

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
- ✓ Read sample pages from key chapters
- ✓ See reader reviews
- ✓ See the full index / contents



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

Thank you for being here

Now. Let's get into it.

If you're living with fatigue, food reactions, brain fog, gut issues, anxiety that comes from nowhere, or a body that seems to react to absolutely everything — there's a very good chance that histamine is part of your picture.

Most people reading this have been through the rounds.

Doctors who shrug. Tests that come back "normal."

Supplements that make things worse.

Forums full of conflicting advice. Years of trying to piece together a puzzle nobody handed you the matching box for.

This guide exists to change that....

It was written over the course of several months and geared to help you become your own medical detective and help fast track your pathway to better health.....

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."

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...**

Jo's Story contd...

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

Investment Price: £32

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PRICE: £22

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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

A taste of what's inside

Here's some **real excerpts** from the full guide — so you can see exactly how it reads, how it's structured, and whether it feels right for you.

CHAPTER: "UNDERSTANDING YOUR SYMPTOMS: M.E, POTS, LONG COVID, FIBROMYALGIA & HISTAMINE & WHY IT'S CONNECTED

"Histamine overload is very closely linked with **M.E, (Myalgic Encephalomyelitis) Postural Orthostatic Tachycardia Syndrome (PoTS), Long Covid and Fibromyalgia**. Especially if these were experienced **post virally** or from some other form of chemical exposure or a physical or emotional trauma. M.E & PoTS

Let's take **PoTS and M.E** to start with. **PoTS** is a form of autonomic nervous system dysfunction / dysautonomia— meaning your body finds it challenging to regulate things like heart rate, blood pressure, and blood vessel tone. That's why you may feel palpitations when you stand or move quickly as your blood isn't being pushed where it needs to go fast enough.

Emerging research (and patient reported experiences) points to histamine as a driver in M.E./CFS. **Mast cell activation** and histamine release can inflame the brain, disrupt sleep, and worsen fatigue, while also disturbing circulation and the immune balance.

This might explain why so many people with M.E also struggle with food sensitivities, allergic-type symptoms, and autonomic dysfunction.

Continued...

Let me be clear: histamine is not the only thing causing this.

There are multiple overlapping immune, inflammatory, neurological and metabolic pathways involved. Histamine is just one mediator in a much bigger web that may also include cytokines, prostaglandins, leukotrienes, chemokines, oxidative stress, mitochondrial dysfunction, viral reactivation, mast cell activation, gut-immune disruption, autonomic nervous system dysregulation and neuroinflammation.

But when histamine is being excessively released, that is often a very clear clue that the immune system is under strain and that many other inflammatory and immune signalling molecules are likely being released alongside it.

Histamine is the thing that's waving a **very big red flag** at you. It rarely acts alone but is one that shouts loudly (through symptoms) often as part of a wider immune alarm response happening within the body. In other words, histamine may be one very noisy player in the orchestra — but it is not the whole band.

Histamine and Mast Cells

Mast cells are white blood cells found in all human tissues, especially places where the body interfaces with the environment = skin and gut. Mast cells are always on the lookout for environmental changes or insults to the body (think Meerkats on caffeine...). When a 'threat' is detected, they degranulate and release immune mediator molecules which influence

Continue reading in The Histamine Handbook

FOOD & HISTAMINE

There are many comprehensive **low histamine food guides** out there (not without contradictions and not foolproof) which include pretty much every food you can think of. My recommended ones as a starting point are: [MastCell360FoodList](#) and [SIGHI Food List](#)

FROM CHAPTER: **BEYOND THE FOOD LIST: WHY “LOW HISTAMINE” DOESN’T ALWAYS MEAN HEALING**

While the food listings and **my table below** provide a helpful starting point for identifying lower-histamine options, it’s important to understand that histamine management is not as simple as following a list.

Some foods may be technically classified as “**low histamine**” — such as potatoes, parsnips, or sweet potatoes — but that does not automatically mean they are supportive during the **initial stages of healing**.

From a functional and root-cause perspective, histamine overload is often closely linked to gut dysbiosis and microbial imbalance. Certain bacteria in the gut are capable of producing histamine, and when these populations become overgrown, they can significantly contribute to the overall histamine load in the body.

Foods that are **higher in starch and sugars** – even those considered “healthy” – can feed these imbalances. As a result, they may indirectly contribute to increased histamine production via the gut. For this reason, in clinical practice, a more simplified and targeted approach is often used during the early phases of intervention.

Food & Histamine contd...

This may include temporarily reducing or removing:

- Starchy carbohydrates such as potatoes, sweet potatoes, and parsnips
- Sugary foods (including natural sugars in excess)
- Foods that may contribute to fermentation in the gut

In addition, some foods (such as sweet potatoes and spinach) may also contain compounds like oxalates, which can be problematic for some individuals with sensitive or inflamed systems.

Lectins & Plant Defence Chemicals

On a personal note, I used to be able to eat sweet potatoes regularly, but once MCAS hit, I realised (after doing a **TED – Total Exclusion Diet**) that these were the cause of my itching and irritability at night and causing me to have terrible sleep!

Lectins are naturally occurring proteins found in plants, particularly in seeds, grains, legumes and the skins or outer layers of some vegetables. They are part of a **plant's natural defence system** — essentially a built-in survival mechanism designed to protect the plant from insects, fungi, bacteria and animals eating it. Plants cannot run away from predators, so instead they produce chemical compounds that make them harder to digest or less appealing to consume.

A simple example is.....

Continue reading The Histamine Handbook

FROM CHAPTER: **SPECIFIC SYMPTOMS – PAIN, BURNING MUSCLES & LACTIC ACID**

Firstly, I want to be very clear here: **not all pain is caused by histamine or lactic acid**. Pain is complex and multi-layered. Structural problems, injuries, hormones, inflammation, nervous system sensitisation, autoimmune processes and emotional stress can all contribute too.

However...

Histamine, inflammation and impaired energy production absolutely can play a significant role in the muscle pain, burning sensations, heaviness and post-exertional soreness experienced in conditions such as **M.E., Long Covid, Fibromyalgia and PoTS**. And understanding that connection can be incredibly validating and empowering because once we understand why something may be happening, we can begin supporting the body more intelligently.

For me personally, one of the most memorable symptoms was the pain from something as **simple as drying my hair**. Holding a hairdryer above my head for even a short period of time created an intense burning sensation through my arms and shoulders. Not “I’ve done a good workout” **burn... but a deep, toxic-feeling**, aching muscle pain that felt wildly disproportionate to the activity itself and made me **feel sick**. Ditto changing the bed covers.

Anyone else?

Likewise, the **post-exertional leg pain** after walking too far or pushing beyond my energy envelope could feel brutal. Heavy legs. Burning calves. Throbbing muscles. Flu-like aching. The kind of pain that makes you realise the issue is far deeper than simple **muscle fatigue**.

This is where understanding lactate, mitochondria, oxygen delivery and histamine becomes really important.

What's Happening?

Under normal circumstances, the body produces energy primarily using oxygen inside structures called mitochondria — the tiny “energy factories” inside our cells. However, in conditions such as M.E. and Long Covid, research increasingly suggests there are impairments in:

[Continue reading in The Histamine Handbook](#)

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".



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MONEY...**INFO, GUIDANCE
& SUPPORT 🙌🙌🙌"



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ISSUES! JO HAS MANAGED TO
MAKE SOMETHING COMPLEX
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"EVERY PAGE OFFERS SOMETHING
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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."

Ready to stop guessing and start understanding your body?

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

The full Histamine Handbook contains over 170 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.

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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.

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....

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THANK YOU AND GOOD LUCK

- Weaving It All Together
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- Recommended viewing / listening
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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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