

Beneficial foods — Natural antihistamines

Simplified chart for PMCHS / SHMP · Programmed Mast Cell Hyperreactivity Syndrome

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■ HIGHLY BENEFICIAL — Powerful antihistamines

Herbs & Spices

- Turmeric + black pepper — powerful anti-inflammatory
- Fresh ginger — antihistamine and anti-inflammatory
- Thyme, basil, oregano — natural antihistamines
- Rosemary — mast cell stabiliser
- Sage, peppermint, fresh parsley (quercetin)
- Fresh coriander, fennel, black seed / nigella
- Fresh garlic (small amounts), cooked onion

Vegetables

- Broccoli — quercetin + vitamin C
- Cauliflower, Brussels sprouts, kale
- Carrot (beta-carotene), sweet potato (anti-inflammatory)
- Zucchini, cucumber — hydrating, soothing
- Lettuce, lamb's lettuce — calming
- Celery — apigenin antihistamine
- Artichoke, beetroot — liver support + DAO

Fruits

- Apple — quercetin (peel if sensitive)
- Pear — well tolerated, gentle
- Blueberries — anthocyanins, antioxidants
- Blackcurrant — vitamin C, antioxidants
- Pomegranate — polyphenols, anti-inflammatory
- Lychee (vitamin C), persimmon (beta-carotene)

Beneficial herbal teas

- Turmeric + black pepper, fresh ginger
- Chamomile — soothing, mild antihistamine
- Peppermint, thyme, fennel, nigella
- Verbena, linden, holy basil / tulsi

Oils & Fats

- Extra virgin olive oil — anti-inflammatory
- Flaxseed / camelina oil — omega-3
- Ground flaxseeds, chia seeds

■ MODERATELY BENEFICIAL

Vegetables & Fruits

- Leek, endive, fennel (bulb), potato
- Grapes (resveratrol), melon, watermelon

Herbal teas

- Green tea (quercetin, EGCG) — limit (caffeine)
- Rooibos — antioxidants, caffeine-free
- Nettle — antihistamine, rich in quercetin

Cereals & Starches

- White rice — easy to digest, soothing
- Oats — beta-glucans, intestinal anti-inflammatory
- Sweet potato (vitamin A), potato (B6)

Proteins (if very fresh)

- Chicken, turkey, lamb — vitamin B6 (DAO support)
- Fresh eggs — vitamin B6
- Very fresh white fish: cod, sole, whiting

■ Key nutrients — Antihistamine support

Nutrient	Role	Sources
Vitamin C	DAO cofactor	Broccoli, kale, parsley
Vitamin B6	DAO cofactor	Chicken, potato, oats
Copper	DAO cofactor	Green vegetables, seeds
Zinc	Mast cell stabiliser	Pumpkin seeds, fresh meats
Magnesium	Anti-inflammatory	Green veg, seeds, oats
Quercetin	Antihistamine	Onions, apples, broccoli, green tea

■ Medicinal antihistamine plants

- Nettle (*Urtica dioica*) — powerful antihistamine, quercetin
- Holy basil / Tulsi — adaptogen, antihistamine
- German chamomile — soothing, antihistamine
- Black seed (*Nigella sativa*) — powerful antihistamine
- Perilla — traditional Asian medicine
- Liquorice — anti-inflammatory (caution: hypertension)

■ Beneficial recipes

Golden Milk

- Rice or oat milk + turmeric + fresh ginger + black pepper + honey (if tolerated). Powerful anti-inflammatory and antihistamine.

Detox infusion

- Fresh ginger + turmeric + lemon (if tolerated) + honey. Supports the liver and reduces histamine.

Antihistamine juice

- Carrot + cucumber + celery + ginger. Hydrating and anti-inflammatory.

Homemade broth

- Chicken bones + carrots + celery + onions + thyme + bay leaf. Cook max 3-4h to limit histamine.

■ Probiotics — Caution!

Use **only** low-histamine strains:

- Bifidobacterium infantis
- B. longum
- Lactobacillus rhamnosus
- L. plantarum

*Avoid other strains that may **increase** histamine.*

■ Top 5 natural antihistamines

- 1. Turmeric (with black pepper)
- 2. Fresh ginger
- 3. Quercetin (onions, apples, broccoli)
- 4. Vitamin C (green vegetables)
- 5. Fresh herbs (thyme, basil, mint)

■ Golden rules

- Hydration: pure water + gentle herbal teas
- Absolute freshness for all foods
- Home cooking — avoid canned, ready meals, leftovers
- DAO support: vitamins B6, C, copper, magnesium
- Anti-inflammatory: omega-3, turmeric, ginger, green veg

2-step strategy:

1. First → Eliminate high-histamine foods
2. Then → Add these beneficial foods

These foods help reduce histamine but do not replace a low-histamine diet.