LOW HISTAMINE QUIZ (HISTAPENIA)

1. Do you have an absence of seasonal, inhalent allergies, but many chemical or food sensitivities?
2. Is there low libido?
3. Do you have heavy body hair?
4. Have you been told you are hyperactive?
5. Do you have "nervous" legs?
6. Do you have a high pain tolerance
7. Would you consider that you have rare to nonexistent headaches
8. Do you have a history of canker Sores (Aphthous Ulcers)
9. Have you, or do you now experience paranoia and hallucinations?
10. Do you experience chronic depression?
11. Do you have high anxiety which is noticeable to other people?
12. Do you have a history of bipolar Disorder
13. Did you experience underachievement as a child?
14. Do you have thoughts that others consider to be grand?
15. Do you have obsessions but not compulsions?

Histamine is a necessary chemical in the body. We are most familiar with it when thinking of allergies. In an allergic reaction, you take something to block histamine so that allergic symptoms go away. Some people don’t make enough histamine which can lead to undiagnosed mental health and physical symptoms. If you answered Yes to several of these questions, especially those concerned with mental health, then you may benefit from knowing your whole blood histamine level. There are specific nutritional treatments that can raise the level of histamine so that chronic mental health and physical symptoms are reduced.

For a free, 15-minute consult to discuss the answers to your quiz, contact:

Dr. Chris Cooke, 503-984-5652

[drclcooke@comcast.net](mailto:drclcooke@comcast.net)

<http://www.drchriscooke.com>