

## **The Pivotal role of Histamine in the Symptoms of Food Intolerance**

### **Conference Objectives** *From the course syllabus:*

Recent evidence indicates that nearly 50% of the population is engaging in some aspect of complementary medicine during any 12-month period. As complementary theories continue to gain widespread public appeal, it is important that primary care physicians have a basic educational foundation to be able to offer high-quality, accurate advice to patients. This conference will present some of the latest breakthroughs in complementary medicine to help assist physicians in their clinical management of complex conditions. The program objectives are to identify and review recent advances in complementary medicine and to highlight practical, well-documented therapies to assist in patient care.

### **Topic Objectives**

1. Understand the role of histamine in symptoms of allergy and non-immunologically mediated histamine intolerance.
2. Be able to discuss the function of histamine catabolizing enzymes in controlling the level of intrinsic and extrinsic histamine, and the role of enzyme deficiency in histamine intolerance
3. Be aware of the diverse sources of histamine that contribute to the total level of histamine in the body, and appreciate the value and function of a histamine-restricted diet in the management of histamine intolerance