1. MOTIVATION AND OBJECTIVES This paper is caring of the harm caused by biogenic amines really being in the diet with a high incidence in minor illnesses. Also will be mentioned in which foods are present, its origin, its detrimental effect and how determined and quantified analytically, giving his interest in f.safety.

2,3 & 4 DEFINICIONS AMINES BIÒGENES: Toxics in high concentration but desirable in the physiology of mammals. Tolerance and immune response variable by genetics, hormonal changes, diet or medication. The occurrence of pathology happen by the accumulation of BA with an imbalance in relation to the ability of this degradation.

PHYSIOLOGIC FUNCTIONS: Neurotransmission mediated inflammatory response
Modifies the permeability of blood capillaries
Modifies acidification in stomach
Regulates muscle contraction
Related with the SNC function (concentration)

REGULATORY ENZYMES:
DAO diamine oxidase extra cell medium
HNMT histamine-N-methyl transferase the function is made inside de cell
Methylation the ring of His

ACUMULATION DUE TO:
Food (fermented, meats, fish, fruits, vegetables, nuts, chocolate, alcohol)
Intrinsic production (depending of the personal immune system)
Reduced metabolismization capacity

IT CAUSES:
Vasodilatation, mucus secretion, tachycardia, arrhythmias, stimulates gastric acid secretion hematopoiensis, wound healing, day-night dysrhythmia

6. CONCLUSIONS: Overall the objective of the work was achieved which was reflected by an overview of the mechanisms of action of BA (particularly histamine), saying nutritional aspects, physiological and the analytical methods of this group of molecules contained in the widely food diaries, that are accumulating in the body and contributing to the health diesis. The determination of BA in fresh and processed foods is interesting not only because of its toxicity, but also because it can be a useful index of deterioration, so it is important to monitor the levels of biogenic amines and keep improving the analyze.

7. BIBLIOGRAPHY
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