

Histamine



The Workbook: Your
Essential Companion in
the Online Community

Haven



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www.histaminehaven.com

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Unveiling Your Journey to Wellness with Histamine Haven

Welcome to the Histamine Haven Workbook—your essential companion on the path to well-being within the supported space of the Histamine Haven Online Community. We are delighted to embark on this transformative journey with you, empowering you to take charge of your health and explore the intricacies of managing histamine and mast cell mediated health concerns.

Before delving into the programs designed to guide you toward histamine and mast cell management, it's crucial to set the stage for a successful and personalized experience. This workbook serves as your compass, offering structured guidance, insightful exercises, and a space for reflection. The pages within are meticulously crafted to align with the diverse programs Histamine Haven has to offer, ensuring a seamless integration into your wellness routine.

This workbook is your companion in unlocking the full potential of your well-being. Embrace each page, immerse yourself in the programs, and let the Histamine Haven Workbook be the catalyst for positive change in your health.

We have thoughtfully segmented the workbook into **distinct sections**, ensuring easy reference and facilitating your navigation through the rich content tailored to your health journey. Here's a look at what you can expect to find within each section.

Getting Started: Your Health Snapshot

At the outset, we invite you to turn to the introductory pages of this workbook. Here, you'll find a space to record essential information about your health history, current symptoms, and any existing dietary or lifestyle preferences. This personalized prelude will be invaluable in establishing a **baseline** to refer to in the future.

Histamine Haven Office Hours: Your Supportive Hub for Progress

Introducing the *Histamine Haven Office Hours*, a dedicated section designed to enhance your accountability, motivation, and personal reflection throughout your journey. This space serves as a touchpoint for **Community Coaching**, offering valuable insights, fostering community connections, and providing a forum to support you on your journey. Know that you are not alone.

As you embark on this collective endeavor, **don't forget to register for the upcoming six sessions**. Watch your **inbox** for a **coupon code** for your free block of sessions. These sessions run **every second week** and a new *Office Hours* starts each 3 months, so **register right away** so you don't miss the next start date. These sessions are your cornerstone for sustained progress and personal growth within the Histamine Haven Community.

Aren't available at the time the sessions are live? Don't worry, the **recordings will be available** so that you don't miss out on the invaluable resources found within *Office Hours*.

Navigating the Workbook: A Roadmap to Your Wellness Destination

Each section of this workbook is intricately connected to the diverse programs provided in the Histamine Haven Online Community. As you embark on your health journey, we encourage you to turn to the pages that correlate with the specific program you're undertaking. The comprehensive structure of the workbook ensures a coherent and progressive learning experience, guiding you through key concepts and actionable steps.

Your Personal Journal: Capturing Your Health Story

In the spirit of self-discovery and empowerment, we've included a dedicated journal section. Use this space to chronicle your experiences, track sensitivities, jot down questions for your healthcare practitioners, and note any queries you may want to direct to the Histamine Haven Community. Your journal is a powerful tool for reflection and a roadmap to understanding the nuances of your health journey.

Organizing Your Health Odyssey: Creating Your Personalized Toolkit

To complement your exploration of health within the *Histamine Haven Workbook*, we recommend initiating a dedicated organizational system. Consider starting a physical **binder** that will house essential components of your health journey. This organizational toolkit should include designated sections for the Histamine Haven Workbook, a compilation of curated recipes, and a dedicated space for taking additional notes.

In your binder, allocate a section specifically for the Histamine Haven Workbook. This will serve as a centralized repository for all the insightful exercises, program-related content, and your evolving health snapshot. Keep this section easily accessible, allowing you to seamlessly integrate newfound knowledge and track your progress. You can also print the **Histamine Haven Habit Helper**, a daily visual reminder of the Actionable Steps you're currently working on. This handout can be updated as you move through the Online Community. Put it at the front of your binder or post it somewhere as a visual reminder.

As a vital component of your health toolkit, create a section devoted to recipes. This curated collection will be a valuable resource for crafting meals that align with your dietary preferences and health goals. Whether it's experimenting with new dishes inspired by the programs or adapting existing favorites, this recipe section will be your culinary compass on this health journey. See page 7 to find out where you can find recipes used in the programs.

Lastly, reserve a section for collecting information from all the practitioners that make up your wellness team. Results of any diagnostic tests such as blood work or imaging can go here. Treatment plans or therapeutic recommendations are also useful to add here to help with keeping track. By establishing this organized system, you not only enhance your engagement with the workbook but also create a holistic toolkit that evolves alongside your journey to improved health.

As part of our commitment to fostering a mindful and **EMF-conscious** approach to wellness, it's worth noting that our workbook is intentionally designed for **printing only**. This deliberate choice ensures that you can fully engage with the material in a tactile and personalized manner, while also minimizing prolonged digital screen exposure. By embracing this print-only format, you not only enhance your experience with the workbook but also prioritize your well-being in alignment with our holistic wellness philosophy by reducing potential environmental stressors.

Recipes For Radiant Health

Recipes that are used in some of our programs such as Food Foundations and Kitchen Haven 101 can be accessed by going to **Pages** in the top menu of the Online Community and clicking on the **Recipes – Member tab**.

Don't worry about jumping into these recipes quite yet. We'll be guiding you through that process. You can access them for as long as you have your membership in the Online Community, but you can also print them if you prefer.

Additionally, we offer a comprehensive book featuring over 140 carefully curated low histamine, gut healthy, nutrient dense, mast cell stabilizing recipes—ready to elevate your culinary journey. Get your hands on ***Histamine Haven: The Essential Guide and Cookbook to Histamine and Mast Cell Activation*** today! In Canada and the States, you can get it from <https://www.histaminehaven.com/book>, or get it from your favorite book retailer anywhere in the world. Just ask them to order it for you.

Each recipe is a delightful blend of flavors and functional ingredients, empowering you to nourish your body while adhering to the principles crucial for managing histamine and mast cell activation. Get ready to embark on a gastronomic journey that not only satisfies your taste buds but also contributes to your overall well-being.

Here's to your journey – may it be filled with discovery, empowerment, and lasting wellness



Section 1: Your Health Snapshot

Before embarking on your transformative journey with Histamine Haven, let's take a moment to create a comprehensive snapshot of your current health. This section is designed for you to document your symptoms, diagnosed health conditions, and any relevant medical history. By doing so, you'll not only have a clear understanding of your **starting point** but also lay the foundation for personalized insights and targeted improvements. You can also share the information in this section with any practitioners you work with.

This snapshot is a living document meant to evolve as your health journey progresses. **Regularly revisit and update** this section to ensure it remains reflective of your current health status. Your personalized health profile is a powerful tool, providing both you and your healthcare practitioners with valuable insights as you work towards a healthier and more balanced life.

Personal Health Profile:

1. Primary Symptoms:

-Fill in the *Symptom Tracking List* on page 12 to give you a starting baseline of your symptoms. This tracking sheet can be done every few months to monitor the progress of your symptoms so make sure you add the date each time you fill it in. You may want to print several copies for yourself for future use.

2. Diagnosed Health Conditions:

- Record any diagnosed medical conditions or chronic illnesses you are managing. We strive to continually update our list of medical conditions that research supports have a histamine or mast cell component. Cross reference your list of diagnosis with our list to gain personal insight into possible connections. You can find the list here: <https://www.histaminehaven.com/post/could-this-be-you-recognizing-histamine-or-mast-cell-symptoms>

Medications and Supplements:

1. Current Medications:

List any prescription medications you are currently taking.

Name of medication	Dose (in mg, ug, ml...)	Times taken (1x, 2x, 3x/day)	Total daily dose (in mg, ug, ml...)

As you move through the programs it is possible that you may need to have **medications adjusted** by your primary healthcare provider. It is **your responsibility** to see your doctor to monitor your prescriptions as symptoms change.

2. Supplements:

Document any supplements or vitamins you include in your daily routine.

Name of supplement	Dose (in mg, ug, ml...)	Times taken (1x, 2x, 3x/day)	Total daily dose (in mg, ug, ml...)

Allergies and Sensitivities:

Specify any allergies or sensitivities you have, whether related to food, environmental factors, or other situations that may trigger symptoms.

Medical History:

1. Past Surgeries or Treatments:

Provide a brief history of any surgeries or significant medical treatments you have undergone.

2. Family Medical History:

Note any hereditary health conditions or patterns within your family.

Lifestyle Factors:

1. Dietary Preferences:

List 10-15 of the foods you most commonly eat.

2. Exercise Routine:

Outline your current physical activity levels and any exercise routines you follow.

Additional Notes:

Use this space to capture any additional information you believe is pertinent to understanding your health and well-being.



Symptom Tracking List

Use this sheet to track your symptoms.
Only score for previous or current symptoms.
Leave blank if you've never had the symptom.

- 1 - previously, not currently
- 2 - currently, mild / not often
- 3 - currently, somewhat bothersome
- 4 - currently, often, quite bothersome
- 5 - in active flare up, unmanageable

Symptom	1	2	3	4	5
Brain + Nervous System					
Anxiety					
Concentration <i>or</i> memory problems					
Dizziness / vertigo					
Fatigue					
Hard time falling asleep					
Hard time staying asleep					
Headaches / migraines					
Nerve pain					
Numbness / tingling					
Sensitivity to lights, sounds, smells					
Sensitivity to temperatures or EMFs					
Cardiac					
Arrhythmia					
Blood clots					
Chest pain					
Dizzy when standing up					
Heart palpitations or racing heart					
Low blood pressure					
Digestive					
Abdominal pain					
Diarrhea					
Food allergies and sensitivities					
Heartburn / GERD (reflux)					
IBS					
Nausea with or without vomiting					
Muscle & Joints					
Degenerative disks					
Hypermobility joints					
Muscle twitching					
Pain					
Reproductive					
Estrogen dominance (men or women)					
Extreme pain with periods					
Fertility problems (men or women)					
PMS					

Symptom Tracking List

Page 2

Today's date: _____

- 1 - previously, not currently
- 2 - currently, mild / not often
- 3 - currently, somewhat bothersome
- 4 - currently, often, quite bothersome
- 5 - in active flare up, unmanageable

Symptom	1	2	3	4	5
Respiratory (Lungs & Nose)					
Asthma (including exercise induced)					
Congestion / mouth breather					
Coughing					
Drippy nose / Itchy nose					
Shortness of breath					
Sinus or nasal inflammation					
Skin					
Dermatographism (welts or lingering red/white marks with rubbing or scratching)					
Eczema					
Excessive sweating					
Flushing (when embarrassed or with alcohol)					
Hives					
Itchy skin					
Rashes					
Strong reaction to bug bites					
Swelling / edema					
Urinary					
Pain with urination					
Pelvic pain					
Urinary frequency					
Urinary urgency					
Vulvar pain					
Other					
Tinnitus					

Write down your top three current & most troublesome histamine-mediated symptoms:

1. _____
2. _____
3. _____



Section 2: Histamine Haven Office Hours

Step into the heart of Histamine Haven's Community Coaching with open arms as you enter the dedicated realm of *Histamine Haven Office Hours*. Here, our aim is not just to guide but to cultivate a space where your journey is enriched through collective wisdom and shared experiences. This section is your compass for accountability, motivation, and self-reflection, ensuring that you stay connected to the essence of your individual health goals. As you navigate through these group coaching sessions, remember that this is your haven—a place to share, learn, and flourish together. We invite you to register for the upcoming six biweekly sessions to engage, reflect, and solidify your commitment to personal well-being within the vibrant community of Histamine Haven.

Register for the next Histamine Haven Office Hours at <https://community.histaminehaven.com/office-hours/> or go to **Pages** in the top menu of the Online Community and click on **Office Hours**.

Session #1: Overcoming Obstacles

Questions to Answer

What are some situations in the past where I have overcome obstacles?	
What are some obstacles to my wellness that I face now?	
What are my biggest struggles?	
What aspect of Histamine Haven feels the most difficult?	
What steps can I take to remove my obstacles?	
What messages can I give myself to overcome my obstacles?	

Manifesting Your Future Healthy Self: Vision Board

A vision board is one strategy to help you manifest your future healthy self—it sends a powerful, effective message to yourself. Having a vision can provide the impetus you need to overcome your obstacles.

Embrace the process of creating your vision board as a tangible expression of your commitment to personal well-being. Let it serve as a daily reminder of your goals and aspirations.

1. **Reflect on Your Health Goals:** Take a moment to reflect on your overarching health objectives within the context of the Histamine Haven programs. Consider both short-term and long-term goals that resonate with your individual journey.

2. **Gather Inspirational Material:** Collect images, quotes, and symbols that resonate with your vision for improved health and well-being. These can range from representations of nutritious foods to images evoking a sense of vitality and balance. You might also need tape or a glue-stick.

3. **Arrange and Personalize:** Arrange the gathered material on your vision board, creating a visually compelling representation of your health aspirations. Personalize it with colors, affirmations, and any additional elements that amplify the positivity and motivation behind your goals.

4. **Make it Happen and Make it Visible:** Create your vision board now if you have time. If not schedule an hour or two into your calendar this week where you have time.

Post or create your vision board where you will see it every day. This could be on a mirror, on the fridge, at your desk or any other place you spend a lot of time.

Session #2: Motivation & Commitment

Questions to Answer

What have I been able to commit to in the past?	
How was I able to stay committed and motivated in that situation?	
How will I stay on track and stick with Histamine Haven?	
What will happen if I don't make changes to my life?	
How do I feel I can best motivate myself?	
What can I say to myself to make a commitment of at least 6 months?	

Sustainable Change: Habit Stacking

Habit stacking is a technique that allows you to build new habits or set intentions by pairing the new habit or behaviour with an existing habit. It is a great strategy to refine your routines, boost motivation, and cultivate a sustainable foundation for lasting health improvements.

1. **Identify Current Habits:** Begin by recognizing existing habits in your daily routine, whether they're related to your health, work, or personal life. Take note of both positive and negative habits.
2. **Pinpoint Health Goals:** Clearly define the specific health goals you want to achieve through the Histamine Haven programs. Whether it's dietary changes, exercise, or mindfulness practices, articulate your desired outcomes. Be specific.
3. **Align New Habits:** Identify key moments in your existing routine where you can seamlessly integrate new habits that align with your health goals. This could be associating a specific action with an existing routine, creating a chain of habits that reinforce one another.
4. **Create a Habit Stack Plan:** Develop a comprehensive habit stacking plan by listing the **specific** habits you'll incorporate, and the triggers associated with each. This structured approach helps solidify your commitment and ensures that positive changes become ingrained in your daily life.

For example:

After I use the toilet (existing behaviour), I will do 5 deep lunges (new habit). (exercise habit)

After I turn the kettle on, I will lay out my supplements. (supplement habit)

After I brush my teeth, I will take 10 deep breaths. (calming habit)

After I...	I will...
After I...	I will...
After I...	I will...
After I...	I will...
After I...	I will...
After I...	I will...
After I...	I will...
After I...	I will...
After I...	I will...
After I...	I will...

Read your statements aloud to yourself, then post this wherever you carry out your habits.

Session #3: Communicating Safety

Questions to Answer

What limiting beliefs do I have around my health and wellness?	
What can I say to myself to change my perception?	
What are my thought patterns or daily self-talk?	
What can I say to myself when I am thinking these thoughts?	
How will I handle situations that are out of my control?	

Safety Within: Daily Affirmations

Affirmations work as a tool to change your mindset and serve as a powerful tool for maintaining a positive mindset and reinforcing your commitment to health goals. Just like visualizing, your brain sees imagining as reality. When you believe something, your actions follow. Affirmations are a way to set those beliefs, so you can follow through with the actions laid out in the Histamine Haven Online Community.

Use the answers to your questions to help shape some affirmations for yourself. Affirmations need to be in the present. They should be as specific as possible and linked to what matters to you. They can start with “I am...” or with “May I be...”

1. **Define Positive Affirmations:** Begin by crafting positive statements that resonate with your health goals and overall well-being. Affirmations can be as simple as “I am nourishing my body with choices that support my well-being” or “I am cultivating a sense of calm and balance every day.” “May I be safe” or “May I be healthy.” Tip: If you are struggling to come up with statements, do an online search for daily health affirmations and choose ones that have already been thought of.
2. **Write Affirmations on Post-it Notes:** Write 3-5 affirmations on Post-it notes. Keep them concise and impactful, ensuring they reflect your personal aspirations. Use colorful markers or pens to add a vibrant touch to your affirmations.
3. **Place Post-it Notes in Key Locations:** Integrate your affirmations into your environment by placing the Post-it notes in strategic locations. Consider your vision board, bathroom mirror, refrigerator, or workspace—places you frequent throughout the day. This creates a visual reminder and reinforces positive messages.
4. **Recite Affirmations Daily:** Recite your affirmations aloud or in writing 1-3 times each day. By saying them aloud or writing them down you support the formation of new brain pathways and reinforce your new mindset.
5. **Integrate Affirmations into Habit Stacking:** Add daily affirmations to your existing routine using habit stacking. Identify moments within your daily routine to incorporate affirmations seamlessly. Whether it's during your morning routine, meals, or moments of self-reflection, choose times that align with your existing habits.

Affirmations

Session #4: Pace, Prioritize, Plan

Questions to Answer

<p>Am I an achiever or a perfectionist? Is this trait hindering my progress?</p>	
<p>What can I say “no” to in my life so that self-care is a priority?</p>	
<p>How can I break my goals into smaller, more manageable steps?</p>	
<p>What can I do to create a slower pace in everything I do?</p>	
<p>How can I allow for flexibility in my plans to reduce stress?</p>	

Prioritize

The first hour or two after waking is a precious window to set the tone for the day and prioritize your well-being. By dedicating this time to intentional self-care practices, you ensure that you get the most important wellness activities accomplished while you have the energy to do so. Hydration, sunshine, a nourishing meal, mindful movement, and time for the next Histamine Haven video are all priorities.

Create a schedule for the beginning of your day. Aim to get out of bed before 9:00am for early morning sunlight exposure.

Here's an example:

Time	Activity
7:30am	Wake Up
7:35am	Hydrate
7:40	Meditate while breakfast is warming up
8:00	Eat and take supplements
8:30	Walk outside
9:00	Watch the next Histamine Haven video

Now, fill in your Prioritizing Morning Wellness Routine:

Time	Activity

Pace & Plan

Slowing down and pacing yourself is paramount for sustained wellness, as pushing beyond your limits can jeopardize health goals. Embracing a mindful and balanced approach allows for lasting progress, preventing burn-out and fostering a resilient foundation for overall well-being.

Utilizing a **calendar** for scheduling health and wellness priorities as well as other commitments, provides a tangible structure, allocating dedicated time slots for what needs to get done. By giving yourself ample time

and **pacing** activities thoughtfully, you not only cultivate consistency but also establish a deliberate rhythm that fosters long-term well-being.

1. **Get a Calendar:** How can you incorporate a calendar into your daily routine to better organize your tasks, whether it's a physical wall calendar, a digital planner, or another format?
2. **Prioritize Wellness:** Schedule in your Wellness Morning Routine. What steps do you need to take to get your morning wellness routine scheduled? What larger tasks can you break down into smaller, more manageable steps?
3. **Achieve Slowness:** Remind yourself that slowing down is helping you achieve your wellness goals. If you are an achiever or perfectionist, aim to perfect **the art of slow, mindful living**. How might you cultivate a mindset of deliberate pacing in your daily life?

Session #5: Relationships & Boundaries

Questions to Answer

When have I felt people have been dismissive or skeptical of my symptoms?	
Who are the people in my life who are supportive or empathetic?	
What areas of my life do I need to set boundaries in to create calm and space for wellness needs? Work? Relationships? Family?	
What behaviours, interactions or commitments drain my energy or detract from my well-being?	
How can I prioritize my self-care even if it means saying no to others?	

These questions can help you reflect on the level of understanding and support you receive from people in your life, and where you might wish things to change for better self-care.

Fostering Self-Advocacy: Building Boundaries

Describe a situation where I was unable to say “no” or to advocate for my needs.	What were my thoughts and beliefs at that time?	How could the outcome be different if I replaced those thoughts with self-care thoughts and said “no”?

What will you say differently to advocate for your needs now or to set boundaries for yourself? Building boundaries with sensitivity towards others can help you ask for what you deserve to reach your health goals.

Here are some statements to help advocate for your needs and set boundaries around self-care. Fill these in and practice saying these **aloud**, as you imagine the different people in your life who need to hear these messages. Include specific practices you have chosen to prioritize in previous sessions in these statements.

- My top priority right now is _____, so I would prefer _____ instead.
- I appreciate your invitation, but I’ve committed to prioritizing _____ tonight.
- I understand your perspective, but I need to prioritize my own well-being by _____.
- I’m feeling overwhelmed right now, so I need to take a step back and focus on _____.
- I’ve noticed that _____ tends to drain my energy, so I’m going to limit my involvement in that area.
- I value our relationship, and part of that means honouring my own boundaries by _____.
- In order to maintain balance and prevent burnout, I need to carve out time for _____.

- I've realized that saying yes to everything isn't sustainable for me, so I'm learning to say no to _____ so I can prioritize my well-being.

1. How can you begin implementing these statements into your daily interactions, whether through emails, texts, or face-to-face conversations, to actively incorporate them into your life?

2. What strategies can you employ to consistently apply these statements in various real-life scenarios over the next few weeks, recognizing that each instance contributes to prioritizing your personal wellness?

3. How might you track your progress in utilizing these statements in different situations, acknowledging that the more frequently you integrate them into your communication, the more you're demonstrating a commitment to your own well-being?

At Histamine Haven Community, we understand that navigating histamine and mast cell issues can feel overwhelming and isolating at times. That's why we're here to offer you a supportive and understanding community where you don't have to face these challenges alone. Whether you're seeking advice, sharing your experiences, or simply looking for empathy, everyone here comprehends the journey you're on and is ready to offer their support and solidarity. You're not alone - together, we're here to navigate this journey with you.

For additional support and community join small group coaching sessions. Go to **Pages** in the top menu of the Online Community and click on **Small Group Coaching**.

Session #6: Cultivating Joy & Well-Being

Questions to Answer

What are some small changes I have added to my routine?	
How has my self-care evolved?	
What insights have I gained about my body?	
What keeps me motivated to keep going?	
How do I celebrate my progress, no matter how small?	

Here are some positive feelings you might experience when reflecting on your accomplishments.

Circle the ones that apply to how you feel about your wellness journey so far:

- satisfied pride joy content grateful fulfilled happy
- empowered confident excited appreciative optimism
- self-assurance peace serene successful motivated elated

Choose three or more of these feelings and describe how these feelings show up in your life.

Feeling	Descriptions

Moving Forward with Joy: Expressing Gratitude

1. Find a quiet place where you can reflect without interruption.
2. Reflect on three things you are grateful for. These can be big or small. Focus on the feelings and sensations associated with each thing you are grateful for.
3. Allow yourself to savor the positive feelings or sensations of each of these things. You may also wish to consider how expressing gratitude can shift your perspective and overall sense of well-being.
4. If you'd like, you can also write down what you are grateful for to help solidify these feelings and provide a record you can look back on.
5. Repeat this simple practice daily at bedtime or any other time you have a reflective moment.



Section 3: Histamine Haven Program

A Roadmap to Your Wellness Destination

The Programs

Welcome to the transformative programs facilitated by Histamine Haven, where your journey to optimal health begins. The programs found in the video content and the workbook are designed to empower and guide you. As you step into this supportive community, embrace the knowledge, insights, and personalized strategies that await you. Your dedication to these programs marks the commencement of a profound and empowering chapter in your pursuit of wellness. Let's embark on this journey together, nurturing your health and well-being every step of the way.

Before You Start Watching: Please Read!

Welcome to the workbook section for our educational video series. Our video series aims to provide valuable insights and practical guidance to support your health goals. **Before diving into the content, it's essential to decide the best starting point for yourself.**

By and large, the modules within Histamine Haven are meant to be watched sequentially. Start by watching the **First Steps** and **My Journey** modules. Use the content in My Journey, **Module 4**, and from the paragraphs below to make the right choice to ensure that your wellness journey begins by being tailored to your unique needs.

For those who have never made significant dietary changes and typically consume a standard Western diet, we recommend our foundational program, **Food Foundations**. This program serves as an introduction to an anti-inflammatory diet, designed to gently transition you towards healthier eating habits. While we begin to explore the concept of low histamine foods in this series, it's important to note that some higher histamine foods or potential triggers may still be included. The primary objective of Food Foundations is to initiate a positive shift in dietary choices, particularly for those accustomed to processed foods or frequent dining out.

However, if you're already following a whole food, anti-inflammatory diet, cook your meals from scratch, and are seeking more specialized guidance, we encourage you to skip Food Foundations and begin with **Gut Health Help**, and then progress to **Kitchen Haven 101**. Kitchen Haven 101 is crafted to support individuals in adopting a low histamine, gut healthy, nutrient-dense, and mast cell-stabilizing approach to eating. By focusing on these specific dietary considerations, Kitchen Haven 101 offers tailored strategies to further optimize your nutritional intake and manage histamine or mast cell-related symptoms effectively.

If you are **highly reactive or sensitive to foods**, we advise you watch **My Journey** and then **start directly with Histamine Haven Stage 2 and watch the videos in Modules 4, 5, and 6**. This pathway is better suited for individuals who experience heightened reactions to foods as part of their mast cell activation. After completing these modules, you can reassess your progress and determine if starting the dietary modules is right for you.

If you're curious about **vegetarian or vegan** dietary options, we address these during Modules 3 and 4 of our **Food Foundation** videos. These sessions provide valuable insights into making informed food choices within this dietary framework, ensuring that individuals following plant-based lifestyles can also benefit from our program.

Whether you're just beginning your journey towards a healthier diet and lifestyle or seeking to refine your existing approach, our video series and accompanying workbook are here to support you every step of the way. We hope you find the information and resources provided invaluable in your quest for improved well-being and vitality.

First Steps

You may have watched First Steps in the free content, but in case you did not, watch it now.

1. Think about the meals and snacks that you eat regularly, whether they are ones you make at home, get delivered or eat in a restaurant. What foods do they contain?

Circle any of the following foods that you have eaten in the last week, or that you regularly eat:

spinach avocado tomato bacon salami citrus

pineapple chocolate bone broth yogurt cheese sauerkraut

kimchi kombucha miso alcohol banana

2. Choose a replacement food for each item you circled above. Add each choice to the **Shopping List** section at the end of this handout.

High histamine food	Replacement
Spinach	Arugula
Avocado	Avocado oil
Tomato	Butternut squash or our No Tomato Sauce
Bacon	Pork belly
Salami and other sandwich meats	Fresh meats
Citrus (orange, grapefruit, lemon or juices)	Blueberry, pomegranate, apple, pear
Pineapple	Mango
Chocolate	Cocoa butter
Bone broth	Meat stock

Yogurt	Full-fat coconut milk
Cheese	Fresh cheeses: mozzarella or soft goat cheese
Sauerkraut or other cultured vegetables	Fresh vegetables
Kimchi	Fresh vegetables
Kombucha or other cultured drinks	Herbal tea or sparkling mineral water
Miso	Meat stock
Alcohol	Sparkling mineral water with pomegranate juice.
Banana	Mango or cherries

3. Choose foods from each of these low histamine categories and add them to your **Shopping List** in this handout.

DAO	pea shoots
------------	------------

Quercetin	Blueberries Asparagus Apples Kale	Onion Radicchio Cabbage Cilantro Dill
------------------	--	---

Vitamin C	Blackberry Cherry Cranberry Cantaloupe Cabbage	Asparagus Broccoli Brussels sprouts Parsley Pomegranate
------------------	--	---

Reminder: you can choose fresh or frozen fruits and vegetables.

Try adding onions, cabbage and apples to your list.

Here's an Onion Cabbage Apple side dish to inspire you: <https://bit.ly/HHquercetinSideDish>

4. Shopping List

Say goodbye to mealtime stress!

Histamine Haven: The Essential Guide and Cookbook to Histamine and Mast Cell Activation is your solution, offering 4 weeks of meal ideas, over 140 mouth-watering recipes, and prepared shopping lists to simplify your cooking routine.

Get the book at <https://www.histaminehaven.com/book>

5. **Answer** each question in the chart. Use the empty spaces for your answers.

Why did you join the Online Community?	
Why do you want to feel better?	
How are your symptoms impacting your life right now?	
How will changing your symptoms impact your life?	
Why do you want to change your diet?	
Are you satisfied with your health?	

6. **Goals.** Using the answers from your questions, what are your health goals?

Here's an example:

I want to *have more energy*

so that I can *spend time with friends*

because *I want to maintain my friendships and be able to socialize*

I want to so that I can because	
I want to so that I can because	
I want to so that I can because	
I want to so that I can because	
I want to so that I can because	

My Journey

The introductory module, **My Journey**, aims to provide insight into your body's workings and offer useful guidance for navigating subsequent modules. While our other modules focus on directing you through essential concepts and steps, this one encourages reflection. Feel free to make notes on any valuable insights you encounter on this blank page provided. It's your space to jot down valuable content.

Food Foundations

Food Foundations is broken down into weekly sessions, as it was originally designed to be done this way. Please go through this content at a **pace that works for you**. You do **not** need to follow the weekly schedule but can choose to do so if you wish.

Key Concepts:

Module/Week 1

List healthy, anti-inflammatory fats.

What fats do I have in my cupboard or fridge that I need to replace?

Module/Week 2

List anti-inflammatory carbohydrates. What **roots & fruits** do you like?

What carbohydrates do I have in my cupboard or fridge that I need to replace?

Module/Week 3

List anti-inflammatory meats.

What proteins do I have in my cupboard or fridge that I need to replace?

Module/Week 4

List some meal ideas that you enjoy that combine healthy carbohydrates and protein with a variety of colourful vegetables and an anti-inflammatory fat.

Actionable Steps:

Plan:

- Add anti-inflammatory foods to your shopping list.
- Include ingredients you need for the Food Foundations Recipes.
- Find pasture-raised or grass-fed & grass finished meat. Mark a time in your calendar to **shop** for these ingredients.
- Prepare a big batch of a recipe and freeze into individual sized servings.

Prioritize:

- Cook each week.
- Try the recipes out.
- Source the best quality foods you can afford.

Pace:

- How will you add anti-inflammatory foods at a pace that works for you?

Have you registered for **Histamine Haven Office Hours** yet? You must register to get in on these Community Coaching sessions. Go to **Pages** in the top menu of the Online Community and click on **Office Hours**.

Gut Health Help

Key Concepts:

What are some traditional gut healthy foods?

Why can they make your symptoms worse?

What foods will you add to feed your microbes?

Actionable Steps:

Plan:

- Add gut healthy foods to your shopping list and shop for them.

Prioritize:

- Eat these foods daily.

Pace:

- How can you incorporate these tasks into your daily or weekly routine? What manageable steps can you take to introduce more gut healthy foods?

Kitchen Haven 101

Kitchen Haven 101 is broken down into weekly sessions, as it was originally designed to be done this way. Please go through this content at a **pace that works for you**. You do **not** need to follow the weekly schedule but can choose to do so if you wish if this seems like a helpful strategy to keep you moving forward.

Key Concepts:

Module/Week 1 – Building Your Kitchen Haven

What are some kitchen essentials you need to get to be successful in your kitchen?

Module/Week 2 – Let's Talk About Plant Foods

List vegetables and fruit you have been eating that contribute to your histamine load.

What food provides DAO?

Do you need to change your cookware or utensils or storage containers?

List tips to help manage your food budget.

Module/Week 3 – Meats, Protein & Fat

List some animal foods you have been eating that contribute to your histamine load.

Where can you get meat that is frozen after slaughter?

What steps do you need to take to buy food that fits your budget?

For vegetarians & vegans: watch Module 3.

Are there some nutrients you might need to supplement with?

List some fats to add to your diet.

Are you wondering if salicylates are a problem for you? Stage 2 will explore this topic in detail.

Module/Week 4 – Some Lifestyle Hacks to Create A Safe Haven

List some of the stressors discussed that you think apply to you.

What will you do this week that brings you joy?

Take a stressful situation in your life and view it with compassion. What does that perspective look like?

Write down 3 ideas discussed in the videos that resonate with you. From these three, choose one to try.

Place the poster on page 46 somewhere to remind you to practice mindfulness.

Actionable Steps:

Plan:

- Watch video content and fill in your workbook.
- Look at the Replacement List and find replacement items for foods you usually include in your diet.
- Prepare your kitchen with the tools you need.
- Make your shopping list from The Histamine Haven Shopping list. Go shopping.
- Focus on organic foods. Use ewg.org Dirty Dozen & Clean 15 to help you transition. You can get the Dirty Dozen app for convenient referencing.
- Reach out to local meat producers or butchers to find meat that is frozen after slaughter. Find a source of fish that is frozen after catch.
- Set aside time to make the recipes. Mark this time in your calendar.
- Set aside time to do something that brings you joy. Mark it in your calendar.

Prioritize:

- Fresh or frozen foods. Eat as fresh as possible.
- Cook each week. Set aside time and mark it in your calendar each week.
- Try the recipes out, then portion and **freeze** leftovers.
- Thaw frozen foods and meals quickly right before consumption.
- Source the best quality, freshest foods you can afford. See Histamine Haven Supplier on page 48.
- Choose food that fits your budget.
- For vegetarians and vegans: **activate** nuts, seeds, grains, and lentils to reduce lectin content.
- **Batch** cook to save time.

Pace:

- How can you incorporate batch cooking into your routine to save time and streamline meal preparation? Make a **big batch** of meat stock that you can freeze into serving sizes to get you through the week.
- What actions can you take to dedicate time for making the recipes in this module, marking it in your calendar to ensure consistency, while also prioritizing self-care?
- How can you break the tasks outlined in this program into manageable steps, ensuring your pace yourself effectively while watching video content, filling in your workbook, and preparing your kitchen?
- What strategies will you implement to ensure you pace yourself effectively through these actionable steps, and how can you commit to these strategies?

Mindfulness



MIND-BODY

Yoga or other movement with a mind-body connection can help bring a sense of calm.



MOVEMENT

Walk, dance, skip rope, play ball, ride a bike... enjoy any form of movement that brings you joy.



CULTIVATE JOY

Meet with a friend, volunteer, paint, read a book, listen to music, play an instrument or play a game.



COMMUNITY

Connect with a community, a support group or 1:1 counselling. You don't have to go it alone.



JOURNALING

Write down your thoughts and perceptions or write down what you are grateful for daily.



PRIORITIZE SLEEP

Stick to the same bedtime. Avoid any screens before bed. Have a bedtime routine you follow each evening.



TIME IN NATURE

Try a walk in the mountains, a float down a river or camping in the woods.



CONNECT WITH DIRT

Grow plants on your window sill, pots on your deck or flowers and vegetables in your garden.



TOUCH

Massage is a great way to benefit from therapeutic touch.



RELAX

An Epsom salt soak helps relax and detoxify.

Histamine Haven Suppliers

Fish Frozen After Slaughter – there are many small **Community Supported Fisheries** around the world that you can buy fresh fish from. Do an online search for one in your area and ask them if they freeze fish or put it on ice immediately after slaughter (if you are getting straight off the boat). Find out if they sell or ship to your area.

- US: vitalchoice.com
- Western Canada: skipperotto.com

Fresh Crop Nuts

- US: freshfarmnuts.com
 - buyorganicnuts.com
- Canada: ranchovignola.com
 - ca-nutspick.glopalstore.com
- UK: buywholefoodsonline.co.uk – inquire about freshness
- New Zealand: nuttz.co.nz
- Australia: royalnutcompany.com.au

Ingredients

If you are struggling to find ingredients such as Nigella (Black Seed), Sumac, cacao butter, or good quality dried herbs and teas here are some good sources.

- Canada: lightcellar.ca
- Canada & US: omfoods.com
- US: mountainroseherbs.com
- Australia: thesourcebulkfoods.com.au
- New Zealand: thesourcebulkfoods.com.nz
- UK: buywholefoodsonline.co.uk

Need **supplements** too? If you live in **Canada**, please feel free to explore some of our supplement protocols at <https://ca.fullscript.com/welcome/treed-symons>

Always discuss supplements with your health care practitioner before starting. Our protocols are not appropriate for everyone.

*We do our best to keep this page current and accurate. If you know of additional resources, please connect with us.
We have no affiliation with any of the companies or services listed.*

The Histamine Haven Stage 1 Shopping List

This abundant food list is different from other low histamine lists for many reasons...you'll have to read the book to find out. Why the difference? A low-histamine diet manages symptoms. We wanted to do better than that! The Histamine Haven Protocol aims to address many of the contributing factors to why histamines are causing troubles. It's not just about managing your symptoms, but an approach to help you take back control of your health.

VEGETABLES – fresh or frozen! No canned or dried!				
Artichokes	Carrots	Fennel	Okra	Squash – except pumpkin
Arugula	Cauliflower	Jicama	Onions	Sunchoke
Asparagus	Celery	Kale	Parsnip	(Jerusalem artichoke)
Beets	Collard greens	Kohlrabi	Pea shoots	Sweet potato
Bok choy	Cucumber	Leafy greens except spinach	Radishes	Turnip
Broccoli	Dandelion greens	Leeks	Rhubarb	Watercress
Brussel sprouts	Endive	Lettuce – all varieties	Romaine lettuce	Zucchini
Cabbage – all varieties	Escarole		Rutabaga	
			Shallot/Scallion	

FRUIT – fresh or frozen! No canned or dried!				
Apple	Cherry	Elderberry	Mango	Pear
Apricot	Cranberry	Figs	Nectarine	Starfruit
Blackberry	Currant – black or red	Honeydew melon	Peach	Watermelon
Blueberry	Dragon fruit	Lychee	Persimmon	
Cantaloupe			Pomegranate	

ANIMAL PROTEIN – frozen right after slaughter! No ground meats.				
Chicken, skinless	Goat	Pork	Veal	Meat stocks made from these meats (without connective tissue or bones).
Duck, skinless	Goose, skinless	Lamb		
Fresh cheese made from goat or sheep milk	Ostrich, skinless	Quail, skinless		
	Pheasant, skinless	Turkey, skinless		

NUTS AND SEEDS – soaked! Purchase refrigerated				
Almond	Flax seed	Macadamia nut	Pine nut	Pumpkin seeds
Brazil nut	Hemp seed	Pecan	Pistachio	Psyllium seed husk
Chia seed				

HEALTHY FATS				
Avocado oil*	Cocoa butter*	Hemp oil	Palm oil*	*these fats are heat stable and are suitable for cooking with
Duck fat*	Coconut milk – full-fat, no gums	Lard*	Sesame oil	
Grass-fed Ghee* (if tolerated)	Coconut oil*	Macadamia oil		
Goat butter*	Flax oil	MCT oil Olive oil		

FRESH HERBS and seasonings				
Basil	Cilantro	Lemongrass	Thyme	Salt – Himalayan, sea or Celtic
Chives	Dill	Nigella seed	Turmeric	
Cardamom	Garlic	Oregano	Rosemary	
Caraway seed	Ginger	Peppermint	Sage	

BEVERAGES				
Chamomile tea	Ginger tea	Nettle tea	Water, filtered	Good quality herbal tea blends may or may not be tolerated!
Freshly made vegetable and fruit juices	Goat milk	Peppermint tea		
	Hibiscus tea	Sheep milk		
	Mineral water	Tulsi tea		

STARCHES				
Arrowroot starch	Plantain	Tapioca	Tiger nuts (not a nut)	
Cassava	Sweet Potato	Taro	Yam	

SWEETENERS – to be used in moderation				
Honey	Maple syrup	Monk fruit	Stevia	

MISCELLANEOUS				
Baking powder (gluten, aluminum & corn free)	Baking soda	Cream of tartar		

Histamine Haven's Replacement List

This list is to help you find replacement ideas for some of the foods you might be sensitive to. Use this list together with the Stage 1 (Shopping List).

Histamine	Replacement
Meat & Fish	Frozen right after slaughter or catch
Tomato	Squash, carrots, beets or a combination of these
Tea, green and black	Chamomile, nettle, peppermint, tulsi
Milk	Full-fat coconut milk (gum free), goat or sheep milk if tolerated, macadamia or hemp seed milk
Bone broth	Meat stock frozen into serving sizes
Canned foods	Frozen foods
Walnuts and cashews	Almonds, pistachios, macadamias
Spinach	Arugula or other dark leafy greens
Vinegar	Histamine Haven vinegar (recipe in cookbook)
Yeast	Baking powder – gluten, corn and aluminum free
Alcohol	Clear spirits in extreme moderation (Stage 3)
Pop/sodas	Sparkling mineral water
Chocolate	Treats made with cocoa butter
Cheese	Fresh goat cheese (homemade) or macadamia cream
Pasta	Zoodles, spaghetti squash, cabbage, sweet potato noodles, parsnip
Rice	Cauliflower rice
Breads and baking	Baking using cassava flour, almond flour, sweet potato or plantain
Sugar	Honey, maple syrup, stevia and monk fruit in moderation
Fats for cooking	Coconut oil, ghee, avocado oil, and rendered fats like pastured lard and duck fat
Salad oils	Olive oil, avocado oil or nut/seed oils
Yogurt	Chia Macadamia Parfait (recipe in cookbook)
FODMAPs	Replacement
Onion	Green onion, green parts only
Apples	Blueberries
Mango	Honeydew melon
Peach/nectarine	Blueberries
Watermelon	Honeydew melon
Asparagus	Sunflower sprouts
Broccoli	Kale
Cabbage	Bok choy
Cauliflower	Parsnip
Sunchokes	Parsnip
Leeks	Green onion, green parts only
Garlic	Garlic Infused Oil

Salicylates	Replacement
Berries	Pomegranate
Apricot, nectarines, peaches	Mango
Cherries	Peeled pear or apple
Asparagus	Bok Choy
Broccoli	Bok choy
Cucumber	Celery
Endive	Red cabbage
Radish	Rutabaga or turnip
Arugula	Lettuce
Sweet potato	Peeled white potato, plantain or parsnip
Watercress	Lettuce
Zucchini	Celery
Almonds, Brazil, macadamia, and pistachio	Sunflower/pumpkin seeds, hazelnuts, pecans
Coconut oil	Ghee
Olive oil	Avocado oil
Honey	Maple syrup
Peppermint tea	Chamomile
Bay leaf, basil, caraway, cardamom, celery seed, dill, ginger, mint, rosemary, turmeric	Parsley. Most herbs are high in salicylates, but small amounts may be tolerated.
Oxalates	Replacement
Almonds	Pumpkin seeds
Brazils, hazelnuts	Pistachio, pecans, macadamia
Beet	Carrot or turnips
Berries	Apple, cantaloupe, honeydew, mango
Endives	Radicchio
Plantain	Kohlrabi
Rhubarb	Sour apple varieties
Greens: chard, collard, sorrel, dandelion	Boil or steam well to reduce oxalates, or replace with arugula, bok choy, or lettuces
Sweet potato, yam (all potato varieties)	Cauliflower mash, sweet potato noodles, butternut squash, celeriac
Parsley	Cilantro
Okra	Asparagus
Early AIP	Replacement
Nuts and seeds	Coconut, fresh
Red pepper	Celery for crunch or cooked beets for color
Nut Allergy	Replacement
Almond	Pumpkin seed
Macadamia	Coconut cream
Any nuts	Equivalent weight (oz/g) of seeds

Histamine Haven Stage 1

Key Concepts:

You've done all the foundational work! Well done. Now it's time to jump into the 3 Stages. Take a moment to be grateful for your commitment to your own wellness.

Module 1 – Welcome & Syncing With The Sun

What will you do to get early sunlight exposure? Where and when will it happen?

Module 2 – The Art of Gentle Detox

What foods do you need to add to your shopping list that you aren't already adding?

Module 3 – Supplements

Which 3 supplements are important at this stage? Discuss these with your doctor or pharmacist.

Module 4 – Not Getting Better?

Please watch this module if you have not noticed any changes yet.

Module 5 – The Importance of Pacing

What message resonates with you from this module?

Actionable Steps:

Plan:

- Get outside or by an open window each morning.
- Shop for Epsom salts or a castor oil pack.
- Talk to your doctor or pharmacist about supplements.

Prioritize:

- Morning sun exposure. It's one of the most impactful and simple things you can do.
- Set aside time for an Epsom bath or foot bath, or for using a castor oil pack. Mark that time in your calendar.

Pace:

- How can you approach the task of shopping for Epsom salts or a castor oil pack in a way that allows you to pace yourself and integrate it seamlessly into your schedule, perhaps by setting aside specific time slots for research and purchase?
- What steps can you take to initiate a conversation with your doctor or pharmacist about supplements, ensuring that you approach the topic thoughtfully and gather relevant information without feeling overwhelmed by the process?
- How might you schedule dedicated time for activities such as sun exposure, taking an Epsom bath or foot bath, or using a castor oil pack, marking these self-care practices in your calendar to prioritize their importance within your daily routine while still allowing for flexibility?
- Watch “The Importance of Pacing” for guidance on this important topic. How do you plan to prioritize tasks, so you don't feel overwhelmed? Can you schedule regular check-ins with yourself to assess your progress and adjust accordingly?

Histamine Haven Stage 2

Key Concepts:

We're so glad you have made it this far. Congratulations on staying motivated and on track.

Module 1 – Welcome & Winding Down Your Inner Clock

What will you do to wind down your inner clock? When and where will you get evening sun exposure.

Module 2 – Being a Food Detective

What are the 4 S's of adding foods back in?

Do your symptoms match those associated with other food compounds? Which ones?

*If you are struggling with other food compounds and would like to set up one-on-one support, go to **Pages** in the top menu and click on **Services**. Start by booking a session with Luka by clicking on the link provided.*

Module 3 – Supplements for Stage 2

Which new supplement will you start with? Add it to your shopping list.

Module 4 – Talk To Your Doc

What type of doctor(s) do you want on your team?

What questions will you ask them?

What additional supports do you need?

Do you feel you need referrals, want testing, or would like a confirmed diagnosis? What steps do you need to take if you answered yes?

Module 5 – Creating Calm

What are the top 3 strategies outlined in this module that resonate with you?

List what you need to do next to begin implementing your chosen strategies.

What are some loving statements you can tell yourself to communicate kindness and compassion to yourself?

Module 6 – Exploring Triggers

What are some of your known triggers?

What are some possible triggers you aren't sure about? These could be ones where you answered "yes" to the questions in the videos.

Are there tests you'd like to explore with your doctor to help identify triggers? List them here.

Actionable Steps:

Plan:

- Get outside in the evening each day before it's dark.
- To visit your doctor or to schedule with a new doctor or practitioner to discuss questions or strategies you've learned about here.
- To purchase supplements.

Prioritize:

- Having practitioners in your life that resonate with you and that are willing to engage in a two-way conversation.
- Self-care. If you haven't been practicing strategies to Create Calm that were introduced in Kitchen Haven 101, now is the time to act.

Pace:

- In what way will you break down the actionable steps into manageable steps, and how can you incorporate these smaller tasks into your daily routine or weekly routine?
- How will you schedule these steps to ensure they get done?

*By now you should be getting the hang of pacing. If you find you are still struggling to make small manageable changes, or to schedule dedicated time for wellness activities, consider registering for small group coaching sessions. You can do that by going to **Pages** in the top menu and clicking on **Small Group Coaching**.*

The Histamine Haven Stage 2 Shopping List

Once you have spent 1-3 months eating foods from The Histamine Haven Stage 1 Shopping List, then it is time to start adding some additional foods and monitoring how you do with moderate histamine foods. Keep eating everything from Stage 1, and slowly add these new foods. Our book also discusses how to reintroduce new foods in detail, and how to be your own detective.

VEGETABLES – fresh or frozen! No canned or dried!			
Green beans	Peas	Roasted and peeled bell pepper – lower lectin content	White & other potatoes -- peeled

FRUIT – fresh or frozen! No canned or dried!				
Kiwi	Lemon	Lime	Plums	Raspberries

ANIMAL PROTEIN – frozen right after slaughter!				
Beef and other aged meats such as bison, elk, yak... Whole cuts only!	Fish frozen on the ship right after slaughter. Start with skinless salmon.	Poultry with skin.	Any meat from Stage 1 in ground form.	Meat stocks made from stage 2 meats (without skin or bones).
Egg yolk				

NUTS AND SEEDS – soaked! Purchase refrigerated				
Hazelnut	Sesame Seed	Sunflower seed		

HEALTHY FATS
Grass-fed butter

FRESH HERBS and seasonings		
Coriander	Cumin	Dried herbs from Stage 1

BEVERAGES		
Coffee – choose a brand that is low in mycotoxins	Green tea	Rooibos tea

STARCHES
Potatoes, peeled

MISCELLANEOUS
Vanilla extract (alcohol free) or vanilla powder

Unsure how to make the leap from Stage 1 to Stage 2?

Histamine Haven: The Essential Guide and Cookbook to Histamine and Mast Cell Activation provides the bridge you need, offering delicious recipes and practical advice to facilitate your transition.

Get the book at <https://www.histaminehaven.com/book>

Histamine Haven Stage 3

Key Concepts:

Congratulations on completing Stage 2. Pat yourself on the back! Reaching Stage 3 is quite an accomplishment—you should feel proud of yourself.

Module 1- Welcome & Strengthening Your Rhythm with the Sun

What strategies will you add to help entrain your internal rhythm?

Module 2 – Nutrient Density

Why is it important to bring in some new foods?

Based on the questions in the video, are you ready to move on to introducing Stage 3 foods? If not, that's okay. Be sure to explore the rest of the Stage 3 content for more strategies to improve your symptoms.

Which foods do you want to bring in first?

Revisit the 4 S's of adding foods back in from Stage 2 for some helpful reminders on reintroducing foods.

Module 3 – Supplements for Stage 3

Which new supplements will you start with? Add them to your shopping list.

Revisit this video as a reminder of which supplement you might like to add next.

Module 4 – Digging Deeper

Are there any modules you need to revisit to further communicate safety to your body? Which ones?

Have you slowed the pace of your life down enough to allow for wellness? If not, what can you let go of to allow you to slow down?

Write down any other practitioners or modalities you feel would benefit you.

Module 5 – Elevate Your Movement

What changes can you make to improve your exercise experience or exercise to create safety in your body?

What adaptations or special considerations do you need to make to allow you to exercise?

Module 6 – Living With the Highs & Lows

You now possess an abundance of strategies to lean on whenever you encounter tough times. Harness the power of self-discovery to stride ahead with unwavering confidence. Embrace joy, immerse yourself in life, and employ the strategies that resonate with your body when facing challenges.

Remember, health is a perpetual voyage. It may not always follow a linear path but rather a journey with its ups and downs. We genuinely hope that your journey continues to soar upward and that the lows are now mere bumps in the road compared to what they once were. While setbacks are inevitable, they need not be as deep or prolonged as they once were. Keep striving, for resilience lies within you.

Actionable Steps:

Plan:

- To have breakfast 30-60 minutes after morning sun exposure.
- Print and redo The Symptom Tracking List. Compare it to the previous results to see where improvements in your symptoms have occurred.
- Do an online search or ask trusted friends for referrals for any practitioners or modalities that resonate with you. Schedule **Meet & Greet** or **Discovery** calls with practitioners you'd like to dig deeper with.

Prioritize:

- Entraining your circadian rhythm. It's a powerful tool that helps make other strategies work better.
- Shopping for local and seasonal foods.
- Using your knowledge. You have all the tools you need now to navigate your life moving forward. You can always come back to any of the content if you have your membership—rewatch anything you need to.

Pace:

- What measures will you take to maintain a healthy balance between engaging in program content and taking necessary breaks to recharge? Can you schedule relaxation or self-care activities into your routine?
- Set alerts or reminders that have both program time and self-care time to create a healthy balance.

The Histamine Haven Stage 3 Shopping List

This is the final stage! At this stage you are going to be continuing to figure out what does and doesn't work for your body. The detective work continues. Nutrient dense foods that are high histamine are added back in to deeply nourish you, and some low lectin grains are here too. Small quantities and slow introduction are the keys to succeeding in this stage! It's not necessarily about adding all these foods back, but rather about figuring out how you can nourish yourself in the best way possible without triggering symptoms. Our book has suggestions and some recipes to help you bring these foods back into your diet.

VEGETABLES – fresh or frozen! No canned or dried!				
Bell pepper	Eggplant Mushrooms	Olives (not pickled)	Potato with skin	Sea vegetables: seaweed & algae

FRUIT – fresh or frozen! No canned or dried!				
Avocado	Citrus fruits	Grapes	Papaya	Strawberry
Banana	Dried fruit – no preservatives			

ANIMAL PROTEIN – frozen right after slaughter!				
Ground beef and other ground, aged meats	Egg whites	Fish with skin	Liver and other offal	Meat stocks made from these meats with connective tissue (skin and bones)

NUTS AND SEEDS – soaked! Purchase refrigerated				
Walnuts				

HEALTHY FATS				
Heavy cream	Raw dairy			

FRESH HERBS and seasonings				
Anise	Cinnamon	Nutmeg	Peppercorn	

BEVERAGES
Liquor, clear – occasional use only

STARCHES				
Black rice	Millet	Sorghum	White potato	White rice

SWEETENERS – to be used in moderation				
Dried fruit	Molasses			

MISCELLANEOUS				
Coconut butter	Coconut, dried	Cacao	Chocolate	Ferments made using histamine degrading probiotics

Dive into *Histamine Haven: The Essential Guide and Cookbook to Histamine and Mast Cell Activation* for a treasure trove of recipes tailored to Stage 3.

Don't have the book yet?

Get it at <https://www.histaminehaven.com/book>



Section 4: Master Class Series

Unlock the door to personalized wellness with our Master Classes – dynamic sessions designed to empower you with deeper insights into your body's unique needs and health journey. Tailored to individuals seeking to customize their path to well-being, these classes offer an invitation to explore specialized topics, providing invaluable knowledge and strategies to navigate personal health challenges effectively. With the flexibility to pick and choose the topics most relevant to you, these classes ensure that your journey towards optimal health is both engaging and empowering.

While the workbook provides no specific questions for these classes, we encourage you to dive in, take your own notes, and immerse yourself fully in this enriching opportunity for growth and discovery. Add blank pages as needed.

Haven't registered yet?

Go to **Your Membership** in the top menu of the Online Community and upgrade your membership to include **Master Classes**.

Master Class Notes



Section 5: My Health Story & Journal

This section is for you to document the intricacies of your health odyssey. Here, you can freely articulate and explore any perceived reactions, be it to foods, medications, supplements, environmental shifts, or emotional nuances. Add blank pages as needed.

Track Sensitivities

Delve into the details, noting ingredients from any foods, medications, or supplements, as this journal becomes a comprehensive archive for your reflections, insights, and a valuable reference tool on your path to wellness with Histamine Haven. This list becomes a guide to use when trying new medication, supplements, or for situations like preparing for a surgery. Share your insights with all the practitioners in your life.

Questions & Concerns

Take a moment to reflect on your health journey and jot down any questions or concerns you wish to explore further, whether in small group coaching sessions, with your healthcare provider, or other practitioners. Your insights will not only enrich your personal experience but also foster more meaningful and tailored support on your path to well-being.

Notes

What have we missed? Feel free to include anything that you want to take notes on that we haven't provided a space for.