

# H. TITLE INFORMATION

## HISTAMINE INTOLERANCE GUIDE- AND COOKBOOK

by Ana Hansel und Melina Neumann

### CONTENT:

In their first book the authors, themselves affected by histamine intolerance and founders of an online company supporting likewise affected people, explain how people can find ways to lead an almost normal life in terms of nutrition. They show how easy it is to prepare tasty meals throughout the day which pay attention to their special requirements.

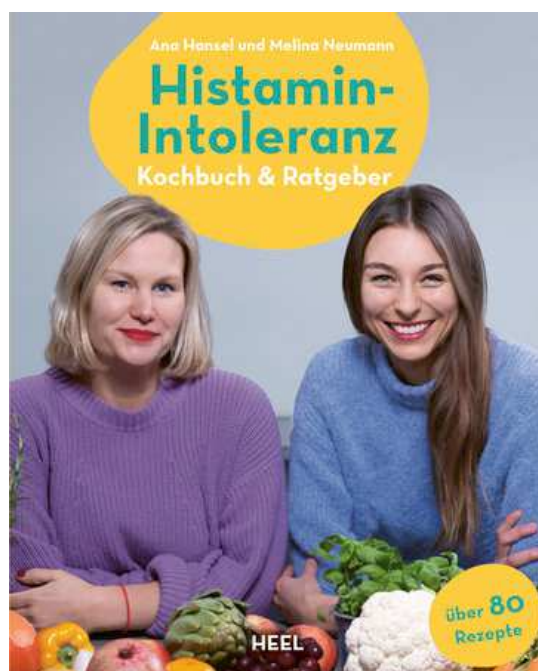
The book starts with explaining the origins and indications of histamine intolerance and gives further advice on how to find the individual causes. A first-aid checklist provides quick advice on various symptoms which may occur. The authors further supply an overview on numerous foods, qualifying them according to their level of histamine, and a respective shopping list. The main part of the book features a beautiful range of delicious recipes to be prepared effortlessly, based on seasonal availabilities.

**The authors** have decided to take their fate into their own hands after many years of fruitless medical consultations and wrong diagnosis. Their company **HistaFit** ([www.histafit.de](http://www.histafit.de)) supports people also affected on their way to new health and wellbeing through online workshops and nutritional counselling. Melina has a university degree in health management, and Ana is a state-approved nutritionist.

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### SPECIFICATIONS:

- 224 pages
- many full colour photographs
- hardback
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