

HEALTHY HISTAMINE PROTOCOL



Getting
Better
Together

Maintain Balance In Your Body's Histamine Response

Congratulations on purchasing the Healthy Histamine Protocol! Your order has been processed and is on its way.

Our Healthy Histamine Protocol uses enzymes, botanical extracts, and high-potency vitamins to maintain balance in your body's histamine response.

The Healthy Histamine Protocol is designed to help people who suffer from seasonal challenges by reducing the viscosity of mucus and clearing breathing passages, while supporting your immune system and balancing your natural inflammatory response.

Below are the instructions on how to complete the Healthy Histamine Protocol:

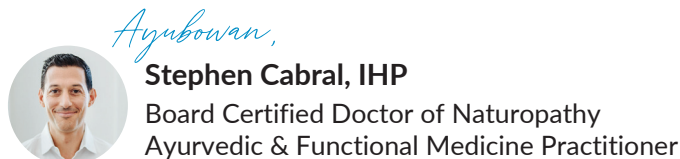
- ▶ **HistPRO:** Take **2** capsules **3x** per day during allergy season
- ▶ **Alkalizing Vitamin C:** Take **1** scoop of powder mixed in 8oz of water (If you get loose stool, reduce dosage)
 - Drink this **2-3x per day** when allergy symptoms are strongest
 - After mixing wait for the fizz to die down before drinking (1-2 min)

Bonus Tips:

- Follow the Histamine Food List for which high histamine foods to avoid (smoked, fermented, aged, and many spices). This will help reduce your total histamine load and hopefully allow you to enjoy each season with no fear of going outside!

If you have any additional questions, please email us at support@equi.life.

We are here to help, and my team and I look forward to assisting you on your road back to your ideal health, mind, and body!



* All information provided is for health education purposes only and is not intended to diagnose, treat, cure, or prevent any disease.

HIGH-HISTAMINE FOODS

Spinach	Crustaceans (shrimp, lobster, crab)	Pickled or canned foods
Tomatoes	Beans and pulses-chickpeas, soy beans, peanuts	Vinegar
Sauerkraut	Nuts (pistachio, cashews, smoked)	Vinegar containing foods/condiments
Alcohol	Sunflower seeds	Soy sauce
Matured cheeses	Dried fruits: Apricots, raisins, currants, prunes & sultanas	Teriyaki sauce
Smoked or processed meat products	Anise	Salty snacks, sweets with preservatives and artificial color
Ready meals	Cinnamon	Wheat based products
Leftovers	Cloves	Flavored syrup
Leftover cooked meats	Paprika	Prepared dessert fillings
All processed meats	Nutmeg	Prepared icings, frostings
Smoked food	Curry, Chili powder	Spreads with restricted ingredients
Non-Fresh Fish	Seasoning packets with restrictions	Cake decorations
Anchovies, sardines, mackerel	Foods with spices	Commercial sweets (candies)
Shellfish		

HISTAMINE LIBERATORS

Alcohol	Nectarine	Beans and pulses
Bananas	Loganberry	Jams & Jelly
Most citrus fruits- kiwi, lemon, lime, pineapple, plums	Cranberry	Wheat germ
Strawberries	Cherry	Bleached flour
Raspberries	Apricot	Yeast & all yeast products
Plums	Papaya	Margarine
Prunes	Pumpkin	Additives-benzoate, sulphites, nitrites, glutamate, food dyes
Pineapple	Tomatoes	Commercial pie, pastry and fillings
Peach	Spinach	Baking mixes
Papaya	Nuts (pistachio, cashews, smoked)	Pre-packaged rice and pasta ready meals
Orange	Dates	
	Cocoa and chocolate	

DAOA BLOCKERS

Alcohol	Mate tea
Black tea	All teas
Energy drinks	All drinks with flavor or spices
Green tea	All carbonated drinks

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