

10:10 Histamine Reset

Here are the steps of the **10:10 Histamine Reset**, as we set them out for the 6-week version:

Before you start: screening

A consultation to check the Reset is right for you, review medicines and any history of eating difficulties, and set your baseline Symptom Score and Daily Load in the app.

Week 1: Begin

Remove high-histamine foods. Build the basics: fresh protein, hydration and regular meals.

Week 2: Freshness

Learn storage, freezing and simple shopping. Remove processed snacks.

Week 3: Reduce

Reduce medium-histamine foods. Introduce the 75/25 plate and gentle movement.

Week 4: Stabilise

Hold the diet steady, assess your symptoms and set your baseline.

Week 5: Reintroduce

Challenge one food at a time using a structured protocol, waiting 48 to 72 hours between foods.

Week 6: Personalise

Build your own traffic-light food list, a long-term maintenance plan, and a plan to keep reintroducing foods at home.

Each week: a 60-minute live session in Skool

- 10 minutes: wins and challenges
- 15 minutes: this week's teaching
- 30 minutes: troubleshooting and questions
- 5 minutes: goals for the coming week

Recordings are added afterwards, so everyone can watch in their own time.

Support between sessions

Programme questions in Skool, checked twice a week, with replies within two business days. Personal medical advice, medication changes and HRT management need a separate consultation.

Price

A\$247 for the founding cohort (minimum 15, maximum 25 places), then A\$347 as the standard price, including 12 months of app access.

Still to decide: whether to keep it at 6 weeks or shorten it to 4, and whether reintroduction waits 24 hours or 48 to 72 hours between foods (the app currently says 24). Once you've decided, I'll update the app and all the promo materials to match.

Skool (community and live sessions)

skool.com/purityhealth

The Purity Health app

drpurity.netlify.app

(Add to your phone's home screen from Safari or Chrome. No app store needed.)

Free tools, no sign-up

- [Symptom Score](#)
- [Food Guide](#)

Website

- [10:10 Reset](#)
- [Apply](#)

Author:

 No. 1 Best seller - *Low Histamine Living* – [Available on Kindle](#)

 *Stop Smoking in 5 Days* – [Available on Amazon](#)

 www.purity.health

 www.menopausemomentumnetwork.com

 [Instagram – @drpuritycarr](#)



Dr Purity Carr GPP Menopause Doctor 10:10 Women's Health & Wellbeing A Transformational reset for Weight, Hormones, MCAS, Inflammation & Moodset
33 Members • 99k year

 [Facebook – Dr Purity Carr](#)

Weight Management & Low histamine reset skool.com/purityhealth