

# Reclaiming Your Energy: Finding the "Missing Link"

## What is the Histamine-Hormone Connection?

Sometimes, after a virus or during the transition into menopause, your body's internal "alarm system" gets stuck in the "on" position. This can lead to a "full bucket" effect where your body can no longer process certain foods or stress. This often shows up as crushing fatigue, brain fog, and strange reactions like a racing heart or itchy skin after eating.

## Why This Matters For You

- **Clear the Fog:** By calming your immune system, you can regain the mental clarity you need to excel at work and enjoy your family.
- **Stop the "Mystery" Reactions:** Understanding how your hormones and your gut work together helps you stop the cycle of hives, flushing, and digestive upset.
- **Renew Your Energy:** Moving away from "survival mode" allows your body's natural energy factories to start working again, so you don't have to rely on caffeine to get through the day.

## What You Can Do Today

1. **Lower the "Bucket":** For the next two weeks, try to reduce high-histamine triggers. This includes aged cheeses, wine, spinach, tomatoes, and leftovers. Freshly cooked food is your best friend right now!
2. **The 50% Caffeine Rule:** Try to cut your coffee intake by half. Too much caffeine can overstimulate your system and make your "racing heart" symptoms feel worse.
3. **Check Your Pain Relief:** If you find yourself taking Ibuprofen daily for aches, let's talk. Some common over-the-counter pain meds can actually block the enzymes your body needs to break down histamine.
4. **Practice Box Breathing:** When you feel "wired but tired," try this: Breathe in for 4 seconds, hold for 4, breathe out for 4, and hold for 4. Do this 5 times to tell your nervous system it is safe to rest.

## Questions to Discuss with Your Practitioner

- How do my current hormone levels (like estrogen and progesterone) affect my food sensitivities and skin reactions?

- Are my current supplements or probiotics "histamine-friendly," or could they be adding to my symptoms?
  - What are the best ways to support my energy without relying on extra cups of coffee?
- 

*AccrediPro Standards Institute Verified Resource*

---

AccrediPro Standards Institute Verified | Confidential Client Resource