

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?
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