21 Advanced Supplements That Are
NATURAL ANTIHISTAMINES &
NATURAL MAST CELL STABILISERS

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The foundation of health is not found in a tablet. It is found in lifestyle medicine.

Nutrition is a key aspect of lifestyle medicine. Wholefoods also can provide many of the natural antihistamine and mast cell stabilising properties we need. Quercetin, for example, is exceptionally well absorbed from our diet.

Consuming wholefoods still remains the safest method to obtain nutrients. I have identified 21 foods with natural antihistamine and mastcell stabilizing properties to include as part of a robust wholefoods diet. Here is a quick summary:

**VEGETABLES**
- Watercross
- Pea Sprouts
- Onions
- Garlic

**HERBS**
- Moringa
- Holy Basil
- Thyme
- Tarragon
- Camomile
- Nettle
- Peppermint
- Nigella Sativa

**RHIZOMES**
- Galangal
- Ginger
- Lotus Root
- Turmeric

**FRUIT**
- Pomegranate
- Apples
- Peaches
- Mangosteens
- Capers
Yet, at times, advanced supplements may be needed to build up our nutritional reserves. I have also identified 21 advanced supplements that provide natural antihistamine and mast cell stabilising support.

Not all these advanced supplements will be appropriate to every situation. It is exceptionally important if you are using them for therapeutic purposes, that you obtain professional health advice. Do not use this guide as a substitute for this advice. It is provided for informational purposes only and is highly summarised.

The statements in this report have not been evaluated by the FDA (U.S. Food and Drug Administration). This is also an area where much research is being done and current understanding is incomplete, particularly in regard to CYP450 interactions.

Here are some basic principles to help you choose the right supplement.

1. ** Histamine Mechanism  

When choosing a supplement, it is important to know the histamine mechanism of action. For example, if you have a DAO deficiency quercetin is not likely to be helpful. Similarly, if you have mast cell activation, a DAO enzyme is unlikely to be helpful.

2. ** CYP450 Mechanism  

Cytochrome P450 (CYP450) is a group of enzymes that convert substances, including medications and supplements. There is a high degree of variability in these enzymes. Only 50% of the population has a “normal” enzyme.

It is important to know your own personal CYP450 profile. 23andMe® does not provide this profile. Some substances increase the function, some reduce the function, and some have no effect whatsoever.

One of the primary reasons that people experience adverse reactions to medications and supplements is if they are a “poor metaboliser” of the CYP450 enzyme used to convert the supplement. For example, if you are a poor metaboliser of CYP2D6 then both quercetin and luteolin may be toxic to you whereas Pycnogenol®, which is not metabolised by CYP2D6, will not. Other types of metabolisers may need a dose adjustment.

3. ** Source of Natural Supplement  

All the supplements in this guide are derived from natural substances. If you have allergies or intolerances to certain types of foods then it is important to know the source of the supplement. For example, if you have a ragweed allergy, then silymarin (milk thistle) would not be an option. As this information may not be readily disclosed, it would be advisable to contact the manufacturer.
4. Fillers

Many fillers in medications are synthetic and the source of common allergens. This includes synthetic ingredients (such as colours, flavourings, and even vitamins). Supplements rarely contain synthetic ingredients but it is still important to check. Within Australia there is no requirement to provide a listing of ingredients, and manufacturers are often reluctant to provide the listing. For this reason I typically buy from the online retailers in America where there is full disclosure.

5. Multiple Sources

Wholefoods come pre-packaged by nature with symbiotic ingredients. Outside of wholefoods, it is suggested that if using advanced supplements that the body benefits from a variety, rather than just one.

Dr Theoharides, who actively researches natural mast cell stabilisers and designs advanced supplements for mast cell related disorders, opines that a mix of flavonoids, with olive oil, and Vitamin C is optimal.
THE 21 ADVANCED SUPPLEMENTS

Here are my top 21 advanced supplements (other than the listing of foods) that are scientifically proven to have potent antihistamine and mast cell stabilising properties.

1. Pycnogenol (Pinus Pinaster)

Pycnogenol is a natural antihistamine and a natural mast cell stabiliser comparable to sodium cromoglycate. It is also has potent Vitamin C and glutathione building properties.

It needs to be taken for several weeks before the full benefits are obtained. Unlike other flavonoids, such as luteolin and quercetin, it does not appear to influence the CYP450 enzymes.


2. Natural Vitamin C

Vitamin C is a natural antihistamine. It also decreases ceruloplasmin, generated in the liver, making copper more bioavailable. The histamine degrading enzymes are copper dependent.

Natural forms of Vitamin C (such as kakadu plum, also known as gubinge, and camu camu) are typically better tolerated than synthetic Vitamin C (ascorbic acid).

Ricardo Gonzalez Alvarez, Milagros Garcia Mesa, Ascorbic acid and pyridoxine in experimental anaphylaxis, Agents and Actions, April 1981, Volume 11, Issue 1-2, pp 89-93


3. Vitamin B6 (including P5P)

Vitamin B6 is a cofactor in over 100 biochemical reactions in the body, including histamine degradation, and is also a potent antioxidant. According to Dr Bill Walsh, the combination of Vitamin B6 and its bioavailable form, P5P, appear to be the most effective although the body’s preference is bioindividual.

4. DAO Enzymes (DAOisn or Histame)

Diamine oxidase (DAO) breaks down around 50% of ingested histamine in the gastrointestinal tract. People who have DAO insufficiency may benefit from taking DAO enzymes prior to meals.

These supplements have their limitations. Specifically: there are no clinical trials on their efficacy; they are derived from pork (a common source of allergens); they only assist with ingested histamines; and they must be taken 15 minutes prior to meals.

5. Luteolin

Luteolin is a mast cell stabiliser that is more effective than quercetin and is typically extracted from artichokes. However, luteolin inhibits a range of CYP450 enzymes and may not be tolerated or effective.


6. Quercetin

Quercetin is a natural mast cell stabiliser that is more effective than sodium cromoglycate. Like luteolin, quercetin inhibits a broad range of CYP450 enzymes and may not be tolerated or effective.


7. Silymarin (Milk Thistle)

Milk thistle is a natural mast cell stabiliser.

It is used for liver disorders, including toxic liver damage caused by medication and chemicals, and is actively used for anti-inflammatory diseases, including allergic rhinitis.

Preliminary evidence suggests that milk thistle constituents might inhibit CYP2C9.


8. Butterbur

Butterbur is a natural antihistamine that is as effective as the H1 antihistamines Zyrtec® and Allegra®.

It is highly effective for preventing migraines, asthma, and allergic rhinitis. However, there are some preliminary concerns that butterbur may induce CYP3A4.


9. Feverfew

Feverfew is a natural mast cell stabiliser that works differently to sodium cromoglycate and quercetin. There is some preliminary evidence that it inhibits CYP2D6 enzymes.

Some clinical research shows that taking feverfew orally can reduce the frequency of migraine headaches and reduce symptoms of pain, nausea, vomiting, and sensitivity to light and noise. It may be more effective in patients with more frequent migraine attacks.


10. Rhodiola Rosea

Rhodiola is an adaptagen that works to correct imbalances in the central nervous system. As an adaptagen, it is intelligent and only corrects imbalances in need of rebalancing.

Importantly, it is a potent monoamine oxidase inhibitor that can balance and regulate depression, and brain fog. It is, however, a potent inhibitor of CYP3A4.

It also has many other therapeutic actions including the balancing of the liver, immune system, and neurons. It has exceptionally high polyphenols and has an anti-inflammatory action that is thought to stabilise membranes.
**Studies:** Qin YJ et al. [Effects of Rhodiola rosea on level of 5-hydroxytryptamine, cell proliferation and differentiation, and number of neuron in cerebral hippocampus of rats with depression induced by chronic mild stress]. Zhongguo Zhong Yao Za Zhi. 33(23). 2842-6. 2008.


**11. Gingko Biloba**

Ginkgo biloba is a natural antihistamine. It is particularly useful for bronchitis, asthma and seasonal allergies.

It is also a tonic that balances the central nervous system. It is protective of the adrenals and cholinergic receptors and also increases serotonin, acetylcholine, and norepinephrine.

There is some preliminary evidence that gingko biloba can induce CYP2C19, and can significantly inhibit CYP2C9.

12. Albizia Lebbeck

Albizia lebbeck is a natural antihistamine that has protective effects on the adrenal glands. It is also a natural mast cell stabiliser and anti-anaphylactic. It is particularly useful for asthma and bronchitis and is available from many herbal pharmacies.


Tripathi RM and Das PK. Studies on Anti-Asthmatic and Anti-Anaphylactic Activity of Albizia lebbeck. Ind. J. Pharmac. 9 (3). 189-1 94. 1977.


13. Scutellaria Baicalensis (Baikal Skullcap)

Baikal Skullcap is a natural mast cell stabiliser that is used for a wide range of inflammatory and allergic conditions. It has been shown to have antioxidant and sedative properties.

Preliminary evidence suggests that Baikal Skullcap may inhibit CYP1A2.


14. Red Root Sage or Danshen (Salvia Miltiorrhiza Bunge)

Danshen is a natural mast cell stabiliser. It was found to be more effective than quercetin but less effective than the mast cell stabiliser and H1 anti-histamine Ketotifen®.

High quality human trials have shown it improves blood circulation, stimulates dopamine release, and protects cells from damage, including those in the liver. It appears to induce CYP3A4.

It is available from many herbal pharmacies.

Studies: Kyeong-Man K, Inhibition of mast-cell degranulation by tanshinones from the roots of Salamiltiorrhiza, Planta Medica 65, 654 – 655, 1999

15. Theanine

Theanine is an amino acid, and is a known natural mast cell stabiliser. It assists the liver, blocks toxic drug interactions, and increases glutathione levels. It appears to work on the GABA or glutamate receptor to help balance the nervous system.

16. Chondroitin Sulfate

Shark cartilage is a natural mast cell stabiliser. It can inhibit mast cells by as much as 83% and protects the bladder mucosa.

Dr Theoharides recommends that it be used in combination with quercetin for the prevention of gastrointestinal syndromes such as irritable bowel syndrome and inflammatory bowel disease.


Theoharides, Theoharis C. “Method of treating mast-cell activation-induced diseases with a proteoglycan.” U.S. Patent No. 6,689,748.

17. Licorice (Glycyrrhiza)

Licorice is a natural antihistamine that is as effective as Cimetidine®, an H2 antihistamine.

It is used for ulcers, sore throats, bronchitis, colic, adrenal insufficiency, osteoporosis, systemic lupus, liver disorders and chronic fatigue syndrome.

When combined with panax ginseng, and buplerum falcatum, licorice can stimulate the adrenal gland.

There is preliminary evidence that it may inhibit CYP2B6, and induce CYP3A4.

18. **Reishi (Ganoderma Lucidum)**

Reishi is a natural mast cell stabiliser. Reishi also promotes adrenal function and improves immunity. It has extensive health benefits over and above this and is one of the Chinese super mushrooms.


19. **Hi Chum**

Hi chum is a natural mast cell stabiliser that can prevent anaphylaxis. It is also a natural antihistamine.

It not only inhibits the release of histamine from mast cells but also reduces histamine blood levels in a dose-dependent manner.

This is a Korean herb available from many herbal pharmacies.


20. **Aloe (Aloe Vera)**

Aloe Vera is an effective natural mast cell stabiliser that is highly effective for arthritis, asthma, inflammatory bowel disease, inflammation, and constipation.

It can also increase the bioavailability of co-administered compounds, as well as enhancement of skin permeation. Dried aloe vera gel powder has been used in sustained-release pharmaceutical dosage forms.

21. Eucalyptus (Eucalyptus Globulus)

Eucalyptus leaves and fruit act as natural mast cell stabilisers. They are particularly used for nasal allergies.


This guide only includes a list of the most commonly available advanced supplements with proven natural antihistamine and mast cell stabilising properties. There are many other nutrients which have been identified but which are not commercially available.

Additional Reading:


Alison Vickery is a board certified Holistic Health Coach who specializes in helping women with histamine imbalance, chronic food intolerance, drug inflammation and chronic fatigue syndrome to live better lives.

As a life-long sufferer of histamine intolerance, Alison has made it her mission to seek out the world’s leading experts on histamine intolerance and apply the results of the research in an integrative way that brings about real and lasting change in the lives of those affected by the condition.

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