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The Histamine Free Paleo Breakthrough: 10 Day Autoimmune Paleo Menu (Paperback)

By Anne Angelone

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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? If so the problem may not be allergies but instead a histamine intolerance. Histamines are found in many common foods, especially those that have been aged or fermented, such as aged cheese, red wine. But what about the foods in the autoimmune protocol? If you find you are reacting to sauerkraut and fermented foods, this could well be a histamine intolerance. Find out what the other high histamine foods are in the AIP. The Histamine Free Paleo Breakthrough offers food charts and recipes specific to the Paleo Autoimmune Protocol but without high histamine foods!.



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