

## **Abstract**

This bachelor's thesis deals with the topic of histamine intolerance (HIT). HIT is primarily caused by decreased activity of the enzyme diamine oxidase (DAO) which breaks down histamine. The accumulation of histamine in the human body can manifest itself with the wide range of symptoms. The most common symptoms include digestive problems, skin problems, and headaches. The symptoms of HIT are often similar to an allergic reaction, so making a correct diagnosis can be difficult. An elimination diet is recommended to relieve the symptoms. The basis of the elimination diet is to exclude food that increases the histamine level in the body.

The thesis is divided into theoretical and practical parts. The theoretical part of the thesis summarizes the current knowledge about histamine intolerance and elimination diet. The practical part is focused on the mapping of the current situation in adult patients with diagnosed HIT. The research data were obtained from a questionnaire survey, which took place in the allergological clinic and on social networks. The research group consisted of one hundred and fifty-four respondents. The data showed that respondents who got HIT information from their physicians were more aware of HIT than those who gained knowledge from other patients with HIT. Most respondents who underwent an elimination diet experienced improvement symptoms or the symptoms completely disappeared. In addition, the elimination diet helped them to identify problematic food. Respondents were also asked about some nutritional supplements. Most respondents observed relief of symptoms after probiotics, vitamin C and Daosin. In about half of the respondents, HIT affected their relationship to food.

## **Keywords**

histamine intolerance, histamine, diamine oxidase, elimination diet, nutrition