

Review Article

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Childhood Obesity and Diabetes Incidence: Histaminosis maybe Important

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ABSTRACT

Obesity and diabetes in children are rapidly increasing phenomena. Sugar, carbohydrates with a high glycemic index, industrially processed products and GMO products are one side of the coin, food allergies the other. One trigger for this is histaminosis, associated with leaky gut syndrome and insulin resistance. The normal breakfast in 1st and 2nd world countries is unhealthy and must be replaced, as must fast food and junk food. The switching of children's brains should be deswitched, the intestinal environment should be cleansed. An enzyme therapy for this purpose is shown.

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Received: December 04, 2023; **Accepted:** December 06, 2023; **Published:** December 18, 2023**Introduction**

Important effects of histamine are its function in the defense against foreign – maybe dangerous – substances. And: its pathological involvement in the symptoms of nutrition allergies. Histamine is also one of the mediator substances in silent inflammations [1].

Two Pathways for Histaminosis

- Histamine as component of ingested food, maybe red wine or some cheese.
- An overreaction to a nutrient with production of histamine in the small intestine.

Nutrition allergies a becoming a general phenomenon. Most important are proteins like casein (cow's milk and products) and gluten/gliadins (wheat, rye etc). Then IgE and/or IgG autoantibodies can be found in blood [2].

Results of Histaminosis

Urticaria, itching, diarrhea, and: obesity. Why? A «leaky gut syndrome» takes place. It causes substances to be absorbed from the intestine that cannot be processed by the metabolism organs. Instead, they are deposited in the fatty tissues. Weight gain will follow.

A Usual American Breakfast

It contains bread and milk which are allergenes. This is a great problem. It contains orange juice. A result is overacidification. Genetically modified organisms (GMO) are detected by the mucosa of the small intestines and a histaminosis takes place. This concerns e.g. peanuts, hazelnuts, soy, corn etc [3].

Children

They like to eat what is unhealthy, e.g. spaghetti, fast food, french fries, sugar, Nutella, etc., and they like drinks like Coke. Reason is a «switching» of the brain with the result of a paradox behavior. It is similar to an addiction: prefer what is harmful, reject what

might be healthy. Mediators for that are histaminosis and technical electromog. Weight gain is the inevitable consequence. Treatment can be the deswitching exercise in Youtube: learn to de-switch your brain and teach others [4].

Insulin Resistance, A Vicious Circle

Excess of carbohydrates and industrially processed products leads to increased blood glucose levels and increases fatty acid synthesis in the liver and the blood through oxidative decarboxylation of pyruvate in glycolysis. In response, there is increased insulin secretion (hyperinsulinism) with obesity.

This leads to a downregulation of the insulin receptors on the cells, and resistance increases further. Insulin as a adipogenic factor increases fat storage to get glucose out of the blood, the person continues to gain weight because the food intake of sugar and carbohydrates as the primary cause is not reduced [5,6].

The fat in the abdominal area in particular releases more hormonally active substances that further promote and strengthen insulin resistance. Insulin autoantibodies are produced.

What is Important ?

The intestinal environment should be improved. It is not sufficient to substitute probiotics. Because these do not integrate into the intestinal milieu as long as pathogenic germs, candida fungi or parasites determine the milieu. First of all, cleansing must take place. This is difficult, because it requires explosive diarrhea. We have had the best experience with a therapy using intracellular enzymes from the company Citozeatec of Milano/Italy [7].

A Scheme for Intestinal Detox Treatment by Means of Enzymes First 6 Days :

10 ml **Citozym** and 10 ml **Ergozym plus** before breakfast
10 ml **Citozym** before dinner

Day 7 to Day 60:

20 ml **Citozym** and 10 ml **Ergozym plus** before breakfast

1 stick of **Probiotic P-450** at 11.00 a.m.

25 ml **Citexivir** and 1 stick of **Propulzym** before dinner

Effects of the intracellular enzymes therapy: first the intestines are cleaned (diarrhea), then the blood, then the intercellular spaces, and finally the intracellular spaces. The selfhealing abilities can work in a free way then [8,9].

Conclusion

Histaminosis is developing into a disease of the people, esp. of children, with increasing problems of the diet as well as chemical and electromagnetic stress. Via a «leaky gut syndrome» and «switching» obesity is a typical result of histaminosis. The American breakfast containing food with high glycemic index must be substituted by healthier meals (e.g. like Japanese miso soup). A treatment is presented.

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