

# Mixed Pathway: Hormones, Histamine and Metabolism

## Purity Health Patient Information

### Disclaimer

This information is provided for Purity Health patients only. It is intended for educational purposes and should not replace personalised medical advice. Please ensure you are guided by a knowledgeable and qualified practitioner when implementing any of the above recommendations.

### Understanding the Mixed Pathway

Many women, especially those with more severe or persistent symptoms, fall into what we call the **mixed pathway**.

This means your symptoms are not coming from one system alone.

They are driven by:

- **Hormonal changes**
- **Histamine and immune system activation**
- **Metabolic dysregulation**

These systems are closely connected.

Hormones do not operate in isolation. There is constant interaction between:

- The **hormonal system**
- The **immune system**
- The **nervous system**

## Why Symptoms Feel More Intense

When symptoms are more severe, there is often an **added histamine component**.

This creates another layer of symptoms on top of hormonal changes.

To improve your symptoms, it is important to understand:

- How hormones are affecting you
- How histamine is contributing
- How both systems interact

## Histamine and Mast Cell Activation

Histamine is released by mast cells, which are part of your immune system.

In some women, these mast cells become overactive.

This is sometimes referred to as **mast cell activation syndrome (MCAS)** or histamine intolerance.

Women naturally have a more reactive immune system, and this can become more noticeable in perimenopause.

## Common Symptoms of Histamine Dysregulation

These symptoms can overlap with hormonal symptoms:

- Light-headedness
- Tinnitus
- Palpitations
- Brain fog
- Anxiety or panic attacks
- Low mood or depression
- Feeling “unloved” or emotionally sensitive
- Aches and pains
- Weight gain
- Fluid retention
- Lipoedema
- Urinary frequency
- ADHD-type symptoms
- Endometriosis or PCOS
- Family history of similar symptoms

## Timing of Symptoms

Histamine follows a daily rhythm.

Levels tend to rise:

- Between **2:00 am and 4:00 am**
- Again between **4:00 pm and 8:00 pm**

This means symptoms often:

- Wake you at night
- Peak in the evening

## Additional Symptoms to Be Aware Of

- Bloating
- Reflux
- Easy bruising
- Nausea (in some cases)
- Phantom smells
- Crawling sensations under the skin
- Night sweats
- Flushing or “hot” episodes
- Skin reactions (eczema, urticaria, hives)
- Multiple sensitivities (dust mites, smoke, foods such as seafood)
- Dry eyes
- Itchy skin
- Hot feet
- Restless legs

## Hormones and Histamine – The Link

- **Estrogen can increase histamine activity**
- **Progesterone helps stabilise mast cells**

When ovulation becomes irregular:

- Progesterone drops
- Mast cells become more active
- Histamine levels increase

This is why symptoms often worsen in perimenopause.

## Key Insight

If you are in the mixed pathway:

Your symptoms are not just hormonal.

They are also influenced by your immune system and histamine response.

## Clinical Approach

To improve symptoms, we need to address both pathways:

- Support **hormone balance**
- Reduce **histamine load**
- Stabilise **mast cells**
- Support the **nervous system**
- Address **metabolic health and inflammation**

## Conclusion

The mixed pathway explains why some women feel:

- More symptomatic
- More sensitive
- More reactive

Understanding this allows us to treat the **root cause**, not just the symptoms.

For more information, check out my Low histamine book and 10:10 Reset Program- links below

**Best Wishes**

**Dr Purity Carr**

**General Practitioner**


**Menopause and Hormone Health**


Purity Health Menopause and Well-being Centre

**Founder:**

10:10 Metabolic Reset  
Menopause Momentum Network


**Author:**

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

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

 [www.purity.health](http://www.purity.health)

 [www.menopausemomentumnetwork.com](http://www.menopausemomentumnetwork.com)

 [Instagram – @drpuritycarr](#)



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