

PREVIEW

Histamine Handbook

Understand your symptoms. Feel empowered.
Reclaim your health.

Jo Redfearn

Health Practitioner, Educator, Nutrition Specialist

- ✓ Read the full introduction
- ✓ Explore what's inside the guide
- ✓ See the full index / contents
- ✓ See reader reviews



JO REDFEARN
GLO WITH JO HEALTH
HEALTH PRACTITIONER
& EDUCATOR

WELCOME

HELLO

I never take it for granted when someone trusts me with their time, their energy, or their hope.

If you're reading this, chances are you've been through a lot. You may have spent years searching for answers, trying things that didn't work, and feeling like no one truly understands what you're going through.

I see you. I've been there. And this guide exists to change that.

This free preview will show you what's inside the full Histamine Handbook, how it's structured, and why it's different from anything else out there.

This isn't just information. It's the guide I wish someone had handed me on day one.

- Jo Redfearn

HEALTH PRACTITIONER, EDUCATOR & NUTRITION SPECIALIST

The Histamine Connection

"What I didn't know back in 2014 was that histamine overload played a huge part in my complex health picture with M.E & PoTS.

If I had known then, I absolutely would have been able to make changes that shortened my healing journey.

So that's what this guide is.

Something I would have loved someone to have handed me back then."

When I discovered histamine overload and the part it played in my symptoms – so much started to make sense.

It wasn't a cure-all. But it was the missing thread that connected a lot of my symptoms – the flushing, the dizziness, the gut issues, the crashes after eating, the anxiety that came from nowhere.

This guide isn't just research. It's lived experience, professional training, and over a decade of working with people with complex chronic health conditions.

Could Histamine Be Part of Your Health Picture?

Common symptoms linked to histamine overload:

- Joint & muscle pain
- Heart palpitations & racing heart
- Nasal congestion
- Painful periods
- Food intolerances
- Dizziness
- Temperature issues
- Migraines & headaches
- Flushing, itching & skin rashes
- Feeling worse in the evening or at night
- Gut issues, bloating & diarrhoea
- Anxiety & panic attacks
- Fatigue, crashes & post-meal fatigue
- Insomnia
- Brain fog & poor concentration
- Nausea
- Swelling & fluid retention
- Sensitivity to heat, alcohol & certain foods

If several of these resonate, histamine may be a missing piece of your puzzle.

Jo's Story

My Why

Let me first of all tell you why I wrote this guide....

It is my purpose and passion to be able to use my professional expertise as a **health practitioner** and my **experience as a patient** to be a lighthouse in human form and help shortcut / fast-track someone else's journey with a chronic health condition and diagnosis 'label'. In fact, my real mission is to get information out there so that people don't become unwell in the first place.....

How am I best placed to hand over to you some wisdom?

Way back in 2014, aged 38, I was working in the NHS as an eager Health Improvement Practitioner. I was a 10k runner, a fitness & food fanatic, a DJ and a busy, general hyperactive, fun-loving social person...

In the January of 2014, I got a particularly **nasty and violent virus** which ravaged every part of my body. There was not a single function that wasn't impacted. I still recall the feeling of my **brain twisting** in my skull and my heart feeling like it was going to burst out of my chest. It was **relentless and terrifying...**

I suddenly become someone who couldn't speak or stand and was barely able to tolerate any exertion, food, light or sounds.

I was diagnosed with M.E by June of that year... and in 2015 after being bumped around the medical system for quite some time – I was diagnosed with PoTS.

Having been told by numerous doctors during this time that I **would never recover** or even improve, I consider myself to be one of the “lucky” ones in that (after becoming my own medical detective) I did improve. Through continuous and meticulous study and self-management (which was a full-time job in itself) by 2017 I was back to running and work.

After taking on a very stressful NHS role, moving home into black mould and ending very long term relationship – I **relapsed in 2023.**

I was dealing with **histamine overload** but then developed full blown **MCAS (Mast Cell Activation)** in 2024 after further mould exposure, a mosquito bite and being sprayed with herbicide.

I'd learnt to survive horrific symptoms and flares with **M.E** but with **MCAS** came a whole new set of hellish symptoms.... And so began a whole new stage of learning for me....

With my practitioner hat back on, I went back to the drawing board and started researching voraciously and became a human guinea pig again....

Never Give Up and Find A Way....

When I was given my diagnosis / labels for the dysfunction in my body, I was also told very frequently — **"this is your lot — you have to accept that you'll be bed bound for the rest of your life and take X,Y,Z medications to simply manage the symptoms."**

There were many a shoulder shrug at this point — like — 'we don't really know what else to do so please be on your way.....' And a bunch of **medical gaslighting** appointments thrown in for good measure.

Many people understandably become trapped in the belief that someone else must **"fix"** them, placing responsibility for their health outside of themselves.

I myself definitely did this at certain points. Because that's the natural first thing to do. We have a medical system. I'd suddenly inhabited **a body that clearly was not working well**. And so I went to my doctor many times (and many other NHS medical specialists) for help finding out what the heck was wrong!

And to get the diagnoses was gold.

But the truth (currently is) that **our medical model does not have all the answers to chronic health conditions**. Therefore, the pathway to better health often begins when people **become active participants in their own wellbeing**—learning to understand their body, support their nervous system, improve nutrition, prioritise sleep and movement, **reduce toxic load**, create healthier boundaries, reconnect with nature and recognise that **health is shaped** by what we repeatedly do every single day.

And that is **why you're here** and interested in investing in this handbook. So you can do that very thing....

I'm an experienced Health Practitioner, Educator and Nutritional Specialist. (Read more about me [here](#))

I've worked with thousands of clients. In group settings and in 1:1 clinics. Support and empowering people towards better health. It is a **golden nugget moment** for me when someone gets their light and life back because of our work together. It fills me with **joy**.

I also understand that not everyone is able to work 1:1 with a practitioner like myself or even wants to! But the question I get asked most is:

How did you go from bedbound to better health?

And the answer is multi layered!

So, I wanted to make this information accessible.

To put everything I've learnt – both professionally and personally into a **comprehensive guide** to give you all the info that I would do if we sat down for a cup of tea – for several days (!) and I shared this info with you...

I've spent over **12 years** piecing this puzzle together – living it, studying it, testing it, and supporting others through it. What you'll find inside this guide isn't just theory, it's **the exact strategies, tools, and insights that can help you start improving your health today**.

Instead of spending months (or years) drowning in forums, half-answers, and failed experiments, this guide aims to give you the roadmap I wish I'd had from day one.

I truly believe that **better health is always possible**. My mission is to support, motivate and share my learnings and knowledge to help **YOU** find that pathway too.

Jo xxx



Ready to stop guessing and start understanding your body?

You don't have to figure everything out on your own.

You don't have to spend years piecing together information from dozens of sources. You don't have to keep guessing.

The Histamine Handbook pulls together 12 years of lived experience, professional training, and client work into one clear, compassionate, comprehensive guide.

It's the book I wish someone had handed me on day one.

Instant digital download

Written by someone who genuinely gets it

Consultation fee: £260

Handbook: £40

BUY
THE HISTAMINE HANDBOOK

The Framework

Inside the guide you will find a simple 3-step approach to understanding and managing histamine:

WHY

Understand the root

1

Before you change anything, you need to understand what's actually happening. Why is your body producing or reacting to histamine? What's driving the mast cell activation? This section helps you see the full picture.

WHAT

Identify the support needed

2

Once you understand the why, you can identify what your body actually needs. Not what worked for someone else on Instagram — what makes sense for YOUR biology, YOUR triggers, YOUR nervous system, YOUR body.

HOW

Take informed, manageable action

3

Finally, you take action — but gently, strategically, and in a way your body can handle. No overwhelm. No crash-and-burn protocols. Just clear, steady steps forward.

Why This Handbook Is Different

Most health information online is scattered, contradictory, or written for people who don't have brain fog and fatigue.

"I wrote the guide I wished someone had given me when I was at my worst — clear, kind, and comprehensive."

This handbook could save you months of searching. It connects the dots between your symptoms, your gut, your hormones, your nervous system, and histamine — in plain language, with practical steps.

Designed with fatigued brains in mind

- Short, clear sections
- Links throughout to products and further information
- Graphics and images to explain complex info
- No jargon without explanation
- Actionable steps throughout
- Built as a reference tool for dipping in and out

Inside the Guide.....A Summary

This isn't a surface-level overview. It's a **deep, practical, compassionate guide** built for people living with histamine overload, M.E, PoTS MCAS, and other autoimmune related conditions.

01 — Understanding Histamine

What histamine actually is, how it works in the body, and why it becomes a problem. The science made simple.

02 — Mast Cells & MCAS

What mast cells do, what triggers them, and how mast cell activation connects to your symptoms.

03 — The Nervous System Connection

Why your nervous system regulation is key — and how stress, trauma, and dysregulation feed the histamine cycle.

04 — The Gut-Histamine Link

How your gut produces, processes, and clears histamine — and what happens when that system breaks down.

05 — Food & Histamine

A clear, practical guide and framework. What to eat, what to avoid, and how to build meals that support you.

06 — Supplements & Mast Cell Support

Evidence-informed supplement options explained clearly — what they do, who they suit, and how to use them.

07 — Antihistamines & Medication

A plain-English guide to the medications used in histamine and mast cell conditions.

08 — Lifestyle & Home Environment

Practical daily strategies making your home a safe, low tox haven

PLUS LOTS MORE

SEE LATER ON  FOR THE FULL CONTENTS INDEX

DON'T JUST TAKE MY WORD FOR IT!

Real people. Real results. Real reviews.



"**INCREDIBLE GUIDE!!**
AND SOOOO INFORMATIVE 🙏
THANK YOU FOR SHARING
YOUR EXPERIENCE AND
KNOWLEDGE IT'S A **CHEAT**
CODE FOR PATIENTS!"



"THIS BOOK IS PACKED **FULL OF**
INFORMATION THAT CAN HELP
YOU NAVIGATE THE MANY
SYMPTOMS OF **CFS/POTS/MCAS**
GREAT VALUE FOR ALL THE HELP
YOU GET, FROM SOMEONE WHO
HAS BEEN THROUGH IT TOO".



"FABULOUS TOOL AND
BOOK !! **WELL WORTH THE**
MONEY...INFO, GUIDANCE
& SUPPORT 🙌🙌🙌"



"A **MUST-HAVE** FOR ANYONE
NAVIGATING HISTAMINE
ISSUES! JO HAS MANAGED TO
MAKE SOMETHING COMPLEX
FEEL **CLEAR, PRACTICAL, AND**
DEEPLY SUPPORTIVE.".



"EVERY PAGE OFFERS SOMETHING
GENUINELY USEFUL — FROM
UNDERSTANDING TRIGGERS TO
FINDING GENTLE, REALISTIC WAYS
TO HEAL. IT'S **EMPOWERING,**
COMPASSIONATE, AND FULL OF
HEART. HIGHLY RECOMMEND!"



"BLENDS SCIENCE WITH
REAL-LIFE EXPERIENCE IN A
WAY THAT FEELS LIKE HAVING
A **WISE FRIEND** GUIDE YOU
THROUGH."

This isn't another wellness book. It's a roadmap.

There are hundreds of books, blogs, and PDFs about histamine. So why this one?

Written by someone who's been there who is ALSO an experienced health practitioner

Not a researcher observing from the outside — someone who's lived it, relapsed, rebuilt, and now helps others do the same.

Starts with WHY, not what

Most guides jump straight to food lists. This one helps you understand your body first — so the actions actually make sense.

Built for foggy brains and overwhelmed nervous systems

Short sections. Clear language. No jargon. Designed to be read on your worst days, not just your best.

Evidence-informed, not dogmatic

Draws on nutritional science, functional medicine, and clinical experience — without pretending there's one right answer for everyone.

Comprehensive

An abundance of chapters covering histamine, mast cells, the nervous system, gut health, food, supplements, medication, and lifestyle — all in one place.

Feels like a conversation, not a textbook

Warm, honest, and human. Written the way I'd talk to you if we were sitting together with a cup of tea.

Ready to stop guessing and start understanding your body?

You've only seen around 5% of what's inside.

The full Histamine Handbook contains pages of practical strategies, explanations, meal ideas, supplement guidance, nervous system support, medication information, and the exact framework I use to help people understand why their body is reacting the way it is.

If you've spent months or years searching for answers, this guide could save you months of confusion.

The Histamine Handbook pulls together 12 years of lived experience, professional training, and client work into one clear, compassionate, comprehensive guide.

It's the book I wish someone had handed me on day one.

Instant digital download

Written by someone who has been through it.

BUY
THE HISTAMINE HANDBOOK

Want to know EXACTLY what's inside?

Here's the complete index:

BEFORE WE BEGIN....

- MY WHY
- HOW TO USE THIS INTERACTIVE GUIDE
- KNOW BETTER, DO BETTER
- START WITH WHY
- TAKE YOUR TIME. NO STRESS. JUST PROGRESS....

UNDERSTANDING YOUR SYMPTOMS:

M.E, POTS, LONG COVID, FIBROMYALGIA & HISTAMINE & WHY IT'S CONNECTED

- Histamine and Mast Cells
- Why Histamine is Essential
- More on Mast Cells
- What the heck is Mast Cell Degranulation?
- Histamine + M.E. / CFS: What the Science Suggests about its correlation with Mast Cell Activation (MCAS)
- Neuroinflammation & Histamine in the Brain
- Autonomic Nervous System Dysfunction
- Immune Dysregulation
- Symptom Relief with Antihistamines – A Clue

SPECIFIC SYMPTOMS

Pain, Burning Muscles & Lactic Acid

- What's Happening?
- Where Histamine Fits In

FATIGUE

- Fatigue: Why Histamine Can Make You Feel Exhausted
- Histamine – The Impact on Mitochondria
- Histamine Disrupts Sleep
- Histamine – Impact on Blood Flow & Oxygen Delivery
- The Bigger Picture

BRAIN FOG

- Brain Fog, Cognitive Dysfunction & “The Disconnected Brain” Feeling
- Histamine in the Brain
- Neuroinflammation & Mast Cells
- Brain Blood Flow & Oxygen Delivery
- The Glutamate Connection
- Why Rest Alone Often Doesn’t “Fix” It

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- Temperature Dysregulation: Feeling Too Hot, Too Cold...
- The Nervous System Controls Temperature
- Histamine & Blood Vessels
- Heat and Histamine
- Hormones and Heat
- The Bigger Picture

HISTAMINE & ANXIETY

- Histamine & Anxiety: What’s the Link?
- Why This Matters
- Anxiety, Panic & Hypervigilance
- Histamine – The Role in Anxiety
- Histamine, Adrenaline & The Fight-or-Flight Loop
- The Hormone Connection
- The Body Begins To Feel Unsafe
- The Histamine Bucket
- What We Can Do About It
- Summary – Key Priorities & Focus Areas
- Actions to Reduce Symptoms

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- Hydration. Supporting Energy, Detoxification & Histamine Balance
- Why Hydration Matters (More Than Just Drinking Water)
- A Reminder As To Why Tap Water Isn't Ideal:
- Hydration Plan – Electrolytes to Support Cellular Hydration
- The Why!
- Expected Benefits of Proper Hydration
- Hydrogen Water
- The impact of Hydrogen Therapy on Histamine Intolerance and MCAS – A Chapter written by Dr Claire Bowen

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- What Is Histamine — and Where Does It Lurk in Food?
- Histamine Liberators – Foods That Trigger Your Own Histamine Release
- Histamine Liberators
- Beyond the Food List: Why “Low Histamine” Doesn't Always Mean Healing
- Lectins & Plant Defence Chemicals / Oxalates
- Nightshades & The Autoimmune Paleo (AIP) Approach
- The Purpose of an Exclusion Diet

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- Example Day of Eating – Simple, Nourishing & Supportive
- More details on the food choices.....
- First thing / Mid-Morning (digestive support)
- Late Morning / First Meal / Lunchtime
- Meal Option
- A Note on Garlic, Onions & Brassicas
- A Note for Vegetarians and Vegans
- Important Considerations
- A Note on Meat, the Immune System & Histamine

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- There Is No “One Size Fits All” — But There Are Biological Truths
- **THE F.A.T.T PRINCIPLE – A FRAMEWORK FOR A HISTAMINE RESET**
- Histamine food lists

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- Leaky Gut – Intestinal Permeability
- Molecular Mimicry and Autoimmune Reactions
- Alcohol & Histamine: Why It's Best to Swerve....
- Resetting the Gut: The Effectiveness of the Protocol
- Why You Might Crave Sugar and Starchy Foods
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- Carbohydrates, Women's Hormones & Why Timing Matters
- The Luteal Phase: When Your Body Often Needs More Carbohydrates
- Why This Matters Even More With M.E.
- This Is Why Rigid Diet Rules Often Backfire
- But Balance Is Everything
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- What Happens After Antibiotics?
- Rebuilding the Microbiome: What We're Actually Aiming For
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- Fermented Foods: Start Low, Go Slow
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- Food Sources of Key Nutrients for Histamine Balance & DAO Support
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- Supplements to Avoid in the Phase 1 / Removal Stage
- Further Info and other Key Supplements – The Why and How
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- Different types and ones that might be worth exploring
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- What does the research say on antihistamines?
- Other supportive meds
- Benzodiazepines.
- LOW DOSE NALTREXONE
- My own personal experience of LDN

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- First Morning Light & Grounding for Circadian Rhythm Balance & Optimising Neurotransmitters and Hormones

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- Indoor Air Quality – The Invisible Trigger
- The healing power of clean air
- Cleaning Products – The Hidden Histamine Trigger
- Removal 101 – one tweak a week
- Mould
- Home air filtering
- Artificial Fragrance
- Perfume
- Other home environment control points
- Mattresses
- Textiles, Clothing & Bedding
- Air Defence
- Herbs (nature's mast cell whisperers)

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- Hormones, Histamine & HRT
- Why women in midlife are especially affected by histamine issues
- Why some women feel worse on HRT
- The essential power of gentle detox
- Core Detox Rituals
- The Power of Sweating / Far Infrared Sauna
- Binders
- What Binders Are Actually Doing
- Zeolite – What It Does
- The Bigger Picture
- Other Gentle Detox Supports

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- EXERCISE / MOVEMENT
- Movement and Emotions
- What's the best form of Exercise?
- EMFs, Sensitivity & The Modern Environment
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- Other tips for good sleep
- Nervous System Regulation
- THE POWER OF THE BREATH
- Glimmers, Looking for the Light & What You Choose to Focus On

THANK YOU AND GOOD LUCK

- Weaving It All Together
- NEVER GIVE UP
- Ps. One final Thank You.
- Recommended viewing / listening
- How to access Jo's VIP discounts
- STUDIES FOR FURTHER READING

Thank you for reading

Wishing you heaps of luck and
love and good energy days on
your healing journey

Peace, love & health
Jo
X

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