Additional Resources

There is overlap in these resources. Some of them are specific to histamine intolerance or mast cell activation syndrome, while others cover both topics. For simplicity, we have divided them into either condition.

Books

Histamine Intolerance

- The Beginner's Guide to Histamine Intolerance by Janice Joneja
- Histamine Intolerance The Cookbook by Janice Joneja
- Histamine Intolerance: The Comprehensive Guide for Healthcare Professionals by Janice Jones
- The 4-Phase Histamine Reset Plan by Dr Becky Campbell
- Is Food Making You Sick? by James L. Gibb
- The Anti-Histamine Diet by Anna Keating

Mast Cell Activation Syndrome

- Never Bet Against Occam by Lawrence B. Afrin MD
- Mast Cells United by Amber Walker
- The Trifecta Passport by Amber Walker
- Toxic: Heal Your Body from Mold Toxicity, Lyme Disease, Multiple Chemical Sensitivity, and Chronic Environmental Illness by Neil Nathan, MD

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Websites

Histamine Intolerance

- alisonvickery.com
- drbeckycampbell.com
- drbenlynch.com (genetic testing for histamine related markers)
- histamineintolerance.org.uk
- healinghistamine.com
- histamineintolerance.net
- histamineintoleranz.ch (in German, English and French)

Mast Cell Activation Syndrome

- mastzellactivierung.info (in German, English and French)
- mastcell360.com
- mastcellmaster.com
- mastcellresearch.com
- aaaai.org

Mast Cell Disease Organizations

These societies can connect you to local resources and some of them can help you find a physician in your area. If you can't find something locally, then contact Allergy associations.

- US: tmsforacure.org
- Canada: mastocytosis.ca
- UK: ukmasto.org
- New Zealand: mastocytosis-mcas.org
- Australia: mastocytosis.org.au

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Finding a Doctor

These organizations are good starting points to find a doctor, especially if you don't have a local mast cell disease organization in your area. Search for a doctor **with experience in histamine or mast cell issues**. Consider telemedicine if you can't find someone locally.

- Institute for Functional Medicine: imf.org
- Do an online search for an integrative or functional doctor in your area.
- Do an online search for the naturopathic organization in your country.

Tracking Symptoms

Worksheet

- histaminehaven.com/resources

Apps

- **mySymptoms**: in addition to your symptoms, you also track food and drink intake, medications, supplements, exercise, and environmental triggers. Tracking all of these different areas is particularly useful to identify MCAS triggers. There is a comprehensive list of symptoms in the app with the ability to add your own as well.

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Lab Testing without a Practitioner

It is important to work with a practitioner who can help you navigate tests. If you want to get tested for Histamine/DAO/Zonulin levels, or for mast cell activation biomarkers, you will need to work with a practitioner who does these tests. Testing for hormonal levels, chronic infection, and nutrient levels all needs to be done with your medical team.

There are a few tests you can order yourself to help you identify root factors.

Package Test

- EnviroTOX Complete Panel: includes the MycoTOX, GPL-TOX, Glyphosate Test as well as an Organic Acids Test – greatplainslaboratory.com

Mold Testing

- For yourself: MycoTOX Profile (mold exposure) – greatplainslaboratory.com
- For your home: ERMI Test – mycometrics.com

Toxicity Testing

- GPL-TOX Profile (toxic non-metal chemicals) – greatplainslaboratory.com
- Glyphosate Test - greatplainslaboratory.com
- EnviroTOX Complete Panel: includes the MycoTOX, GPL-TOX, Glyphosate Test as well as an Organic Acids Test - greatplainslaboratory.com

Genetic Testing

- strategene.me – includes genes involved in histamine clearance pathways

We do our best to keep this page current and accurate.
If you know of additional resources, please connect with us.
We have no affiliation with any of the companies or services listed.

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