

A Trigger for Obesity may be Histaminosis

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a) the consumption of foods containing histamine, and b) its own production in the small intestine when food allergies take place. Avoiding histamine-containing foods is relatively easy, as long as you know them. These are for instance: Red wine, blue cheese, old cheeses in general, cured meats, seafood, etc. Unfortunately, most people are unaware of this issue.

More important is the own production. Family physicians would have the task of testing the IgE and IgG antibodies to food allergens in the blood of each patient. Most commonly, large-molecule proteins such as casein (cow's milk and products) and gluten/gliadins (wheat, rye) have been shown to be problematic. This means that a usual American breakfast containing bread and latte is unacceptable. In our experiences, genetically modified foods (GMO) can also trigger histaminosis. This concerns e.g. peanuts, soy, corn.

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The number of symptoms triggered by an increase in histamine is large. They are: Urticaria, skin itching, skin flushing, sleep disturbances, bronchial asthma, coughing, vertigo, nausea, vomiting, diarrhea, tachycardia, anxiety, M. Meniere, obesity, and several more.

Neither a normal patient nor a usual physician thinks primarily of histaminosis with such symptoms. Children, for example, are given asthma sprays for years without testing for antibodies to food.

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Of course, in addition to the important allergen abstinence, there are also remedies against elevated histamine such as diphenhydramine, cromoglicic acid (DNCG) or cetirizine. As a natural remedy, the amino

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There are two problematic pathways with regard to histamine:

requires explosive diarrhea. We have had the best experience with a therapy using intracellular enzymes from the company Citozeatec (1) from Milano/Italy. The following is a treatment scheme for intestinal detoxification:

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F 6 2

- 10 ml «Citozym» in the morning before breakfast
- 10 ml «Ergozym plus» in the morning before breakfast
- 10 ml «Citozym» before dinner

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- 20 ml «Citozym» dissolved in a glass of water in the morning before breakfast

- 10 ml «Ergozym plus» in the morning with breakfast

- 1 stick of «Probiotic P-450» at 11.00 a.m.

- 25 ml «Citexivir» with 1 stick of «Propulzym» dissolved in a glass of water before dinner

The successes with this treatment are great. First the intestine is cleaned, then the blood, then the intercellular space, and finally the intracellular space including the DNA.

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Histaminosis is developing into a disease of the people with increasing chemical and electromagnetic stresses from the environment and diet. Especially obesity is a typical result of histaminosis. A treatment is given.

1. www.citozeatecsrl.ch