

Toronto Functional Medicine Centre Reveals the Link Between Histamine and Migraine

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Toronto Functional Medicine Centre in Toronto, ON, Canada, uncovers the link between histamine and migraine in a new blog post. A migraine headache is regarded as a neurological disorder that affects around one billion people and has been noted as the second leading cause of disability all over the world. The connection between migraine and histamine is through the mast cells, which are immune cells that can be found in various parts of the body, especially those parts that come in contact with the environment, such as the skin and mucous membranes. Activated mast cells release various inflammatory mediators, such as histamine. With migraine, it is believed that the mast cells in the brain are activated and release histamine, which then causes inflammation and pain.

With regards to people who suffer from migraine after eating certain foods, this means that these foods cause the mast cells to release histamine, which then results in pain and inflammation. Furthermore, there is growing scientific evidence that neuroinflammation plays a significant part in migraine pathophysiology. Neuroinflammation may be activated by various factors such as chronic stress, injury, and infection. This may then play a significant role in the development and persistence of migraine headaches.

Scientists believe that mast cells in the meninges, which are membranes protecting the central nervous system, are the ones activated by certain triggers like some foods, stress, and even changes in the individual?s hormone balance. This results in the release of histamine, which then causes plasma extravasation and vasodilation, and plays a part in pain and other migraine-related symptoms.

With regards to how food can trigger histamine release, a condition known as histamine intolerance (HIT) is where the enzyme diamine oxidase (DAO) fails to degrade histamine in the gastrointestinal tract, which then results into a high level of systemic histamine concentrations and the start of migraine symptoms. A low histamine diet, which means avoiding foods with high levels of histamine or those that increase histamine levels, may help in decreasing HIT-related symptoms. It is important to note that histamine levels in foods can be affected by several factors, such as how they are stored, processed, or fermented. Histamine levels may increase as foods age, ferment, or are incorrectly stored. Eating freshly prepared foods and immediately refrigerating or freezing leftovers can help lessen histamine load and prevent HIT-related symptoms.

A functional medicine practitioner from the Toronto Functional Medicine Centre may be able to help in creating a customized treatment plan for a particular patient?s health needs. This includes crafting a low histamine diet that is based on the patient?s biology. It is important to note, however, that more studies are still required to fully comprehend the connection between migraines and histamine intolerance. Thus, a customized approach to addressing migraines may be helpful for some people, but not for others. It is advisable for a patient to work with their healthcare provider in coming up with the proper treatment plan, which is why functional medicine practitioners work with their patients in personalizing treatment plans. They will consider medical history, physiological factors, lifestyle, and environmental factors in helping the patient deal with health issues.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada applies the integrative functional medicine concept, which integrates allopathic medicine, restorative medicine, acupuncture, bio-identical hormone replacement, detoxification, and more. This approach can be used for various health problems, including: acute health issues, neuropathic pain, postmenopausal health issues, hormone imbalances, tissue repair, athletic recovery, cellular damage, DNA repair, fertility support, thyroid issues, chronic fatigue, mineral deficiencies, immune function, adrenal function, skin rejuvenation, and more.

Those who are interested in learning more about functional medicine topics, such as functional medicine tips on toxins, can go to the Toronto Functional Medicine Centre website or contact them on the phone at (416) 968-6961 or through email at info@tfm.care. They are open from 9:00 am to 6:00 pm on Mondays,

Wednesdays, and Fridays; from 10:00 am to 5:00 pm on Tuesday and Thursdays; and from 9:00 am to 4:00 pm on alternating Saturdays.

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Toronto Functional Medicine Centre

Our team of dedicated health and wellness practitioners have a passion for integrative functional and naturopathic medicine healing. We strive to help each patient shift towards balanced, wholesome wellness.

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