

Abstract

This bachelor's thesis examines the effects of a low-histamine diet on adult patients with reduced levels or function of the enzyme diaminoxidase (DAO).

As the symptoms of histamine intolerance are often similar to an allergic reaction, correct diagnosis can be problematic. The most common step to relieve problems is to start an elimination diet, which is what we have designed for patients in the research for this bachelor thesis.

The research hypothesis was that patients who underwent an elimination diet would experience an improvement in histamine intolerance symptoms. The research was conducted using a questionnaire, with half of the respondents being recruited from an allergy immunology centre and the other half via social networking sites. The condition was that the patients had DAO values < 10 U/ml.

Four adult females were selected and provided with the necessary materials and instructions to follow during the diet.

The thesis is divided into theoretical and practical part. The theoretical part summarizes all the relevant information to date regarding histamine intolerance, diamino oxidase and elimination diet. The practical part focuses on the evaluation of the results of the elimination diet. The results show that the majority of patients who underwent the diet experienced an improvement or complete disappearance of HIT symptoms. The information they learned during the intervention helped them to find out the foods that were harmful to them, and they were thus able to continue with a dietary regimen that suited them.