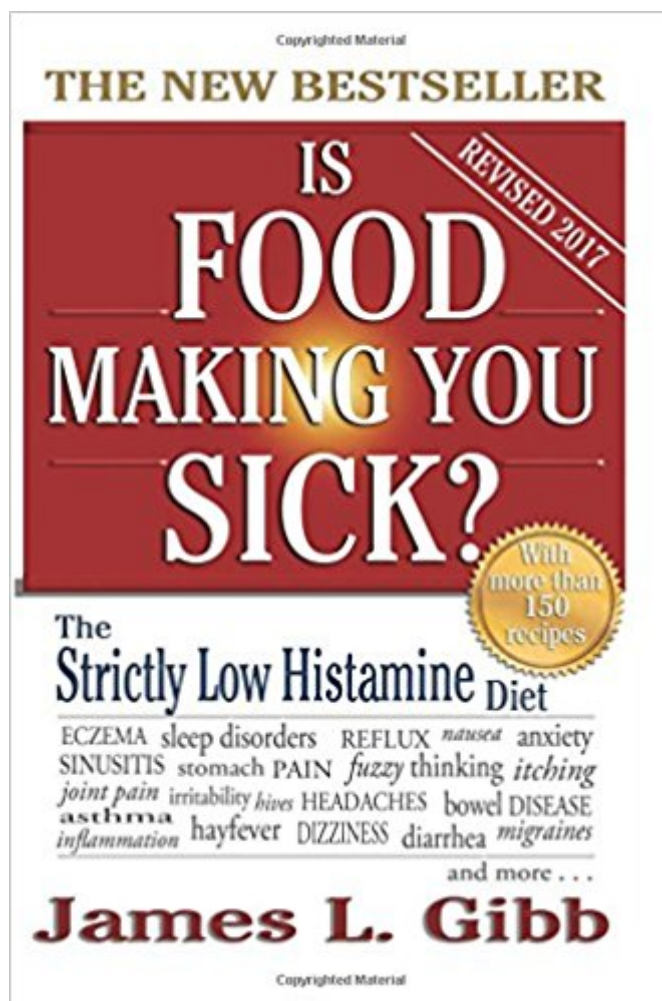


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# Is Food Making You Sick?: The Strictly Low Histamine Diet



## Synopsis

REVISED IN 2017 (though first published in 2014) People all over the world suffer from histamine intolerance without being aware of it. We itch, sneeze, suffer from joint pain, inflammation, sleep disorders, irritability, anxiety, bowel disease, diarrhea, flatulence, stomach pain, heartburn and acid reflux, nausea, bloating and other digestive problems, eczema, psoriasis, tissue swelling, urticaria (hives), itching skin, itching scalp, sinusitis, runny nose, puffy eyes, hay fever, asthma, and breathing difficulties, or endure tension headaches, migraines, fuzzy thinking, dizziness, irregular heartbeat, painful periods (women), sudden drops in blood pressure, faintness or flushing. Symptoms may endure throughout our entire lives if we continue to consume large amounts of histamine without knowing it. Histamine is colorless, odorless and tasteless - undetectable except by scientific analysis, and yet crucial to our well-being. Individual histamine tolerance thresholds vary greatly. A range of circumstances including our genes, our environment, our diet and stress, cause our bodies' histamine levels to rise. If they rise faster than our bodies can break them down, we experience the excessive inflammation brought on by histamine intolerance, or HIT. The good news is, if we can understand what is happening and why, we can treat or prevent this widely unrecognized condition. By far the best way to treat histamine intolerance is with diet. All foods with the potential to raise histamine levels should be avoided until your health improves significantly. This book discusses HIT in depth, including causes, symptoms 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. The front cover shows the revised date of 2017. Find out more at <http://www.low-histamine.com/>

## Book Information

Paperback: 374 pages

Publisher: Leaves of Gold Press; 1 edition (February 18, 2014)

Language: English

ISBN-10: 1925110508

ISBN-13: 978-1925110500

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars 55 customer reviews

Best Sellers Rank: #41,424 in Books (See Top 100 in Books) #12 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #14 in Books > Health, Fitness & Dieting >

## Customer Reviews

"In this book, [Gibb] shows the results of a wide-ranging investigation of the relationship between nutrition and health, suggesting that HIT intolerance may contribute to conditions as disparate as allergies, bowel disease, eczema, heartburn, stomach pain, joint pain, anxiety, psoriasis and sleep disorders, among others. ... His innovative approach is bolstered by careful, thoughtful investigation, and motivated by an urge to help others. ... Practical, valuable information that offers a measure of hope for those suffering from a chronic physical condition." - Kirkus Reviews

James L. Gibb is an Australian educator, novelist and health researcher with a particular focus on food-related diseases. A university graduate with a diploma of education, Gibb became interested in the relationship between nutrition and health when a family member was diagnosed with a chronic disease. He spent many years investigating natural alternatives to the powerful drugs prescribed for this condition, whose side effects can be damaging and debilitating. Over time he accumulated a wealth of information, which culminated in the writing of this book. 'Medical science has made enormous leaps in the 21st century,' writes Gibb, 'and without it, we would all be worse off. Dedicated medical researchers and doctors have improved our quality of life far beyond the standards available to preceding generations. That said, it is sometimes the afflicted themselves, or those closest to them, who are motivated to persevere just that little bit more keenly in pursuit of answers. Often, people with a personal investment in a health problem will stop at nothing to find a solution, seeking far and wide, never giving up. 'One example is the relentless quest of Augusto and Michaela Odone to find a treatment for their son Lorenzo's adrenoleukodystrophy, in the face of skepticism from health professionals. Their experience was later dramatized in the movie 'Lorenzo's Oil'. 'Another example is provided by Elaine Gottschall, whose daughter was diagnosed with severe ulcerative colitis. Medications failed to improve the child's condition, and most doctors dismissed the idea that diet could be in any way associated with this digestive disease. It was a maverick doctor who thought 'outside the box' who finally led Ms Gottschall to a treatment for her daughter. When he died, to preserve his knowledge she wrote a book called 'Breaking the Vicious Cycle', which has been translated into several languages, and is published worldwide.' 'My own experience with a suffering child motivated me to search for answers even in the most unlikely places, which conventional medicine may overlook. Accepted medical opinion is far from infallible, as has been demonstrated from time to time, notably when Dr Barry Marshall swallowed *Helicobacter pylori* (H.

pylori) bacteria to test the theory that they were a cause of peptic ulcer and gastric cancer. The H. pylori theory was ridiculed by scientists and doctors of the 'establishment', who did not believe any bacteria could live in the acidic environment of the stomach. Marshall has been quoted as saying in 1998 that "(e)veryone was against me, but I knew I was right." 'Sometimes it takes an outsider, unblinkered by conventional training, to perceive a truth. ( After all, it was a humble clerk in the Swiss Patents Office who became the father of modern physics.) 'When the Strictly Low Histamine Diet had an almost miraculous effect on my own, seemingly unrelated symptoms I, too felt driven to share this knowledge with others.' James L Gibb, March 2014

I've had severe allergies all my life and have tried every treatment option available in the USA of which I became aware. Reading this book *Is Food Making You Sick? The Strictly Low Histamine Diet* by James L Gibb has given me more relief and control than all the others combined. While I am quite aware of how allergies and the immune system function, managing histamine levels is never given more attention than selecting which antihistamine drug to take. Gibb uses The Swiss Interest Group Histamine Intolerance (SIGHI), The Swiss Allergy Centre, and Dr Janice Joneja to prepare a list of foods, supplements, and therapies that support a low histamine level and another of foods and items to avoid. Most of the book consists of recipes. I've read this book three times and am still taking away new information that helps me feel better but there are contradictions that confuse me as well. For example, all legumes, pulses, nuts and seeds are to be avoided but yet flaxseed meal and black currant seed oil are therapies. Coconut is recommended often but is classified as a fruit. I have always heard coconut to be a tree nut or a seed depending upon the source. I was surprised to find that wikipedia also lists coconut as a fruit. So do they know about chia seed and how it is a better source for omega 3 than flax seed? Is it to be avoided because it raises histamine levels or they just have not considered it? This book did answer questions for me that typically have given me sceptical looks from USA-trained physicians. Years of headaches might be replaced with bad skin rashes not because it is a psychological issue but because different histamine receptors are activated. I also wondered why I could eat chicken for lunch and eat another piece that came from the same chicken for dinner that was prepared the exact same way and at the exact same time and have a reaction. This also can be explained by 1) different sites of the chicken can have different levels of histamine and 2) food that is not frozen is breaking down and creating more histamine which results in higher histamine levels in the chicken at dinner time than was present at lunch time. Because of this and the amount of time that passes from when the bird is killed to when it is prepared and consumed also results in increased histamine levels, meat is not recommended. He

recommends that protein come from fresh eggs, certain dairy foods and grains which he says resembles a vegetarian diet minus the legumes and pulses. Also I have been perplexed that when I have tried taking Vitamin C supplements which are highly recommended for allergies, I have had reactions which to me seems very significant that the recommended therapy exacerbates the symptoms. From learning more about histamine management, I have learned that this is because most Vitamin C supplements are made from fermented corn and anything fermented is to be avoided for histamine maintenance purposes. I have found that the one by Twin Labs that contains quercetin as well is safe for us. US allergists recommends choosing foods to eat that are high in Vitamin C but this diet explains that many foods such as berries that are high in C are also high in histamine so they are to be avoided. Also foods like Spinach which are considered high in Vit C and not high in histamine but still should be avoided because they liberate histamine. Citrus is to be avoided even to the extent of home-made mayo replacing the 1 egg with amchoor. I have realized for a long time that most citrus does not agree with me and I have avoided it with the exception of Meyer lemon which is lower acid than Eureka lemons. I wonder if UK and Swiss are aware of Meyer lemons and if they are on the avoid list as well. Gibb provided more explanations than questions in *Is Food Making You Sick?* and I strongly urge that every person with allergies read this book to better understand how to manage their histamine levels and symptoms.

This book saved my life. For last 5 years I was suffering from allergies. Doctors put me on prednisone and told me that I will be on it for rest of my life. I couldn't sleep, I couldn't laugh, I was coughing so badly people around me were scared that I have TB. At one point I got in hospital and almost died from allergies. All tests for food allergies were negative. I was told that I have ABPA, I was told that I have allergies to mold, to grass, trees ... you name it but not food. I even moved from east coast to west close to ocean, hoping that being in clean and less humid place will help. Nothing was helping. I asked my doctors (I have changed at list 5 of them) why do I get sinus congestion when I drink alcohol nobody could answer. Another doctor put me on Xolair injections for 6 months, which cost me \$8000, didn't work., doctor told me I have to be on it for one year in order for med to work. I have two kids and I told my husband that being on prednisone for rest of my life is not an option and I constantly was looking for nontraditional ways to defeat my severe allergies. I have tried Chinese med but was getting worse. At one point I was on mold free, sugar free diet didn't help, no wonder it is based on protein no carb diet. Then I found this book on (I bought about 10 different books before) and everything made sense. I have been on histamine free diet for two months, I was lowering my prednisone very slowly and as of today I am off it. I don't cough, I do get sinus some time but I use

peppermint oil around my nostrils and use homeopathic Similasan, nasal allergy relief and it helps me a lot. I want to scream so everyone will hear me that there is way to cure for almost everything you just need not to give up and keep trying. There is no words to describe my thanks to James L. Gibb.

My doctor directed me to this book, and after I reported the results of going on the elimination diet, diagnosed me with Histamine Intolerance. (Yes, I know, some doctors insist it doesn't exist, but "n=1" science experiments count big with me, when I am the "1"! ) It goes into many different aspects of the condition in a detailed but very readable way. Also, the "Strictly Low Histamine" diet it lays out is an excellent elimination diet (although it is too low in protein to be used long-term without modifications). My doctor and I are both thrilled that many troubling symptoms that had not been treatable by conventional medicine have cleared up as long as I adhere to this diet. If you have read anything else (such as "What HIT Me?") and are thinking about trying this way of eating, this is THE book to get.

This is such a marvelous tool. Since HIT is relatively new, I had trouble identifying foods that bothered me. This book helped in that way and so much more, including recipes. I would recommend it to anyone who thinks they might have a histamine intolerance.

This is the first book that I have read on this subject, it's a very informative book. My eyes have been opened and I am more aware of what I need to do to improve my health. I want to read other books on this subject to have something to compare it to and find out what other information is out there. I was well worth the money and I have recommended it to other people I know.

I bought *Is Food Making You Sick: Strictly Low Histamine Diet* by James L. Gibb because for years I have been having hives all over my body when I eat certain food. After many research, I suspect that Histamine intolerance can be the problem. The book is very good explaining what histamine intolerance is and what kind of food you should avoid. I was looking forward for the recipes but I was a little disappointed about it. They don't seem appealing to me.

Excellent book!!! Knowing I had a problem with food, it was terrific to actually read that someone does understand what is going on. I appreciate this book and am so glad I ordered it.

Lots of info and many recipes. I had no idea what all has histamine in it, and after getting a good

case of hives, needed to know

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