

Reasons of Histaminosis (selection)

Food Content of Glutamate	Food Content of Histamine	Food-Additives As Liberators of Histamine	Medicaments As Maintainers of Histamins																																																												
<p>Amino Acid „Glutamic Acid“</p> <p>Meat</p> <table border="0"> <tr><td>Beef</td><td>350 mg/kg</td></tr> <tr><td>Chicken</td><td>450 mg/kg</td></tr> <tr><td>Egg</td><td>250 mg/kg</td></tr> </table> <p>Cheese</p> <table border="0"> <tr><td>Parmesan</td><td>1.200 mg/kg</td></tr> <tr><td>Roquefort</td><td>12.800 mg/kg</td></tr> </table> <p>Vegetables</p> <table border="0"> <tr><td>Seaweed</td><td>22.400 mg/kg</td></tr> </table> <p>Flavour (production of MSG)</p> <table border="0"> <tr><td>Sojasauce</td><td>10.900 mg/kg</td></tr> </table> <p>Gut Flora (production questionable)</p>	Beef	350 mg/kg	Chicken	450 mg/kg	Egg	250 mg/kg	Parmesan	1.200 mg/kg	Roquefort	12.800 mg/kg	Seaweed	22.400 mg/kg	Sojasauce	10.900 mg/kg	<p>Alchole: blocks DAO too</p> <p>Fish</p> <table border="0"> <tr><td>Tuna</td><td>(<0.1 - 1300 µg/g)</td></tr> <tr><td>Anchovys</td><td>(100 - 1500 mg/gk)</td></tr> </table> <p>Cheese</p> <table border="0"> <tr><td>Emmentaler</td><td>(<0.1 - 555 mg/kg)</td></tr> <tr><td>Harzer</td><td>(390 mg/kg)</td></tr> <tr><td>Gouda</td><td>(29.5 - 180 mg/kg)</td></tr> <tr><td>Gorgonzola</td><td>(158 mg/kg)</td></tr> <tr><td>Tilsiter</td><td>(50 - 60 mg/kg)</td></tr> <tr><td>Camembert</td><td>(35 - 55 mg/kg)</td></tr> <tr><td>Cheddar</td><td>(34 mg/kg)</td></tr> <tr><td>Monte Negro</td><td>(19 mg/kg)</td></tr> </table> <p>Sausage</p> <table border="0"> <tr><td>Ossa collo</td><td>(<0.1 - 318 mg/kg)</td></tr> <tr><td>Salami</td><td>(<0.1 - 279 mg/kg)</td></tr> <tr><td>Ham of Westfalia</td><td>(38 - 159 mg/kg)</td></tr> <tr><td>Knappseer</td><td>(94 mg/kg)</td></tr> <tr><td>Heurigensalami</td><td>(50 mg/kg)</td></tr> </table> <p>Vegetable</p> <table border="0"> <tr><td>Sauerkraut</td><td>(5 - 3000 mg/kg)</td></tr> <tr><td>Spinach</td><td>(38 mg/kg)</td></tr> <tr><td>Tomatoes (Ketchup)</td><td>(22 mg/kg)</td></tr> </table> <p>Vinegar</p> <table border="0"> <tr><td>Red Wine – Vinegar</td><td></td></tr> <tr><td>Red Wine</td><td>(60 - 3800 µg/g)</td></tr> <tr><td>Champagne/Sparkling Wine</td><td>(15 - 670 µg/g)</td></tr> <tr><td>Dessert Wine</td><td>(80 - 400 µg/g)</td></tr> <tr><td>Beer</td><td>(21 - 305 µg/g)</td></tr> </table>	Tuna	(<0.1 - 1300 µg/g)	Anchovys	(100 - 1500 mg/gk)	Emmentaler	(<0.1 - 555 mg/kg)	Harzer	(390 mg/kg)	Gouda	(29.5 - 180 mg/kg)	Gorgonzola	(158 mg/kg)	Tilsiter	(50 - 60 mg/kg)	Camembert	(35 - 55 mg/kg)	Cheddar	(34 mg/kg)	Monte Negro	(19 mg/kg)	Ossa collo	(<0.1 - 318 mg/kg)	Salami	(<0.1 - 279 mg/kg)	Ham of Westfalia	(38 - 159 mg/kg)	Knappseer	(94 mg/kg)	Heurigensalami	(50 mg/kg)	Sauerkraut	(5 - 3000 mg/kg)	Spinach	(38 mg/kg)	Tomatoes (Ketchup)	(22 mg/kg)	Red Wine – Vinegar		Red Wine	(60 - 3800 µg/g)	Champagne/Sparkling Wine	(15 - 670 µg/g)	Dessert Wine	(80 - 400 µg/g)	Beer	(21 - 305 µg/g)	<p>Excitation Toxicity</p> <p>Taste enhancer</p> <p>Glutamate (E620 - 625)</p> <p>Means of leavening</p> <p>Acid of orthophosphor + phosphat</p> <p>Colourants</p> <p>Tartrazin (E102)</p> <p>Cinolinyellow (E101)</p> <p>Yellow orange S (E110)</p> <p>Azorubin (E122)</p> <p>Amaranth (E123)</p> <p>Cochenille A (E124)</p> <p>Erythrosin (E127)</p> <p>Nitrates (E251 - 252)</p> <p>Conservants/Preservants</p> <p>Sorbic acid (E200 - 203)</p> <p>Benzoic acid (E210 - 213)</p> <p>PHB-Ester (E220 - 227)</p> <p>Diphenyl + Orthyphenyl (E231 - 232)</p> <p>Thrabenrudazol (E233)</p> <p>Acid regulators</p> <p>Di-, Tri-, Polyphosphates</p> <p>Antioxidants</p> <p>Butylhydroxianisol (BHA)</p> <p>Butylhydroxitoloul (BHT)</p>	<p>Blockers of DAO</p> <p>H²-Antagonists</p> <p>Ranitidin (Azuranit)</p> <p>Cinetidin (Altramet)</p> <p>Nizatidin (Gastrax)</p> <p>Beta-Blockers</p> <p>Atenol (Atebeta, Blocotenol, Tenormin)</p> <p>Acetylcystone</p> <p>Aeromuc, Pulmovent</p> <p>Ambroxol</p> <p>Ambrobene, Ambroxol, Mucosolvan</p> <p>Amitriptylin</p> <p>Saroten, Tryptizol, Limbritol</p> <p>Choroquin</p> <p>Resochin</p> <p>Clavulanic Acid</p> <p>Augmentin</p> <p>Isoniazid</p> <p>Myambutol + IHN</p> <p>Rifoldin + INH</p> <p>Metamizol</p> <p>Buscopan comp. Inalgon Novalgin</p> <p>Polytoxicomania</p> <p>Alchole is also effective as blocker of DAO</p>
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Therapy of Histaminosis:

<p>Nutrition</p> <ul style="list-style-type: none"> • nutritional Diary • no industrial / commercial Food • only fresh Food • only self preparing of Food 	<p>Medication</p> <ul style="list-style-type: none"> • anamnesis • indications Polytoxicomania • no self medication • replacing by phytotherapeutica 	<p>Lifestyle</p> <ul style="list-style-type: none"> • no Stress • no Alchole • Sports, wellness • Allergy diagnostics
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