



HISTAMINE TEST

Tracker



Foods to eat during test:

Bacon, Smoked salmon, bananas, dark chocolate/cacao, bone broth cooked for more than 6 hours, canned tuna, fermented foods, leftovers

Example of symptoms you may experience:

Fatigue, headaches/migraines, pain, bloating, constipation, diarrhea, reflux, anxiety and/or any other mood changes, food cravings, skin rashes/hives/itching, congestion/runny nose, swelling, breathlessness, racing heart

Day 1 Meals:

Symptoms:

Day 2 Meals:

Symptoms:

Day 3 Meals:

Symptoms:

HISTAMINE TEST *Tracker*



Day 4 Meals:

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Symptoms:

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Day 5 Meals:

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Symptoms:

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Day 6 Meals:

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Symptoms:

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Day 7 Meals:

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Symptoms:

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SALICYLATES TEST

Tracker



Foods to eat during test:

Blueberries, passionfruit, any herbs, dried or fresh, black pepper, ginger, Herbal tea, black tea, coconut milk, coconut oil, olive oil, zucchini with peel

Example of symptoms you may experience:

Fatigue, headaches/migraines, pain, bloating, constipation, diarrhea, reflux, anxiety and/or any other mood changes, food cravings, skin rashes/hives/itching, congestion/runny nose, swelling, breathlessness, racing heart

Day 1 Meals:

Symptoms:

Day 2 Meals:

Symptoms:

Day 3 Meals:

Symptoms:

SALICYLATES TEST

Tracker



Day 4 Meals:

Blank area for recording meals on Day 4.

Symptoms:

Blank area for recording symptoms on Day 4.

Day 5 Meals:

Blank area for recording meals on Day 5.

Symptoms:

Blank area for recording symptoms on Day 5.

Day 6 Meals:

Blank area for recording meals on Day 6.

Symptoms:

Blank area for recording symptoms on Day 6.

Day 7 Meals:

Blank area for recording meals on Day 7.

Symptoms:

Blank area for recording symptoms on Day 7.