

Do you have an issue with histamine?

A questionnaire for patients



Do you have problems with your skin? E.g itching, redness, flushing, spots, hives, rashes, eczema?

Do you ever get diarrhea?

Do you get bloating or stomach aches?

Do you suffer with nausea, vomiting or acid problems?

Do you get allergy symptoms like runny nose, frequent sneezing?

Do you have asthma or shortness of breath?

Do you have low blood pressure?

Do you ever suffer from dizziness, vertigo or fainting?

Do you ever have anaphylaxis?

Do you suffer from menstrual headaches or migraines?

Do you ever have issues falling asleep?

Do you ever get motion sickness?

If you answered yes to any of these questions, you could have a histamine problem. Please visit [here](#) for resources on how we can support you.