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The Histamine Free Paleo Breakthrough: 10 Day Autoimmune ...

The Histamine Free Paleo Breakthrough Are you eating an AIP diet and finding certain healthy foods, such as sauerkraut, are causing hives, swelling of the face or throat, a headache, nasal congestion, skin problems, a racing heart, anxiety, watery red eyes, heartburn, or irritability?

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The Histamine Free Paleo Breakthrough Finally, AIP food charts without histamines plus a 10 Day AIP menu and recipes without high histamine foods. AIP compliant and based on the Paleo Autoimmune Protocol.

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Histamine Intolerance and The Paleo Diet | Dr. Loren Cordain

Histamine Intolerance and The Paleo Diet. Since your body produces histamine 8 it is best to think of histamine intolerance as an 'overflow' type of situation. Exogenous sources of histamine put your body over the edge. Other causes of histamine intolerance include: allergies, GI bleeding, and small intestinal bacterial overgrowth (SIBO).