

Estrogen Reset **LIVE**

Histamine Substitution Guide

General

Black peppercorns (H) → **Pink peppercorn**

Cinnamon (H) → **Ginger or cardamom**

Apple Cider Vinegar (H) → **Lemon juice**

Raw honey (H) → **Coconut sugar (used sparingly) or monk fruit**

Chocolate/Cacao (H) → **Carob**

Mustard powder (H) → **Turmeric**

Vanilla (H) → **Powdered vanilla**

Week One

Pineapple (H) → **Mango, nectarine**

Shredded coconut/coconut flakes (H) → **Fresh coconut meat**

Oranges (H) → **Lemon, cherries**

Pitted dates (H) → **Omit this or add monk fruit to sweeten**



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Week one (continued)

Avocados (H) → **Pumpkin seeds, flax seeds, hemp seeds, or a combination**

Mushrooms (H) → **Zucchini**

Molasses (H) → **Remove or replace with monk fruit or maple syrup**
(use sparingly)

Coconut aminos (H) → **Remove**

Mustard powder (H) → **Turmeric**

Canned lentils (H) → **Dry lentils soaked overnight**

Walnuts (H) → **Almonds**

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Week two

Avocados (H) → **Pumpkin seeds, flax seeds, hemp seeds or a combination**

Pineapple (H) → **Berries**

Olives (H) → **Remove**

Oranges (H) → **Lemon or pomegranate**

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Week two (continued)

Pitted dates (H) → **Figs**

Shredded coconut (H) → **Fresh coconut meat**

Mushrooms (H) → **Zucchini**

Sauerkraut (H) → **Non-fermented cabbage**

Pickles (H) → **Non-pickled cucumbers**

Mustard powder (H) → **Turmeric**

Molasses (H) → **Remove or replace with monk fruit or maple syrup**
(use sparingly)

Walnuts (H) → **Almonds**