

Abstract

With increasing interest about one's own health and in relation to the development of research, a new nosological unit – histamine intolerance – appeared about ten years ago. Completely healthy people can experience its symptoms and histamines can be found in common food. Therefore, among the professional public there are disunited opinions on its importance and contribution of a precisely specified elimination diet.

Bachelor thesis research through recent literature assesses the current knowledge about seriousness of this new nosological unit, its occurrence and impact on human health as well as the occurrence of histamines in common food. Thesis discusses already known conclusions and the possibilities of abide by the appropriate elimination diet, including its merit to alleviating symptoms and improving the health of individuals afflicted with histamine intolerance.