

9 WAYS

HOW TO REDUCE HISTAMINE IN THE BODY NATURALLY

**DECREASE
STRESS**



**EAT A LOW
HISTAMINE DIET**

**FIGHT
INFLAMMATION
WITH FOOD**



**UTILIZE
NATURAL
ANTIHISTAMINES**

**DIGEST MORE
SLOWLY**



**INCREASE YOUR
DAO**



**CORRECT
SYSTEMIC
IMBALANCES**

SWEAT MORE



**ADDRESS GUT
HEALTH**