



**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.**