

PREVIEW

The Histamine Handbook

Understand your symptoms. Feel empowered.
Reclaim your health.

Author: 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 my guide – The Histamine Handbook exists to change that.

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

- Jo Redfearn

HEALTH PRACTITIONER, EDUCATOR & NUTRITION SPECIALIST

Want to know EXACTLY what's inside?
Here's the complete contents:

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Before We Begin



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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

Limited Time Offer: Was ~~£40~~. Now: £22.

BUY
THE HISTAMINE HANDBOOK

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....

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.

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**.

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

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

I've worked with thousands of clients. Support and empowering people towards better health.

But I understand that not everyone is able to work with a practitioner 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 together.

I've spent over **12 years** piecing this puzzle together — living it, studying it, testing 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.**

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.

To XXX

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."

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.

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.

HISTAMINE - THE MISSING PUZZLE PIECE

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.

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Could Histamine Be Part of Your Health Picture?

Common symptoms linked to histamine overload:

Joint & muscle pain

Gut issues, bloating &

Heart palpitations & racing

diarrhoea

heart

Anxiety & panic attacks

Nasal congestion

Fatigue, crashes & post-meal

Painful periods

fatigue

Food intolerances

Insomnia

Dizziness

Brain fog & poor

Temperature issues

concentration

Migraines & headaches

Nausea

Flushing, itching & skin rashes

Swelling & fluid retention

Feeling worse in the evening or at night

Sensitivity to heat, alcohol & certain foods

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

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

I'VE DONE THE WORK SO YOU DON'T HAVE TO

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.

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Written by someone who has been through it.

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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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