

Histamine mini assessment

- I want to walk outside and breathe freely through my nose.
- I get water eyes and nose regularly.
- I get skin issues, a runny nose or headache when exposed to toxins in my diet or environment.
- I want to feel comfortable around pets.
- I want to fall asleep more easily.
- As a man, I tend to orgasm too quickly.
- I tend to get nausea or headaches around fragrances.
- I tend to be more sensitive to EMF and WiFi than others.
- I have tried, or currently use, Quercetin and still experience histamine symptoms.
- When exercising, I sweat profusely, often getting a red face or ringing in my ears.
- I flush when I have red wine or alcohol.
- I get a rash or itchy skin when I am stressed.
- I have been tested and know I have a dirty histamine pathway (DAO, HNMT, NAT2, ALDH, MAOA, MAOB).