



This histamine bucket theory is a useful visual aid in trying to understand the impact of factors contributing to histamine levels.

This theory can help us to understand the impact of different activities and situations on histamine levels and therefore, how to reduce this exposure where possible.

You could think of your body as an empty bucket.

Different foods and activities fill your histamine bucket at different speeds but combine to form the total level of histamine in your body.

If you can keep your bucket at a lower level, you may feel better because a fuller bucket could mean you have more symptoms.

Managing triggers, reducing exposure to known triggers, and taking medication could all help to manage the level of your bucket.