

SALON UPDATES

-My Health-
Histamine Relapse
2021



Hi Client-Fam,

I hadn't notified everyone of my histamine relapse on Monday Night February 1st

I think most everyone knows that I've been living with Histamine Intolerance since 2012 and that doctors had not been helpful at all on my journey. So most of those years had been in self-care of trying to control my histamine with the help of online sources.

My histamine had given me food allergies and sensitivities that I had not had before. I also could not workout as I had in the past, so that my body wouldn't continue to aggressively build-up histamine. It's been a juggling act.

Every day, with every single thing that we do, we create histamine and our body breaks it down. This could be combating environmental factors, animal factors, emotional stress, physical stress, even the act of getting out of bed and doing normal things creates histamine.

Even digesting food creates histamine in our GI. Certain foods have high histamine and low histamine. And certain foods can be high-histamine inducing.

I always thought that my histamine was exercise induced because both relapses happened after a workout. Both of those incidences also happened after a workout in cherry creek park. But I never considered environmental allergies.

When the fires of 2020 occurred, I had experienced my throat closing on the way to work numerous times and would have to take two Benadryl. I avoided being outside at all if I could help it. It was at this point that I wondered about being severely allergic to my environment.

The thing about my allergies is that they're not really internal allergies. My reactions have been oral anaphylactic specifically, my throat closing, which is different than skin testing.

The things that bother my body through my mouth and internally show no reaction on a skin test. But this does not mean that environmental factors are not already causing an internal overload.

What led up to my histamine relapse was the winds on Jan 14th and they haven't died down. I remember my throat closing in my own living room and my eyes burning, I took two Benadryl to cope. All I could figure was that the wind was carrying the ash of the fires off the topsoil and blowing it around.

The night I relapsed, I seemed to be fine. I finished my work, sat down, and ate and drank things that I always have. After about 10 minutes, my body started flushing violently and my throat started closing. This is why I always have Benadryl with me, there is no warning.

I thought it was a one off and that I would be ok. I was on the mend and then was hit hard that Wed/Thursday. Every time we have wind, my body goes into a histamine relapse. Every time I put food in my body, my body has a histamine relapse. There is so much histamine that its combating, internally and externally, that it's overflowing...no matter how many antihistamines that I'm taking.

Through Urgent Care and following up with my Nurse Practitioner, I was taking prednisone and antihistamines to get me through, but eventually my body started reacting to both. My body was literally lashing out at everything and attacking itself. I experienced some of the worst days of my life these last two weeks.

One of the big reasons I am an avid EmergenC drinker is because Vit. C breaks down histamine. I had to start drinking it so that my body would stop lashing out. Even though the EmergenC feels aggressive inside my body.

Pepcid, a histamine B blocker, has helped significantly as well. Between the EmergenC and Pepcid, I'm delicately holding on.

I had re-worked my schedule to work one day and rest one day, trying to make sure my days weren't too hard. While that helped, my body was also so tired and now battling histamine from working. Obviously, this worries me.

I am going to try to continue to work, but I wanted to let everyone know what is going on. I've already adjusted February's appointments. I have not tackled March. My hope is that maybe I'll be ok in March. If I am still struggling by end of February, then I will have to move appointments.

Getting ready for work is a big deal and I will always try my best to be presentable. These days, I'm normally in thermals, roll out of bed, start taking pills, and relax as much as possible. So getting ready for work requires a lot of energy right from the get-go.

I won't be able to be super talkative even though I totally want to. Scalp massages and blowouts are going to have to take a backseat for now. I may have to have you blowdry your hair while I start cleaning, and then finish any details on a cut after. It breaks my heart to be this fragile and not be able to do things how I normally do but that's where I'm at right now and I just have to accept it.

Doctor's Appointments

I think it's important for everyone to know that doctors do not know how to treat my condition. At my worst these last two weeks, I had to do self-care and feel out what my body needed when it was turning auto-immune because no one could do anything for me. Not my Allergy Specialist. Not my NP. Not Urgent Care. And certainly no one in the ER. It was desperately hopeless and awful at times.

I am barely eating because of my histamine reactions to food and have lost 10 pounds. My body is being attacked by environmental histamine plus internal histamine and I am on an overload.

I also discovered online that there is an enzyme that I could take before eating which help prevent the release of histamine inside from food. I am generally not keen on trying new things because if I have a histamine reaction to it, it will make my circumstances worse. But, we need food to survive, so I feel as though I have no choice but to try it. It will arrive sometime this week.

I drink my EmergenC even though my body has reactions to it, knowing I will be better later for it. And I have been right. But this is a very very very delicate balance. I have never experienced anything like this before. I've cried wondering if I should've gone to the doctor back when the fires were happening. If I had started testing then, I may not be where I am today.

So far, I've got a blood test ordered and will need to schedule for the blood draw. I asked for a Rheumatologist referral to get bloodwork on any auto-immune markers. And I've asked for a GI referral to get markers on the bacteria in my gut. These all take a considerable amount time to make phone calls, schedule, and get done. And time is not my friend.

I received a referral to an allergy/histamine specialist at National Jewish, but can't get in to see her until literally end of March. My doctor tried to have me placed on an urgent/priority waitlist there, but they do not have one. In the meantime, I'm having my current allergy doctor run some tests.

Matt has been incredible during this and I feel terrible for how helpless and hopeless he has felt during this entire thing. No one knows what it's like to not get answers while your body is in a downward spiral and you want to call it a day. It's the worst feeling.

If anything should happen to me during this time, you will hear from him, or from me if I am able. I'm sorry for this long update but it was time to announce what's going on. Writing this was hard for me to think through because I need rest, so I hope it makes sense.

I'm thankful to have such wonderful people in my life,
Love you all XO