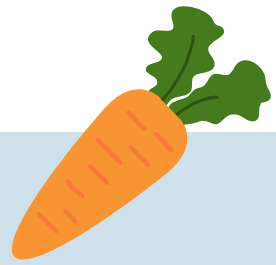
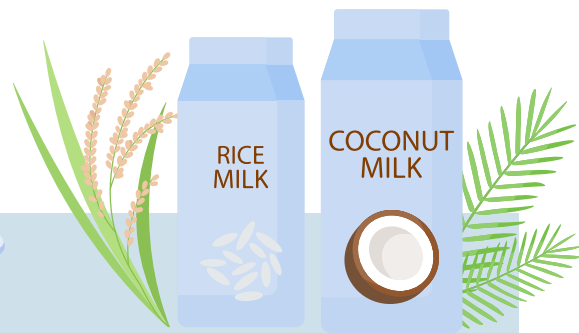


LOW HISTAMINE FOODS

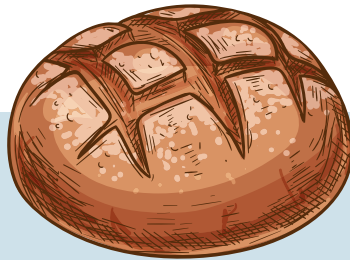
Reduce histamine triggers in your diet while treating Long Haul COVID-19 Syndrome (LHCS) and using the FLCCC I-RECOVER protocol



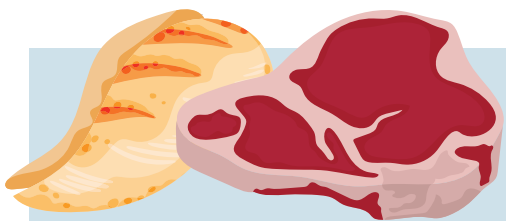
Fresh vegetables except spinach, tomatoes, eggplant, avocado
*no fermented vegetables



Fresh dairy, cream cheese, rice and coconut milk
*no aged or fermented cheeses



Whole grains and rice, gluten free grains, cooking oils
*not sourdough bread (fermented bread)



Fresh meats, berries, fresh fruit, teas except black, green
*no citrus, no strawberries, no fermented teas
*NO ALCOHOL



Vitamin C, Quercetin, Calcium lower histamine
*low Zinc levels increase release of histamine
*low Magnesium levels causes mast cell activation