

Histamine Intolerance Questionnaire

Please rate the following:

A - none B - Seldom (less than 1x/d) C - Often (daily) D - Very often/hourly

- Abdominal pain, Spasms
- Flatulence
- Diarrhea
- Flushing or reddening of the skin
- Itching
- Headache, including migraine and menstrual migraine
- Fatigue
- Joint discomfort
- Nausea
- Dizziness
- Chronic constipation
- Skin rash
- Panic attacks, sudden changes in psychic states (aggression, difficulty concentrating, poor attention) usually during or after a meal
- "Leaden exhaustion" usually during or after a meal, often requiring sleep; however sleep does not restore vitality
- Chills, shivers, discomfort, low blood pressure
- Shortness of breath

Do you notice any symptoms or reactions after consuming the following foods? Yes or No

- All alcoholic beverages
- Pizza
- Chocolate
- Fruits
- Instant foods
- Nuts and seasonings
- Additives and preservatives
- Seafood
- All raw, smoke-dried and pickled sausage, salami, bacon, ham, sausage
- Cheeses with a long maturation periods
- Breads, cereals, and confections
- Vegetables and legumes