together yourself over
time.

But this saves you time and energy. Precious commodities.

Here's what you get in the my Histamine Handbook:

- ✨ Real-world tools that move the needle
- ✨ Strategies for MCAS, PoTS & M.E. from someone who gets it
- ✨ A gentle, practical path back to stability
- ✨ Step-by-step guidance (no overwhelm)
- ✨ A resource you can return to again and again

You could spend £95 on a single session with me
and still only scratch the surface of what's inside this guide.

Right now it's just £19

📈 Price rises in November

Start today — future you will thank you. ❤️

[Get Instant Access](#)

If you've any questions — I'm right here.

Peace & health

Jo xx

CONCLUSION

You have the POWER

1. Please go slowly and gently with any and all of these changes and introductions. Do one change at a time. **One Tweak a Week!** And then go for another. The information contained in this eBook guide are all suggestions but only take action on these changes if you feel it safe and right for you to do so. **Listen to your body** and your intuition and instinct. This is your best compass to guide you.

2. Diary / journal / vlog. Keep a diary / journal of some sort to gauge your own personal reactions and responses.

3. **Breathe.** I understand just how stressful having your health out of balance can be. Remember that the essence of you and your spirit is absolutely okay. We just need to get your body back in balance so your soul can enjoy all the things in life that you do. If it all gets overwhelming. Just stop. Take 5 minutes, put your legs up the wall and focus on your breath. Tell yourself that **you are safe** and you have 'got' yourself. And know that **you are okay** and you will be okay.

Peace, health and BIG love

Jo xxx

