



Tips for Managing Multiple Food Sensitivities

1. **Keep a Food Diary:** Track what you eat and note any symptoms to identify potential triggers.
2. **Rotation Diet:** Avoid eating the same foods daily to reduce cumulative sensitivity.
3. **Prepare Foods Freshly:** Histamine and salicylate levels can increase in stored or aged foods.
4. **Supportive Supplements:**
 - **Oxalates:** Calcium citrate with meals to bind oxalates.
 - **FODMAPs:** Digestive enzymes targeting carbohydrates.
 - **Salicylates:** Vitamin B6, magnesium.
 - **Histamine:** DAO enzyme, quercetin, vitamin C.