



Winter is here but don't let that be an excuse to pig out and not exercise or you may regret it in a few months. Keep up your exercise even though the weather isn't great. Put on a hat and jacket and get outside no matter what, it will make you feel so much better and you can always warm up and dry out when you get home. I am lucky we have a beautiful golden Labrador dog, Echo, who asks to go for a walk daily:)

In this month's newsletter:

- Histamine intolerance is becoming a problem for more and more people and the symptoms aren't just sneezing, runny eyes and itching. You may be surprised what symptoms excess histamines can cause. [Learn more about histamine.](#)
- We also feature a video of The Low Histamine Chef who teaches you which foods are good to eat if you have a histamine intolerance. Although remember the solution to histamine intolerance is not just reducing histamine foods in your diet, we need to treat the cause too. [Check out The Low](#)

[Histamine Chef's video here.](#)

- If pain is an issue for you or someone you know [please read this article](#). Pain was an issue for me for a long time and I put up with daily pain for years not knowing that there is a lot that can be done to reduce your pain.
- Warm up with some Almond Meal pancakes [check out the recipe](#).

Have a great month, keep warm, Jenny



## Could you have a problem with Histamines?

Do you get headaches, itchy or get flushed in the face?  
Are you a light sleeper, have a runny nose or are intolerant to wine?

**If you have these symptoms you could have histamine intolerance.** Other symptoms of histamine intolerance include food allergies, runny nose, nasal congestion, large or swollen mosquito bites, dizziness when standing, low tolerance to alcohol, fatigue, feeling panicky or having trouble concentrating.

Histamine intolerance is when you have too much histamine in your body either due to, too higher level of production or intake or due to a reduced ability to breakdown histamine.

Histamine is made in the brain and stomach as well as in specific cells in the nose and mouth. Each area in the body produces histamine for a different function:

- The histamine in our brain helps keep us awake and prevents sleep
- In the stomach histamine helps the release of gastric acids that we need for digestion
- Histamine in our nose and mouth is released as an immune response to foreign invaders

So what can cause histamine intolerance?

- Over growths of specific gut bacteria
- Nutrient deficiencies such as B vitamins, zinc and copper
- Excessive intake of high histamine producing foods such as red wine, fermented food, aged foods, leftovers, citrus and fish
- Environment . high pollen count or dust mites
- Genetic variations which mean your body may have a reduced ability to breakdown the histamine

To improve tolerance to histamine we need to:

- Rebalance the gut bacteria
- Restrict histamine foods
- Support the adrenal glands
- Remove environmental triggers

Although I do not recommend self-prescribing for histamine intolerance, if you think you may have a histamine intolerance have a look at the video below for some ideas on how to lower your dietary intake of histamine foods.

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The Low Histamine Chef  
- For people with Histamine Intolerance



**Is constant pain ruling your life?**

**Getting you down?**

**Causing you to live on medication?**

**THIS WAS ME, BUT NOT ANYMORE.**

For years I was in constant pain. The pain was severe and it never went away, it affected my sleep, my mood, my whole life. I never felt like anyone understood what I was going through, even though I had a very supportive family. If only someone could have helped me earlier I would have been so grateful and it would have saved me years of misery. I now only have minimal pain at times, my pain levels have dramatically reduced and I now sleep well. My energy is better and I am so much happier due to not being in chronic pain anymore.

One of the most common causes of chronic pain is inflammation. Conditions of inflammation are commonly caused not only from diet but also from issues with the gut where we can get overgrowths of microbes that release toxin chemicals increasing our inflammation and causing other symptoms too, such as having a foggy head, low energy, memory problems and poor concentration.

It's only through treating the root cause that you can look forward to a positive pain free lifestyle. As a naturopath I take a thorough history of your health, I also carry out relevant testing to identify what is causing your pain. Once we have identified the cause of your pain we work with you on a treatment plan so you can feel great again.

While traditional medications may provide you with temporary relief of your symptoms, these often come with side effects and can lead to further health complications. Pain can be a symptom with many causes. To get help with your pain condition please call us at The Naturopathic Clinic for a FREE half hour consultation on 022 017 6033.

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## Almond Meal Pancakes

### Ingredients:

1½ cups almond meal  
¼ teaspoon Himalayan salt  
¼ teaspoon baking soda  
2 large eggs  
1/3 cup unsweetened almond or coconut milk  
2 tablespoons olive oil, coconut oil, or butter, melted  
Oil to cook with . any of the above

### Instructions:

1. Mix all ingredients together.
  2. Heat a frying pan to a medium heat and add some oil.
  3. Pour desired size pancake into the pan and cook for approximately 2-3 minutes until the bubbles burst, then flip. Cook until golden brown.
  4. Serve with lemon juice and a little maple syrup, your favourite nut butter or some slices of banana or blueberries.
- Optional extras: add cinnamon, nutmeg, vanilla or cacao powder.



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