

A top-down view of a wooden surface. In the upper left, a glass dish with a lid is partially visible, containing some small, light-colored items. In the center, a glass jar of red jam is open, with a white ceramic spoon resting inside. To the right of the jar, a small white ceramic object is partially visible. Scattered across the wooden surface are several fresh blueberries. In the lower left corner, a white ceramic bowl is filled with blueberries. The text is overlaid on the image in white, with the top part in a bold, sans-serif font and the bottom part in a cursive font.

SHORT
BUT SWEET

A NUTRIENT
DENSE APPROACH
TO HISTAMINE
INTOLERANCE

& mast cell activation

Short but sweet

A nutrient dense approach to histamine intolerance & mast cell activation

Yasmina Ykelenstam

The Low Histamine Chef

London, England

Copyright © 2016 by **Yasmina Ykelenstam**

All rights reserved. No part of this publication may be reproduced, distributed or transmitted in any form or by any means, without prior written permission.

LHC Productions
Holmefield Court
London, NW3 4TT
www.healinghistamine.com

Book Layout © 2014 BookDesignTemplates.com

Short but sweet: a nutrient dense approach to histamine intolerance and mast cell activation Yasmina Ykelenstam. -- 3rd ed.

About the author



Yasmina Ykelenstam is the author of ten low histamine ebooks: *The Anti-Detox*, *The Anti-Cookbook*, *The Anti-Cookbook Paleo*, *The Low Oxalate Cookbook*, *Low Histamine On the Go*, *The Low Histamine Dessert Book*, *The Low Histamine Beauty Survival Guide*, *The Low Histamine Lifestyle 101 Guide*, *The Little Book of Muffins* and *The DAO Support Cook Book*. Previously, she was an international television news producer, writer, researcher and contributing reporter for CNN and

the BBC, where she spent over a decade covering conflicts, including the Iraq War.

She has covered stories ranging from Libya's renouncement of WMD, to reporting from the Saddam Hussein trial in 2005, Hezbollah's anti-government protests and a prolonged assassination campaign targeting Lebanese political figures and journalists.

In 2006 she was a member of the CNN team awarded an Edward R. Murrow for coverage of the 2006 Lebanon War.

Her first step to recovery was giving it all up.

Yasmina can now be found lugging a yoga mat, juicer and positive attitude across various continents, in search of the perfect anti-lifestyle.

Don't forget to connect with her on [Facebook](#) and [sign up](#) to her mailing list for more low histamine recipes.

Press

[The Nocebo Effect: Are Your Beliefs Making You Sick?](#)

Us News & World Report

[Guide to Living Well with Migraines \(cover story\)](#)

Health Monitor magazine (2 million readership US)

[Histamine's role as a neurotransmitter in anxiety disorder](#)

The Anxiety Summit

[Healthy airport food](#)

Beauty and Wellbeing

[Histamine Intolerance](#)

The Fat Burning Man podcast (number 1 podcast in iTunes Health - 1 million downloads per episode)

[The Tiredness Cure](#)

First for Women Magazine (circulation 1.2 million US)

[The GAPS diet and histamine intolerance](#)

GreenMedInfo.com

[Using the brain to heal histamine intolerance](#)

The Third Age

Itchy eyes and sneezing? It might not be hayfever but histamine

The Times of London

Looking Beyond Medicine: How I'm Fighting Chronic Illness With Diet

Huffington Post

The Low Histamine Diet

Beauty and Wellbeing

Green juice vs. bacon rolls

BBC Radio

At dig frisk! The low histamine diet

Aftonbladet (Sweden's highest circulation newspaper) Sofi's Mode magazine supplement

Choosing a nutrient dense anti-inflammatory diet for optimal health

The Patrick Timpone Radio Show – One Radio Network

Optimising patient care, identifying and bypassing genetic polymorphisms

Presentation by Dr. Ben Lynch of MTHFR.net

The histamine-mast cell-EDS link

Fragile Links (EDS magazine)

Headaches, hives and heartburn: Could histamine be the cause?

Chris Kresser

Food Bloggers Share Their Best Apple Recipes
She Knows

The Best Cleansing Recipes
All Parenting

What folks are saying...

“You are providing an invaluable service to all those afflicted with mast cell disorders and histamine intolerance issues. There are very few remedies available to people struggling to cope with these conditions, and negligible resources based on natural foods, which as you and I are well aware, can and should be the basis for ensuring optimum health while remedying many of the chronic conditions associated with food sensitivities. Unfortunately the medical paradigm for management of such illnesses inevitably relies on medicinal drugs, which can and do result in unacceptable side-effects. It is work such as yours, which applies the data from scientists involved in the field (in which I humbly number myself) in a practical way so that natural remedies are available to everyone in need. I welcome the opportunity to continue to contribute to your valuable work.”

- [Dr. Janice Joneja](#), *author and immunologist*

“I’m impressed not only with Yasmina’s extensive knowledge in the area of low histamine nutrition, but also with her unique gift for communicating the information in an accessible manner—a quality that is readily apparent in her bestselling books and interviews with leading figures in the field. Her ability to communicate a scientifically sound message to a lay reader is unparalleled, and as a result I am always happy to refer anyone with an interest in the subject to her industry-leading website”

- [NIH funded researcher Dr. Theoharides](#), *Tuft’s University.*

“Histamine intolerance is a very pressing issue which is largely unknown and, therefore, needlessly plaguing countless men, women and children. It is not easy to identify histamine intolerance let alone treat it. I am constantly referring physicians and the public in general to Yasmina’s amazing resource, The Low Histamine

Chef. Her information allows people to quickly understand, identify and take action against histamine intolerance. Thank you for your work – and I look forward to doing a webinar together on this important topic.”

- **Dr. Ben Lynch**, MTHFR.net

“I refer patients to Yasmina’s website because I know they will benefit from her balanced sensibilities on using lifestyle change to cope with their mast cell activation disorders. If you are histamine-challenged and looking for perfectly-seasoned insight, you’ll get it...”

- [Dr. Keith Berndston, MD](#)

“You can’t put this problem in a vacuum. Such as avoiding histamine containing foods, on a standard deficient and toxic diet. The body works in conjunction with thousands of complicated chemical reactions, and only with superior nutrition can the histamine sensitivity be better controlled. So exposure to thousands of phytochemicals and even to a low dose of histamine in their diet is good, not bad and can offer hope of getting better over the years to come.”

- [Dr. Joel Fuhrman, MD](#)

[The Anti-Cookbook](#)

“I can’t believe how this book has revolutionised the way I eat.” - *Angela*.

“Oh my god thank you. I can eat again now.” - *Lucie*.

“I had no idea there were so many beneficial foods I was completely ignoring!” - *Jane*.

“Wow. Just wow. You’ve changed my life. Again.” - *Marianne*.

[The Anti-Cookbook \(Paleo\)](#)

“Such a relief to find a low histamine Paleo book - with antihistamine foods. Bonus!” - *Mike*.

“Yes! Finally. You’ve taken the stress out of eating.” - *Anne Marie*.

[Low Histamine On the Go](#)

“As someone who struggles in the kitchen at the best of times, this book is a godsend.” - *BB*.

“The menus from the Low Histamine Chef have given me the support and guidelines to cook, grocery shop, eat at restaurants and basically get my life back with food reactions reduced to a minimum. Best of all - the recipes are delicious.” - *PD*.

“Yasmina has made understanding the low-histamine way of eating accessible and easy to understand. Her recipes are luscious and personally researched!” - *JMS*.

“The recipes in this book are delicious and really simple.” - *MAMFW*.

“...family and friends never know what to cook for me, now we can all eat together again.” - *SU*.

[DAO Support](#)

“This book is a life saver for me. I can’t cook and being on low-histamine diet meant that I ate tasteless meals. The book completely changed my life. Now people at work can’t believe how much I eat and stay skinny.” - *MM*.

“The shopping list and recipes are a godsend. I wasn’t seeing any improvement since being diagnosed but in the three weeks since using your recipes, I’m finally starting to feel better.” - *DB*.

[Click here for more testimonials.](#)

Please note: many of the studies referenced here and on my blog refer to i`n vitro, meaning conducted in a test tube. There is no guarantee that in vitro results can be replicated in humans. Much of the research is conducted using extracts at far greater dosage than we could possibly get from a human diet, unless we walk around with a feeding trough around our necks. Nonetheless, I have found the results of these studies to be a good general guideline when deciding on which antihistamine and anti-inflammatory foods to add to my diet, but your own results will vary. Please remember, even antihistamine and anti-inflammatory foods can hurt us, so always exercise caution and consult a medical practitioner before adding new foods or making any changes to diet, medication or exercise routines. My recipes are not intended to treat any condition. Medication is necessary for most of us, so please do not attempt to treat any condition through diet alone.

Contents

About the author.....	4
Press	6
The nutrient dense approach to histamine intolerance	14
Recipes	20
Green Goddess	20
Zucchini Pasta with Meatballs & Creamy Sauce	22
Roasted Saffron Butternut Squash Soup.....	25
The Best Green Soup Ever 2.....	28

The nutrient dense approach to histamine intolerance

As an-ex journalist with over 10 years research and international news production experience for 60 Minutes, CNN and the BBC, believe me when I say, I know how important the facts are. Not only do I back up each claim on my site and in my books with numerous studies, I also make sure to get out there and put my journalism background to good use, by interviewing the histamine/mast cell/mastocytosis/inflammatory field's leading medical experts, best selling authors and healers.

[Click here to read or listen to my interviews with:](#)

*Harvard and Tufts neuroscientist Dr. Michael Van ElZa-
kker on the chronic fatigue vagus nerve connection.*

USC Longevity Institute director Dr. Valter Longo on fasting for the immune system and mast cells.

Immunologist and author Dr. Janice Joneja on the basics of histamine intolerance.

*Author and medical journalist Donna Jackson Nakazawa on her book *The Last Best Cure*.*

Mast cell specialist Dr. Mariana Castells on the role of lifestyle changes for mast cell disorder.

How did I get here? In 2008, after 20 years of being misdiagnosed with everything under the sun, I became so ill that I was forced to quit the career of a lifetime. I'd seen 68 doctors by this point and told I either had or been misdiagnosed with: recurrent sinusitis that required surgery, multiple sclerosis, lupus, hepatitis, lyme disease, kidney failure, liver failure, leukemia, ovarian cancer, breast cancer, uterine fibroids, endometriosis, chronic urinary tract infections, bladder cancer, diabetes 1 & 2, STIs, pelvic inflammatory disease, brain tumor, bipolar disorder, generalized anxiety disorder, unipolar depression and borderline personality disorder. I had two operations (one of which proved completely unnecessary) and was told I needed another six, which I refused.

Finally diagnosed with histamine intolerance (HIT) in London in 2010, I wholeheartedly embraced the traditional hardcore elimination approach, low histamine diet and even more elimination of all foods that bothered me

(fructose, salicylates, histamines oh my!). I was soon struggling to feed myself on just five foods, a spindly, skeletal figure of 52kg/114lbs on a 1.78m/5'10 frame, devoid of all joy in life, quietly nursing a hatred towards my body and all foods I was no longer able to eat.

The biggest slap in the face was that I was STILL experiencing a ton of intense symptoms in addition to following a dietary protocol that made life a misery.

Realising something was horribly amiss, I set out to cram in as much histamine, mast cell, inflammation, nutrition and biology information as I possibly could into the precious few hours not spent working my day job, blogging and cooking. And it paid off. Because I finally realised that what I had been doing to my body in these last few years was pretty much setting me up for a lifetime of misery. I had a hunch that whatever happened to break down my body years ago was now in the past, but that I was still somehow in a horrible cycle of inflammation, lack of nutrition, and stress, and it was all slowly killing me.

Well, maybe not so slowly...I still felt that my anaphylactic episodes warranted further investigation, and in March 2013 my condition was clarified as Mast Cell Activation Syndrome by Dr Matito (under Dr Luis Escobiano) in Toledo, Spain.

Immediately prescribed mast cell stabilising meds and antihistamines, I decided not to go down that route again. I had after all only recently managed to kick all



meds to the curb: antihistamines, anti-inflammatories, benzodiazepines, antidepressants, sleeping pills, mood stabilisers, diuretics, pain killers, antibiotics, antibacterials, and quite a few more. So I put my newly hard won nutritional/histamine/mast cell research to work, embracing the fridge and fields as my medicine cabinet instead (along with a heaping dose of positivity, meditation and yoga).

Just over a year on a high nutrient, histamine balanced diet rich in antihistamine and anti-inflammatory foods has given me my life back. I am now the healthiest and happiest I've ever been (and I have the blood test results to prove it.). I believe that elimination has its place, for a very limited time, but the goal should always be to re-introduce high nutrient foods as soon as possible (or not eliminate them in the first place). I found that the



“Leaky gut” stomach before and after...

more I robbed my body of vital nutrients, the less able it was to function normally, the worse my histamine/mast cell induced inflammation became, and the more fearful my body and brain became of all foods, not just inflammation causing ones.

I do not believe that a standard low histamine diet, will, under any circumstances, heal what ails us. To focus on histamine or salicylates or fructose, is, to quote the Brits, not to see the wood for the trees. Ultimately we’re deal-

ing with inflammation. A low histamine diet consisting of freshly deep fried sweet potato fries with hamburgers with yeast and ketchup free buns, 3000 calorie carob bars with white sugar, root vegetable “potato” chips, gluten free cup cakes, tomato free wheat pasta, etc, while snubbing bananas, avocado, grapefruit and other higher histamine, far higher nutrient foods, just ‘aint gonna do it sadly. This lifestyle is about cleaning your body from the inside out. Going low histamine but eating the same old crappy stuff is barely going to help control symptoms, let alone heal.

[CLICK HERE TO LEARN HOW TO CREATE YOUR OWN CUSTOMISED HEALING PLAN AND DIET.](#)

Recipes

The Anti-Cookbook

Green Goddess

Prep Time: 7 | Cook Time: 0 | Servings: 2



There are no unhealthy recipes in my book, but as healing is my top priority, most of my breakfasts look like

this. This juice in particular is my very favourite way to start the day. I do actually serve it as in the picture. I love to dunk the apple slices into the juice, like kids in American films dunk Oreos into their milk.

I know you might not believe me, but I no longer miss the Oreos or the milk. Feeling healthy and full of life is far more rewarding than the few minutes of enjoyment found in a pack of cookies - and there's no exhausting three-day recovery period. If you haven't had them before, omit the spirulina and chlorella, or try a very tiny quantity.

INGREDIENTS

1 head broccoli
1 medium cucumber
1 cup parsley
3 medium apples
1 tbsp sized chunk fresh ginger
1 tbsp [spirulina](#)
1 tbsp [chlorella](#)

PREPARATION

Juice.

Enjoy.

See how easy healthy is?

BENEFITS

Vitamin A 100%
Vitamin C (histamine lowering, mast cell stabilising)
290%
Vitamin K (anti-inflammatory) 1290%
Iron 40%

Antihistaminic: parsley, apples, ginger, chlorella, spirulina.

Anti-inflammatory: broccoli, cucumber, parsley, celery, apples, ginger, spirulina, chlorella.

The Man Food Book

Zucchini Pasta with Meatballs & Creamy Sauce

Prep Time: 15mins | Cook Time: 20mins | Servings: 2-4



Fennel is a lovely antihistamine, anti-inflammatory and antioxidant food ^[33]. This recipe can be served with any number of the creamy sauces in other recipes in this book - my favourite to pair it with is the lasagne sauce

on page 105 but I wanted to give you as many different creamy vegetable based sauces as possible so you can see that the only limit is your imagination and/or time!

INGREDIENTS

4 cups spiralsed zucchini pasta or 2 cups cooked gluten free pasta of your choice

Meatballs

500g/18oz minced beef/lamb or your choice of ground protein

1 red onion

1-2 cloves garlic

Handful coriander

Handful basil

Handful parsley

Few sprigs of mint

Olive oil

Optional

1/2 cup Portobello mushrooms

1 teaspoon organic mustard paste or 1/4 teaspoon mustard powder and 1/2 tablespoon apple cider vinegar and some salt

1/4 cup lentil flour (to help bind the meatballs)

Creamy sauce

2 large zucchini, roughly chopped

10 asparagus spears, roughly chopped

1 onion, roughly chopped

1/4 cup fennel, grated

2-3 cloves garlic

Handful basil

Handful coriander
Handful thyme leaves
Sprig rosemary
Half handful oregano
Olive oil

PREPARATION

Meatballs

Pre-heat your oven to 200C/390F. Place the onion, garlic, coriander, basil, parsley, mint and mushrooms (if using) in a food processor and pulse until very fine but not liquidy. You can also just chop everything very, very finely. Combine with the meat and mustard and form into a pleasing sized ball. I make them just smaller than golf balls. Bake for about 20 minutes until nicely cooked through but still moist.

Creamy sauce

In a medium pot, sauté the onion in a little oil. Once fragrant and soft add in the garlic, zucchini, asparagus, fennel, garlic, basil, coriander, thyme and rosemary and cook until nicely roasted. Pour in enough water to just cover everything and bring to the boil. Turn down heat and simmer for about 30 minutes. The water should have significantly reduced, if not, turn up the heat (making sure the pot is uncovered) for a few minutes until it does. Transfer to a blender and process until smooth. If it's still too liquidy, add back to the pot and cook again until reduced, or add in a little tapioca (latex food), arrowroot, or kudzu to thicken it up. You can make this in bulk, freeze into tupperware and defrost as needed.

Toss in the zucchini noodles right at the end to soften up and then serve. Don't leave them too long in there or they'll dissolve!

BENEFITS

Vitamin K: 843%, Vitamin B12: 517%, Zinc: 468%, Vitamin C: 423%, Vitamin A: 367%, Vitamin B6: 338%

Antihistamine: garlic, onion, coriander, oregano, thyme, rosemary, fennel, basil, mint,

Anti-inflammatory: asparagus, olive oil, garlic, onion, coriander, oregano, thyme, rosemary, fennel, basil, mint, zucchini, asparagus.

The Anti-Detox Book

Roasted Saffron Butternut Squash Soup

Prep Time: 15mins | Cook Time: 60mins | Servings: 4-6



Butternut, my saviour on so many inflammatory blow outs. Teamed with quercetin rich shallots and thyme here, which are also antihistamines, it's really hard to go wrong with this soup. Don't feel you have to use the chili, it's totally optional. I find it to be very healing, but it is a nightshade and so may aggravate inflammation in some.

This soup is lovely, thick and creamy. You could freeze half of the coconut milk and then blend in at the end for a cooler/vichyssoise style soup for the sultry summer nights.

INGREDIENTS

1 butternut squash, cubed
8 large shallots (or 16 small/medium ones), peeled and sliced in half
10 threads saffron
1/2 cup finely chopped chives
4 cups coconut milk/cream (or your dairy free choice)
4 cloves garlic (I use an entire head), peeled
1/2 cup thyme
pinch of cayenne pepper, or 1/2 small fresh red chili
olive oil

PREPARATION

Pre-heat your oven to 180C/350F.

Place the butternut squash, shallots and garlic in a roasting tray. Sprinkle with thyme and drizzle with a little olive oil and season, if desired.

Bake for 20-30 minutes, depending on oven.

Transfer to pot, pour in coconut milk/cream, depending on desired thickness, and add in the saffron threads.

Bring to the boil and then simmer for up to 30 minutes. Place soup in blender and process until smooth.

Garnish with chopped chives, a drizzle of olive oil and a squeeze of lemon if tolerated.

BENEFITS

Vitamin A 1192%

Vitamin C 286%

Vitamin E 41%

Vitamin K 72%

Thiamin 49%

Vitamin B6 79%

Pantothenic Acid 40%

Folate 78%

Iron 122%

Magnesium 139%

Omega 3 206mg

The Low Oxalate Cookbook

The Best Green Soup Ever 2

Prep Time: 10mins | Cook Time: 30-50mins | Servings:
2-4



I thought it couldn't get any better than the first version of this soup, but I was very wrong.

Blending in a few handfuls of uncooked arugula/rocket right at the end, as well as adding in the garlic raw (you don't have to do this) took this green bowl of amazing to a whole new level!

Why add the garlic raw? I recently read an amazing book called 'Eating on the Wild Side' - It's all about how to get the most nutrients out of your foods. It turns out that you lose almost all of garlic's cancer fighting benefits unless it's smashed 10 minutes before cooking. I'm not that organised, so it goes in raw right at the end!

INGREDIENTS

4 zucchini, roughly chopped
1 head of broccoli, roughly chopped
5 asparagus spears
4 medium shallots, roughly chopped
4 cups arugula/rocket (your choice of greens)
2- 3 cloves garlic
fresh thyme
fresh coriander
fresh basil
small chunk turmeric
chunk ginger
olive oil (or tolerated)
sea salt, to taste
white pepper corns

optional

half a lemon
slice of fennel (medium oxalate)

PREPARATION

Heat up a little olive oil in a deep pot.

Throw everything but the garlic and arugula into it.

Sauté for a few minutes with the lid on the pot.

Cover with ample water.

Bring to the boil.

Simmer for 30-60 minutes, closer to 60 if you have time!

Carefully transfer to a blender and add in the arugula/
your choice of greens and the garlic (if you chose not to
boil it).

Blend.

Enjoy.

BENEFITS

Vitamin A 125%

Vitamin C 580%

Vitamin K 250%

Riboflavin 75%

Niacin 20%

Thiamin 25%

Vitamin B6 80%

Folate 40%

Iron 20%

Antihistaminic: coriander, thyme, broccoli, basil, ginger, turmeric, zucchini, onion.

Anti-inflammatory: coriander, thyme, broccoli, basil, ginger, turmeric, zucchini, onion, arugula/rocket, garlic.

From the website



**Gluten free vegan pakoras
(sides optional)**

[click here to view recipe](#)

Anti-inflammatory zucchini wrap



(grain free)
[click here to view recipe](#)

Don't forget to connect with me on Facebook and sign up to the Low Histamine Chef mailing list for more low histamine recipes. You'll find high nutrient antihistamine and anti-inflammatory recipes in my cook books here.