

# Allergy & Reactivity

Do you suffer from any of these symptoms

- ✓ Hayfever, nasal congestion, runny nose, dry cough
- ✓ Itching - skin, nose, eyes and ears (hives)
- ✓ Digestive pain, gas, bloating, cramps
- ✓ Fatigue, irritability, mood swings
- ✓ Foggy brain, confusion, forgetfulness
- ✓ Insomnia, unfreshed sleep
- ✓ Palpitations, anxiety, racing heart
- ✓ Headaches/ migraines
- ✓ Facial flushing, swelling in throat, puffy eyes

The cause- High histamine

# Allergy & Reactivity

## GAIN CONTROL

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- Signs and symptoms
- What is Histamine?
- Influences on Histamine
- Gut-Brain - immune Connection
- Managing high Histamine
- Foods high in Histamine
- 6 Week Allergy & Reactivity program

# WHAT IS HISTAMINE

"Histamine is naturally found in our food and in the Immune, Gut and Brain cells of our body. It is released in response to inflammation, injury, infection or allergens."



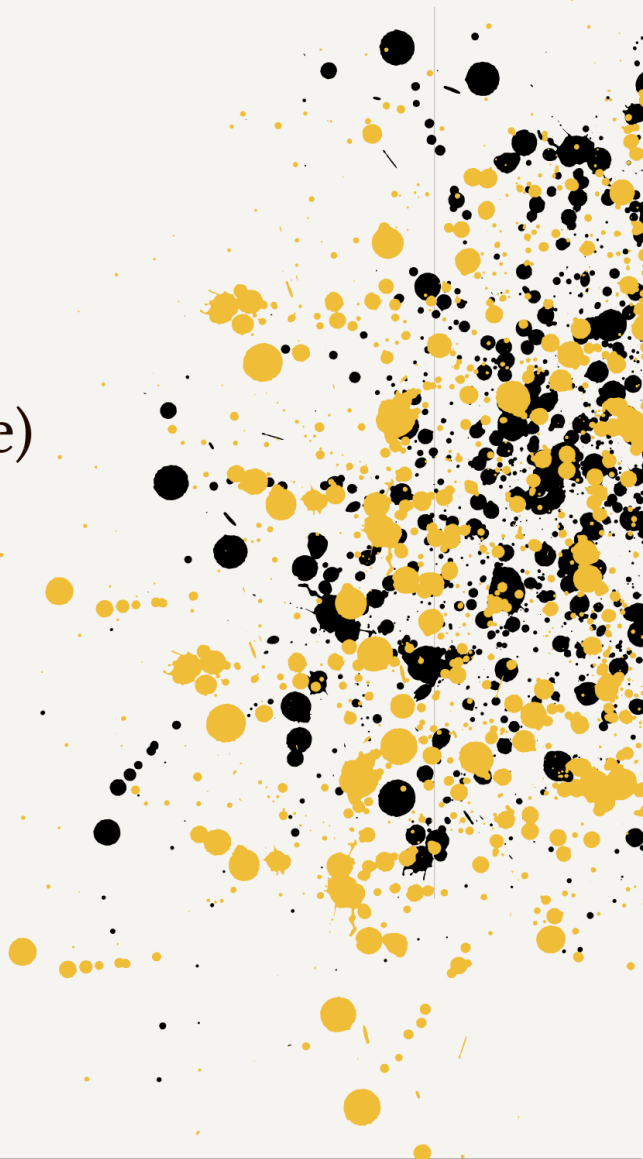
# Influences on Histamine

Histamine can be influenced by multiple factors such as

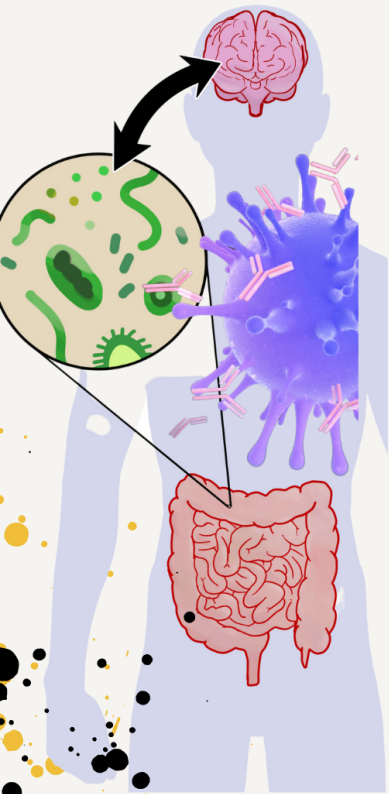
- Certain medications
- Hormones

( Oestrogen stimulates histamine)

- Stress
- Alcohol
- Certain foods
- Gut health



# Gut - Brain - Immune connection



## Gut health

### Low digestive enzymes

Low digestive enzymes are unable to break histamine down in the GUT releasing them into the blood.

## Immune response

Histamine is released from mast cells

The immune system triggers histamine from inflammation, injury, infections or allergens.

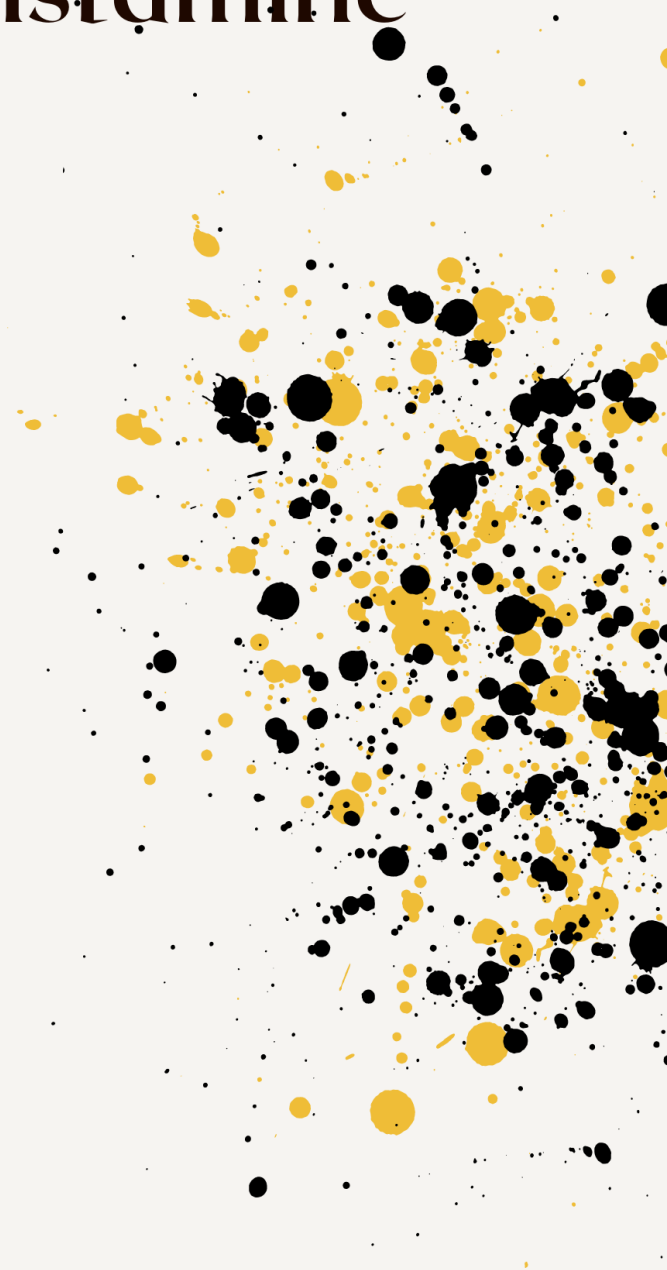
## Brain

Histamine effects neurotransmitters

Histamine can act on the brain affecting  
● behaviour, sleeplessness, irritability, headaches and low blood pressure (relaxes blood vessels)

# Managing High Histamine

- Medication - Anti - Histamines
- Avoid known allergens
- Avoid reactive food groups
- Fix gut health
- Boost immune system
- Reduce stress
- Improve your detoxification
- Reduce inflammation



# Food high in Histamine



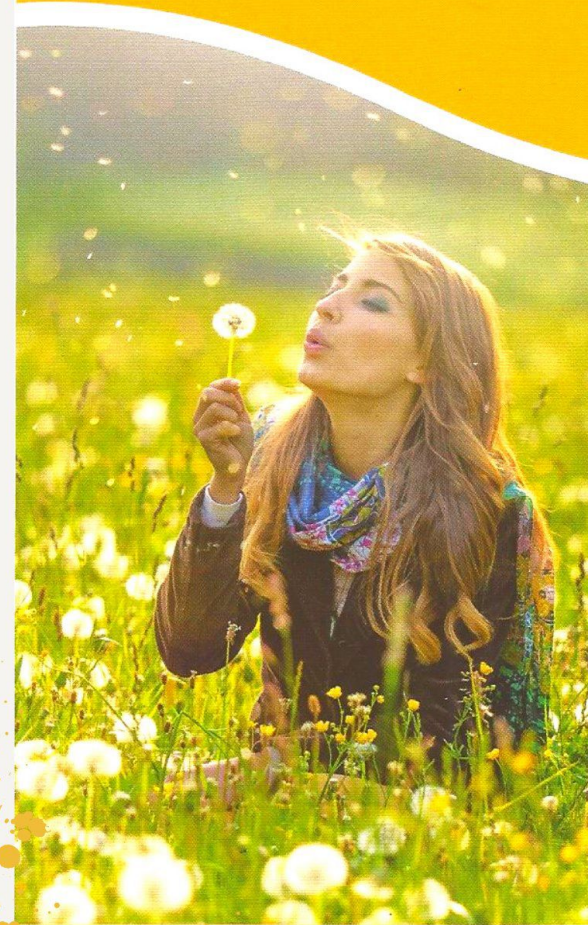
- Processed meats - Bacon, sausage, deli meats
- Fermented foods and drinks - aged & processed cheese, pickles, kombucha, sauerkraut, relish.
- Vegetables - Tomatoes, avocado, spinach, eggplant
- Fruits - Banana, citrus, strawberries, pineapple
- Spices, alcohol, coffee, chocolate, nuts

# Allergy & Reactivity Program

Our program is designed to be easy to follow and incorporates fortnightly online consultations to guide you through your whole Allergy and Reactivity Program

- A practical 6-week program
- Balance Immune Function
- Shopping list of histamine foods diet guidelines
- Symptom tracker diary
- Nutrients & herbs to help allergies and reactivity
- Balance Gut Flora
- Heal and seal Gut

MANAGING ALLERGY  
AND REACTIVITY



Natural solutions for control of  
allergy and reactivity to restore  
health and wellbeing.



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