

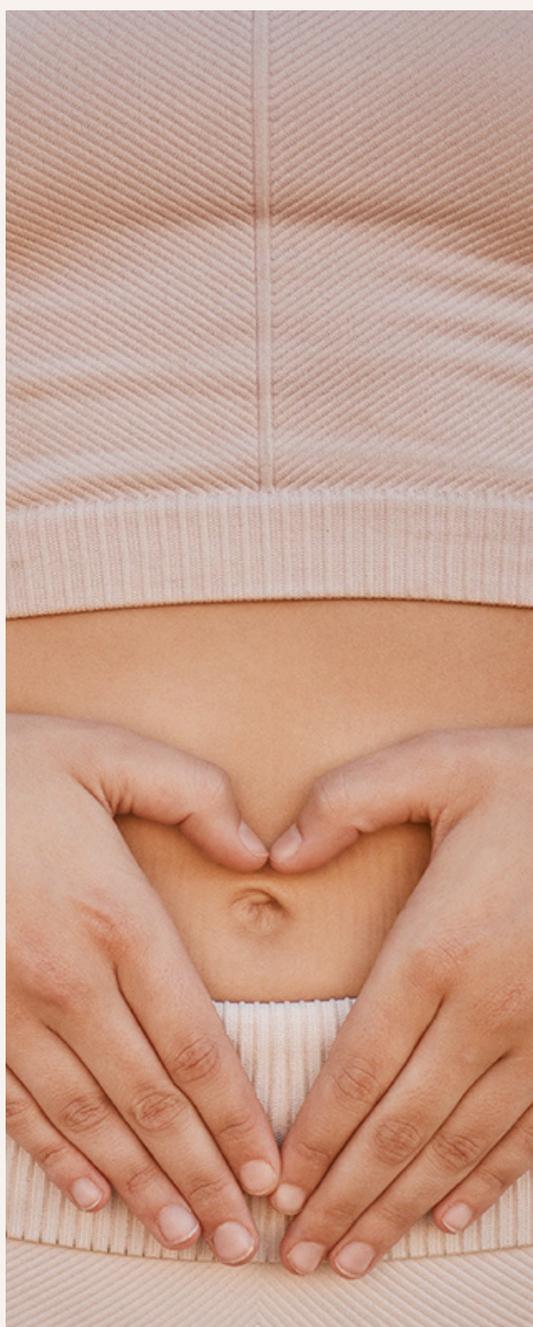
THE HOLISTIC DETOX

LOW-HISTAMINE SMOOTHIES

7 RECIPES

WHY LOW-HISTAMINE SMOOTHIES CHANGED MY LIFE

(And They Can Change Yours Too)



Let me tell you, traveling used to be a nightmare for me. I'd pack for a wedding, try on my dress at home (it fit perfectly), but by the time I arrived, the bloating would hit, and suddenly, the zipper wouldn't budge. I even had strangers rub my belly, thinking I was pregnant because the bloating was so intense. One time, I was even banned from entering a casino because they thought I was about to go into labor! Little did I know, my body was reacting to foods I thought were healthy, but for someone with Mast Cell Activation Syndrome (MCAS) and histamine sensitivity, it was a different story.

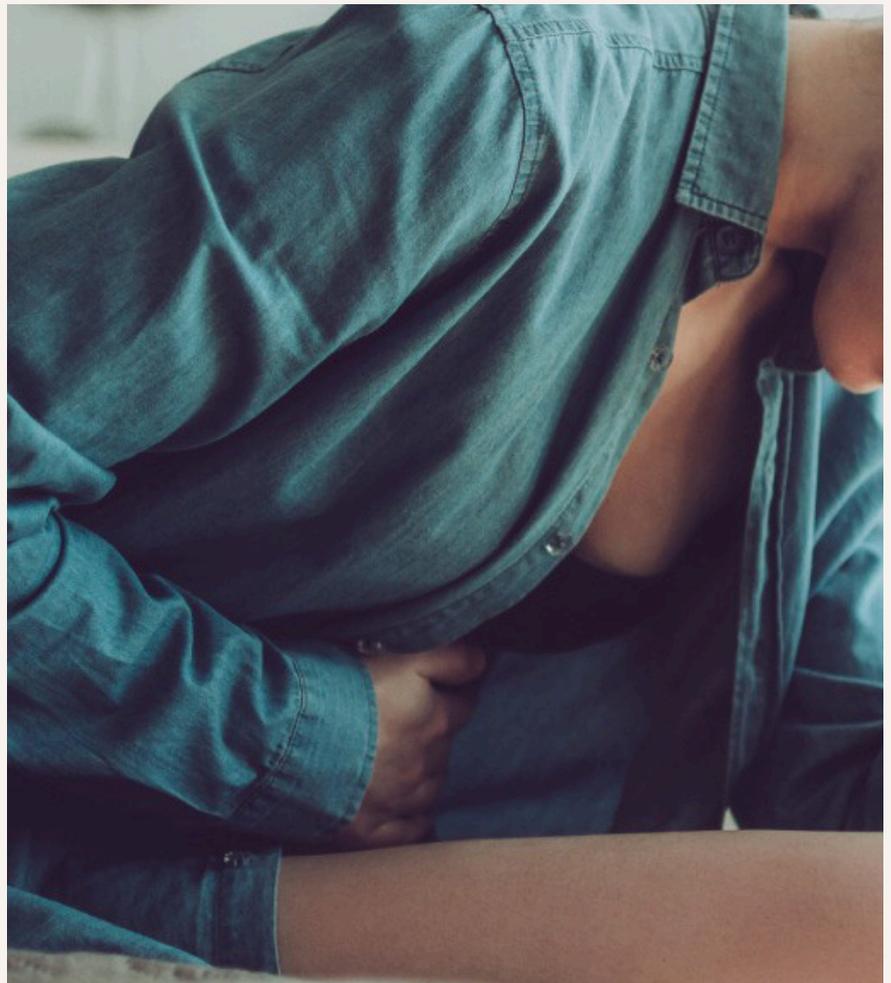
I was unknowingly triggering myself every day with foods like avocados, bananas, and even chocolate, which made my histamine levels skyrocket. Like many, I thought "allergies" meant dramatic ER visits—what I didn't realize is that histamine intolerance is far more subtle and can cause anything from bloating to fatigue, headaches, and even emotional struggles.

THE CONNECTION BETWEEN MAST CELLS AND HISTAMINE OVERLOAD

Mast cells are like the body's alarm system—they release histamine to fight off what your body sees as a threat. But when you have Mast Cell Activation Syndrome (MCAS), that alarm system goes haywire, triggering excessive histamine release, even when there's no real danger. Suddenly, the foods that should nourish you are causing your body to react—leaving you bloated, fatigued, and inflamed.

Histamine intolerance happens when your body struggles to break down histamine. You might be eating healthy foods, but if they're high in histamine, it's like throwing gasoline on the fire. That's why switching to a low-histamine diet is so powerful. By eliminating histamine-rich foods, you give your body the break it needs to recover.

But don't worry, a low-histamine diet doesn't have to be boring or restrictive. In fact, I've found that smoothies are one of the easiest ways to enjoy delicious, nutrient-packed meals that won't send your histamine levels through the roof. These 7 low-histamine smoothies have been carefully crafted to support your body, stabilize your mast cells, and reduce inflammation—all while keeping your taste buds happy.



LET'S GET STARTED!

This PDF will guide you through 7 of my favorite low-histamine smoothie recipes, each designed to be quick, easy, and nourishing. They're packed with anti-inflammatory ingredients and free from high-histamine triggers. Whether you're looking to start your day with a boost or need a quick snack, these smoothies are the perfect addition to your routine. Let's get started!



Alana

BLUEBERRY COCONUT BLISS

INGREDIENTS

- 1 cup unsweetened coconut milk
- 1/2 cup fresh or frozen blueberries
- 1/2 pear, chopped
- 1 tbsp ground flaxseed
- 1 tsp vanilla extract
- A few ice cubes

INSTRUCTIONS

1. Blend all ingredients until smooth.
2. Serve chilled and enjoy!

BENEFITS

Rich in antioxidants, supports digestion, and provides healthy fats for sustained energy.

NUTRITIONAL INFORMATION

Calories



180 kcal

Protein



3 g

Carbs



25 g

Fats



10 g

FLAVOR

Creamy and sweet with a subtle vanilla note and a refreshing fruity flavor.



PEAR-GINGER SMOOTHIE

INGREDIENTS

- 1 cup water or coconut water
- 1 ripe pear, chopped
- 1/4 tsp fresh ginger, grated
- 1 tbsp chia seeds
- A handful of fresh spinach
- A few ice cubes

INSTRUCTIONS

1. Add all ingredients to a blender and mix until smooth.
2. Pour into a glass and enjoy this refreshing, vibrant smoothie!

BENEFITS

Boosts digestion, provides anti-inflammatory support, and hydrates the body.

NUTRITIONAL INFORMATION

Calories



160 kcal

Protein



3 g

Carbs



30 g

Fats



5 g

FLAVOR

Refreshing with a mild sweetness and a zing of ginger.



MANGO SPINACH SMOOTHIE

INGREDIENTS

- 1/2 cup unsweetened coconut milk
- 1/2 cup mango (fresh or frozen)
- A handful of fresh spinach
- 1 tbsp chia seeds
- A few ice cubes

INSTRUCTIONS

1. Add all ingredients to a blender and mix until smooth.
2. Pour into a glass and enjoy this refreshing, vibrant smoothie!

BENEFITS

Packed with vitamins A and C, supports immune health, and aids digestion.

NUTRITIONAL INFORMATION

Calories



200 kcal

Protein



4 g

Carbs



34 g

Fats



8 g

FLAVOR

Smooth, tropical, and slightly sweet with a hint of greens.



APPLE CINNAMON DELIGHT

INGREDIENTS

- 1 cup unsweetened almond milk
- 1/2 apple, diced
- 1/4 tsp cinnamon
- 1 tbsp ground flaxseed
- 1 tsp vanilla extract

INSTRUCTIONS

1. Add all ingredients to a blender and mix until smooth.
2. Pour into a glass and enjoy this refreshing, vibrant smoothie!

BENEFITS

Rich in fiber, supports heart health, and provides antioxidants for immune support.

NUTRITIONAL INFORMATION

Calories



190 kcal

Protein



4 g

Carbs



26 g

Fats



7 g

FLAVOR

Warm and cozy with a hint of apple pie flavor.



COCONUT PEACH SMOOTHIE

INGREDIENTS

- 1 cup unsweetened coconut milk
- 1 ripe peach, chopped
- 1 tbsp sunflower seeds or pumpkin seeds
- 1 tbsp coconut oil

INSTRUCTIONS

1. Add all ingredients to a blender and mix until smooth.
2. Pour into a glass and enjoy this refreshing, vibrant smoothie!

BENEFITS

Supports skin health, provides healthy fats, and aids digestion.

NUTRITIONAL INFORMATION

Calories



220 kcal

Protein



3 g

Carbs



18 g

Fats



17 g

FLAVOR

Creamy, tropical, and mildly sweet with a nutty undertone.



GREEN DETOX SMOOTHIE

INGREDIENTS

- 1 cup water
- 1/2 cup cucumber, chopped
- 1/2 pear, chopped
- A handful of fresh spinach
- 1 tbsp hemp seeds

INSTRUCTIONS

1. Add all ingredients to a blender and mix until smooth.
2. Pour into a glass and enjoy this refreshing, vibrant smoothie!

BENEFITS

Detoxifies the body, supports liver function, and provides anti-inflammatory properties.

NUTRITIONAL INFORMATION

Calories



150 kcal

Protein



5 g

Carbs



20 g

Fats



6 g

FLAVOR

Light and refreshing with a subtle sweetness from the pear.



CREAMY PEAR SMOOTHIE

INGREDIENTS

- 1 cup unsweetened coconut milk
- 1 ripe pear, chopped
- 1 tbsp chia seeds
- 1 tbsp coconut oil
- A few ice cubes

INSTRUCTIONS

1. Add all ingredients to a blender and mix until smooth.
2. Pour into a glass and enjoy this refreshing, vibrant smoothie!

BENEFITS

Provides healthy fats, rich in fiber, and supports gut health.

NUTRITIONAL INFORMATION

Calories



210 kcal

Protein



3 g

Carbs



27 g

Fats

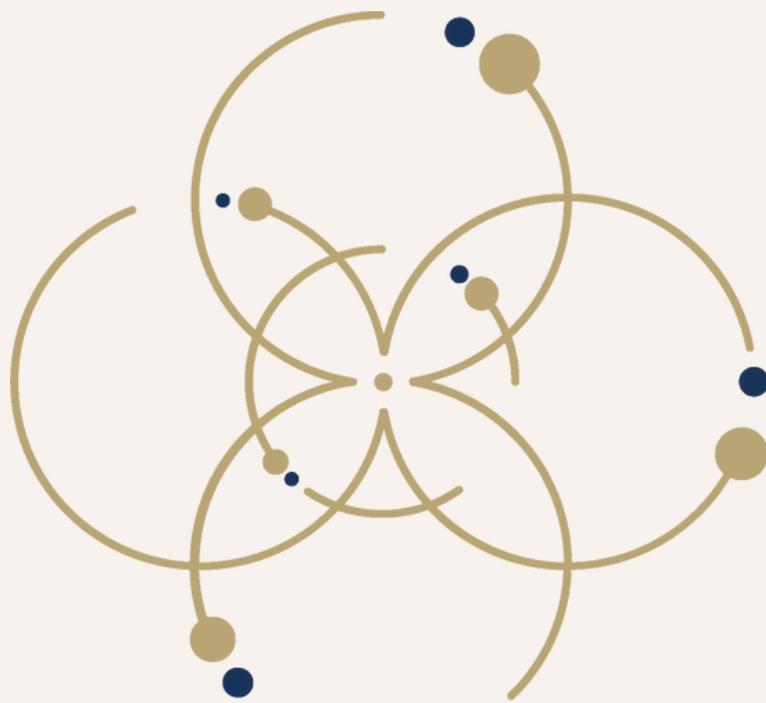


12 g

FLAVOR

Creamy, naturally sweet with a velvety texture.





THE
H O L I S T I C
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