

Histamine Questionnaire



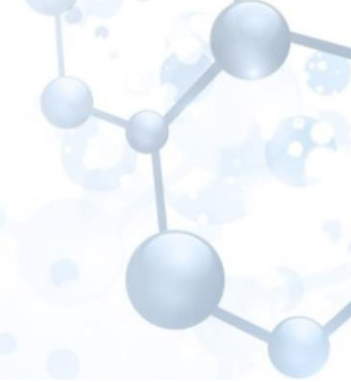
Histapenia (low Histamine)

It is estimated that 30-40% of schizophrenics have low blood histamine levels with accompanying elevated levels of serotonin, dopamine and noradrenaline. Histapenia is also characterised by low zinc and excess copper (which is a brain stimulant and destroys histamine causing brain dopamine levels to rise). About 25% of bipolar patients have low histamine levels. Histapenic depressives have a low level of histamine in blood and neuronal tissues and are believed to be individuals with high levels of dopamine. If you have answered YES to more than 30% of a list, please ask your health practitioner to measure Histamine levels.

Low Histamine	
Poor motivation	
Low libido	
High anxiety/panic	
Easily frustrated	
Depression	
Sleep disorders	
Restless legs	
Hyperactivity	
History of ADHD	
Paranoia	
Delusions	
Auditory hallucinations	
Self-mutilation	
Obsessions (without compulsions)	
Food/chemical sensitivities	
Eczema/dry skin	
Dry eyes and mouth	
High pain tolerance	
Overweight	



Histamine Questionnaire



Hisadelia (high Histamine)

It is estimated that 15-20% of schizophrenics have high blood histamine levels with accompanying low serotonin levels. Occurs more often in males. About 35% of bipolar patients have high histamine levels. Histadelic depressives have a particular imbalanced amino acid cycle which results in low levels of serotonin and elevated histamine. If you have answered YES to more than 30% of a list, please ask your health practitioner to measure Histamine levels.

High Histamine	
Allergies – allergic rhinitis, hay fever	
Frequent colds and flus	
Excess saliva, perspiration and mucous	
Depression – can be chronically and suicidal depression	
Warm skin	
Poor tolerance to heat	
Unexplained nausea	
Low pain tolerance	
Joint pain/swelling/stiffness	
Muscle pains Headaches	
Insomnia	
Good creativity/imagination	
High energy	
High libido	
Obsessive-Compulsive	
Addictive behavior	
Ritualistic behavior	
Hyperactivity	
Competitive	
Strong-willed personality	
Phobia	
Delusional	
Hears voices	

