

Histamine Bucket exercise

This histamine bucket theory is a useful visual aid to help us to understand the impact of factors which contribute to histamine levels.

This theory can help us to understand how different activities and situations affect our individual histamine levels and therefore, how to reduce this exposure where possible.

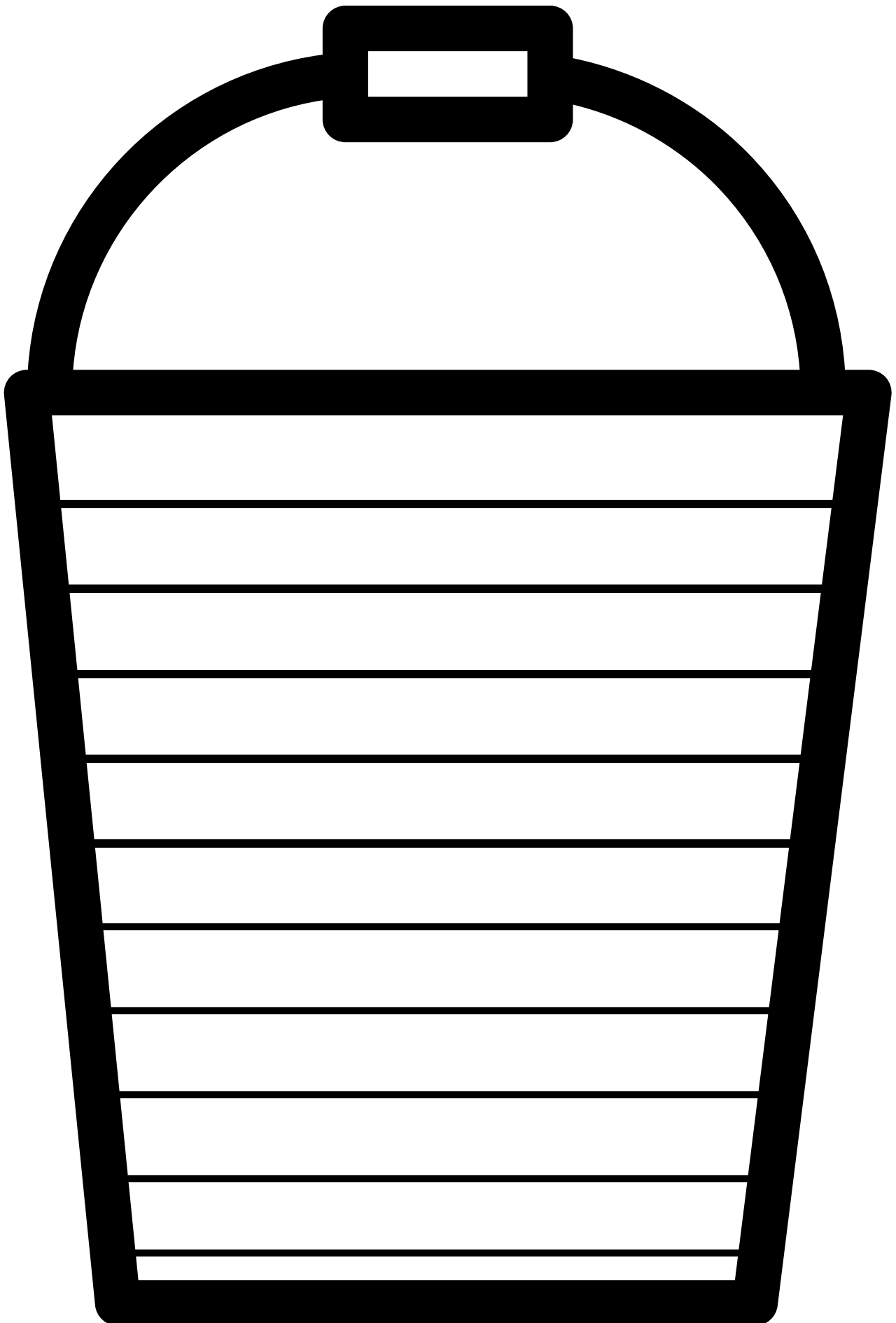


This exercise has been designed to help you work out what 'fills your histamine bucket' so that you can try to balance your exposure to triggers where possible. Reducing your exposure to some triggers could lead to a reduction in symptoms as your overall 'bucket' is less full.

Write out your known triggers into the empty bucket template, shading each section in different colours to show how much these triggers affect you.

Once complete, think about areas that you might be able to reduce your exposure to some triggers - perhaps reducing the fragrances in your home or workplace, or looking for ways to reduce your stress levels.

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- example

