

A Simple Checklist Of Histadelia/Histapenia Symptoms:

Symptoms Suggesting Histadelia

1. Good tolerance of cold
2. Poor tolerance of heat
3. Unexplained nausea
4. Poor pain tolerance
5. Excess salivation
6. A tendency towards hyperactivity
7. Frequent colds/flu
8. Phobias
9. Highly motivated and hard-driving personality
10. Good creativity/imagination
11. High libido
12. Joint pain
13. Swelling/stiffness
14. Excess perspiration
15. Warm skin

In addition, high levels of blood histamine have psychological, behavioral, and cognitive effects. 15-20% of schizophrenics and many suffers of depression may have histadelia. Suffers may be suicidally depressed and fall prey to obsessions, compulsions, and addictions.

Pfeiffer considered basophil counts greater than 50 cells/cu mm and histamine levels greater than 70 ng/ml (0.629umol/L) diagnostic for histadelia.

Copper levels may be checked (24-hour urine copper or serum ceruloplasmin). It is common for suffers to also have low copper levels. This has unfortunate consequences, as copper is part of the enzyme histaminase which is involved in the metabolism of histamine.

Treatment

Folic acid, histadine, B6, B3,B12, C, Omega-3s, zinc and manganese. If the treatment is aggressive, the release of copper may cause a worsening of symptoms for days or weeks before improvement. Big doses of zinc are inadvisable, since zinc competitively inhibits copper and the plasma.

Symptoms Of Histapenia

1. Canker sores
2. Difficult orgasm with sex
3. No headaches or allergies
4. Heavy growth of body hair
5. Ideas of grandeur
6. Undue suspicion of people
7. Racing thoughts
8. The feeling that someone or something controls one's mind,
9. Seeing or hearing things abnormally (like voices in the head)
10. Ringing in the ears
11. High anxiety
12. Food sensitivities
13. Good pain tolerance
14. Few or no colds
15. Tire Easily
16. Mouth or eyes usually dry
17. Bouts of despair or bouts of crying
18. Do you have bouts of irritability?
19. Unusual sensitivity to chemicals, perfumes, gasoline, plastics, etc.
20. Severe PMS

Histapenia is over-methylation and is characterized by elevated levels of serotonin, dopamine and norepinephrine, low whole blood histamine and low absolute basophils. These same patients are found to have high copper levels. Elevated copper decreases blood histamine. Excess copper may be linked with psychosis.

Histamine levels below 40ng/ml (0.35umol/L), low basophils and elevated copper by measuring either 24 hour urine copper or serum ceruloplasmin will help make the diagnosis.

Treatment of Histapenia

High doses of zinc, manganese, Vit C, niacinamide, Vit B12 and folic acid.

Some individuals initially experience a worsening of symptoms due to recirculation of body stores of copper.

Over-methylators tend to do poorly on supplements such as SAME, inositol, tryptophan, phenylalanine, TMG (trimethylglycine) and dimethylglycine so these should be avoided.