2026 MCAS FRIENDLY HOLIDAY GIFT GUIDE

Gifts To Bring Comfort & Joy



MAST CELL 360°

mastcell360.com



THOUGHTFUL GIFTS FOR SOMEONE SPECIAL

Finding the perfect gift for someone living with sensitivities or a chronic illness starts with care. It's about choosing something that brings comfort, sparks a little joy, or simply reminds them they're loved.

We've gathered thoughtful gift ideas with their unique needs and well-being in mind. This is also a great time to treat yourself and stock up on your own favorites while the sales are on. And to make giving a little easier, you'll find exclusive discount codes to help you share a little extra love this holiday season.

Wishing our wonderful community a holiday season filled with gentleness, comfort, meaningful moments, and joy. May you feel cared for, supported, and surrounded by love, this season and always.

happy holidays!

MAST CELL 360®

A Holiday Guide for Comfort, Care & Joy

01 Our Top Picks This Holiday Season

02 Holiday Cooking & Baking

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Connect With Us

01

Our Top Picks this Holiday Season

- **Kasandrinos Extra Virgin Olive Oil** - A bottle of high-quality olive oil is a gift that makes every meal feel a little more special. Give someone the gift of delicious, nourishing cooking all season long.

- **Northstar Bison** - Give the gift of clean, nutrient-dense protein. Quality bison makes a hearty, wholesome holiday meal for anyone who loves to cook and eat well.

- **Sunlighten Saunas** - A sauna is a meaningful investment in someone's health, offering a gentle way to relax, recover, and restore. Give them that comfort right at home.

- **Purity Coffee** - Remind someone you care with a cozy gift that nourishes their body first thing in the morning.

- **Gut Support Supplements from Healthy Gut** - Everyone could use a little extra gut support this season. It's a thoughtful way to show someone you care about their wellbeing.

- **Mast Cell 360 Newsletter** - Give someone ongoing support with a subscription to the Mast Cell 360 Substack, full of practical insights to help them feel their best all year long.

Our Top Picks This Holiday Season













Kasandrinos

Quality, Fresh-Pressed Extra Virgin Olive Oil

We love Kasandrinos Olive Oil because quality and freshness matter, especially when you're navigating MCAS or Histamine Intolerance!

After trying more than 40 extra virgin olive oil brands, this was our top pick.

Kasandrinos checks all our boxes: it's harvested fresh each season, cold-pressed within hours of harvest to preserve beneficial polyphenols, and packaged in dark glass or BPA-free tins to protect against oxidation.

We also love that it's USDA Organic, single-origin Greek olive oil made by a family-run business using hand-picked olives. Its high polyphenol content provides beneficial antioxidants and compounds that may support healthy inflammatory responses and mast cell function. Plus, its delicious flavor is pleasantly peppery without being overwhelmingly grassy.

It's a wonderful gift for anyone who wants to enjoy high-quality olive oil while being mindful of freshness and optimal nutrition!

Want to learn more about choosing high-quality olive oil when you have MCAS or Histamine Intolerance? Check out our blog post, Olive Oil: Avoiding the Frauds & What to Know When You're Dealing with Mast Cell Activation Syndrome or Histamine Intolerance!





From Family Farms in Laconia, Greece to Your Kitchen

- High Polyphenol Count
- Zero Plastic Leaching
- Pesticide-Free Verification
- Ultra-Low Acidity
- Adulteration Testing
- Heavy Metal Testing

Save 10% on your order with code **MC360HOLIDAY**



Refill Bundle



2-in-1 Sprayer Bottle & Gift Cards



Organic EVOO Travel Packs



Salad Servers

Use your Kasandrinos for this tasty dessert, perfect for the holidays!

>>> Low Histamine Olive Oil Cake



CLICK HERE TO SHOP AND SAVE 10% WITH CODE **MC360HOLIDAY**

Northstar Bison

Low Histamine, Regeneratively Raised Meat Products

If someone you love is navigating a low histamine diet, a gift from **Northstar Bison** can make their days a little easier.

Finding truly fresh meat is one of the hardest parts of eating this way, because histamine-producing bacteria multiply quickly once meat is processed. Northstar Bison takes that worry off their plate with pasture-raised, unaged cuts that are frozen right after slaughter.

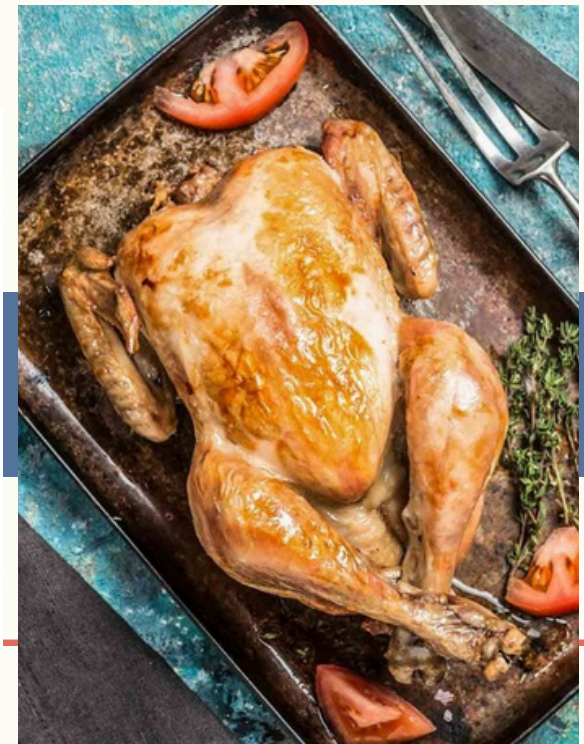
Their selection includes bison, elk, rabbit, pork, lamb, chicken, turkey, and even unaged grass-fed beef, which is rare to find. They test their low histamine meats, and the results have come back at negligible histamine levels, so even our most sensitive community members have tolerated them well.

And they use the whole animal and include gifts like apparel and personal care products, like **Tallow Lip Balm** too! And you earn **Bison Bucks** on every purchase!

If your loved one is just starting out, whole cuts are a gentle place to begin, since plain ground meat is slightly higher in histamine. It's also best to skip the bone broth, bratwursts, and sausages, which are still high in histamine. Use code **MASTCELL360** for 10% off.

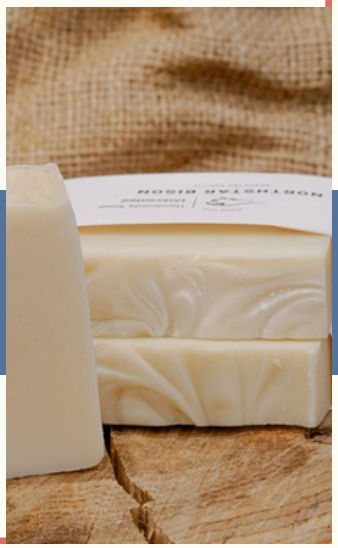
Check out our low histamine recipe gift basket ideas here!





NORTHSTAR BISON

GRASS FED QUALITY





Filet Mignon



Garlic & Ghee Bison Bites



Bison Egg Roll Bowl

Once you have Northstar Bison in your freezer, a few of our favorite recipes make it easy to turn it into something comforting.

Many people are surprised to learn that bison should taste clean and slightly sweet, never gamey. Northstar's bison is 100% grass-fed and finished. It's also naturally lean, so it cooks quickly, and a gentle hand keeps it tender.

Our **Garlic and Ghee Bison Bites** come together in about eight minutes, with a simple blender sauce of ghee, garlic, and parsley.

Our **Bison Egg Roll Bowl** is a cozy, veggie-filled dinner that is a lovely way to welcome bison back to the table. (whole cuts are lowest in histamine, but they also sell ground bison, if you tolerate a little more histamine)

And for a special occasion, our **Pan-Seared Filet Mignon** with garlic herb ghee butter makes a holiday dinner feel like a treat, with Northstar's unaged beef or any low histamine steak.

Trying a different protein can also sometimes make adding foods easier. A gift of bison, elk, or rabbit may be a welcome change if someone is tired of chicken. They farm seasonally, so some cuts may not always be in stock, which means shopping early for the holidays is a good idea.

Not sure what they prefer? Send a gift card! Save 10% on all gift cards in the month of December!

CLICK HERE TO SHOP AND SAVE 10% WITH CODE **MASTCELL360**

Sunlighten Saunas

Low EMF In-Home Sauna Products

We love Sunlighten Infrared Saunas because they offer a gentler approach to sauna therapy, which is especially important when you're navigating MCAS (Mast Cell Activation Syndrome) or Histamine Intolerance!

Traditional saunas can be challenging for those with MCAS because of the high heat and humidity. But Sunlighten's low-EMF (electromagnetic fields), infrared technology allows you to enjoy the benefits at lower temperatures.

Their saunas offer options with near, mid, and far infrared wavelengths, third-party tested low EMF levels, and non-toxic materials designed to minimize chemical off-gassing. Our team has personally explored and used these saunas and love the potential benefits for relaxation, circulation, muscle recovery, sleep, and overall wellness. It's a wonderful investment for anyone looking to create a supportive wellness space right at home!

Want to learn more about infrared sauna benefits for MCAS and Histamine Intolerance? Check out our blog post, Can Sauna Help Mast Cell Activation Syndrome and Histamine Intolerance? Is It Safe? , where we share tips for getting started gently!





SPECIAL OFFER

Through December 4, mention **MASTCELL360 to save up to $2,500 off of your sauna** + get FREE Shipping & a FREE Red Light Mask!

Craftsmanship & Quality

Low EMF

Safety Tested

Trusted by Experts

sunlighten

Gift a sauna wrap and a contribution toward their in-home sauna health investment!



CLICK HERE TO SHOP AND MENTION **MASTCELL360** TO SAVE!

Purity Coffee

Low Histamine, Mold-Free Coffee

A few of our favorite things...



Calm Decaf Ground Coffee



Coffee Pods



Coffee Mugs



Sample Bags



Gift Cards

A little comfort in every cup.

Coffee may not always be the first thing that comes to mind when you think about nourishing foods, but it can be! And it's part of what makes **Purity Coffee®** such a special addition to your daily ritual. Thoughtfully crafted with wellbeing as their #1 priority, each cup offers a little moment of comfort while supporting your body's natural healing journey.

For those who have stepped away from coffee due to histamine sensitivities or flares, Purity Coffee's decaf option, Calm, may be a lovely place to begin. We recommend introducing it slowly and gently, allowing your body time to adjust.

A thoughtful gift for the coffee lover who wants to bring a little more intention, nourishment, and warmth to their everyday cup. Give the gift of a more nourishing coffee ritual.

Learn more about Purity Coffee on our website here.

PURITY COFFEE

Try these Low Histamine Coffee Recipes:

Vanilla Mint Coffee
Vanilla Coffee Cooler
White Chocolate Coffee



Don't miss the Purity Coffee Holiday Sale **November 13 - 30!**
Save 25% + FREE SHIPPING for new and returning customers.
Free gifts from 11/26-11/30! Spend $75 and get a FREE Travel Pouch or spend $125 and get a FREE Travel Pouch + Tote Bag!



CLICK HERE TO SHOP AND USE CODE **MASTCELL360** TO SAVE!

Healthy Gut

Our Top Recommended Gut Health Supports



Give the gift of feeling supported, nourished, and cared for this holiday season!

Save 15% on your order with code **MC360GIFT**

Healthy Gut Supplements have been tested by the Mast Cell 360 team and are clinic staples for clients looking for extra digestive and gut support. Whether you're shopping for someone you love or giving your own body a little extra care, these thoughtfully selected supplements can be a wonderful addition to your holiday wellness routine.



From the very first bite, **HoloZyme™** delivers activated enzymes that support digestion and nutrient absorption. **HCL Guard+™** supports stomach acid for protein digestion and nutrient absorption. Together, they support the digestive process start to end.



And don't forget **Tributyrin-X™**, a comforting 'hug' for your mast cells that supports your gut lining, microbiome diversity, and a healthy inflammatory response. Pair it with **HistaHarmony™**, DAO enzyme that helps break down histamine in the gut from your holiday meals.

This holiday season, give the gift of thoughtful wellness and help someone you care about feel their best. **Enjoy 15% off your order with code MC360GIFT!** Stock up, share the love, and give your gut some extra care this holiday season!

All purchases are backed by their 60-day money back guarantee!

CLICK HERE TO SHOP AND USE CODE **MC360GIFT** TO SAVE 15%!

Follow us on Substack!

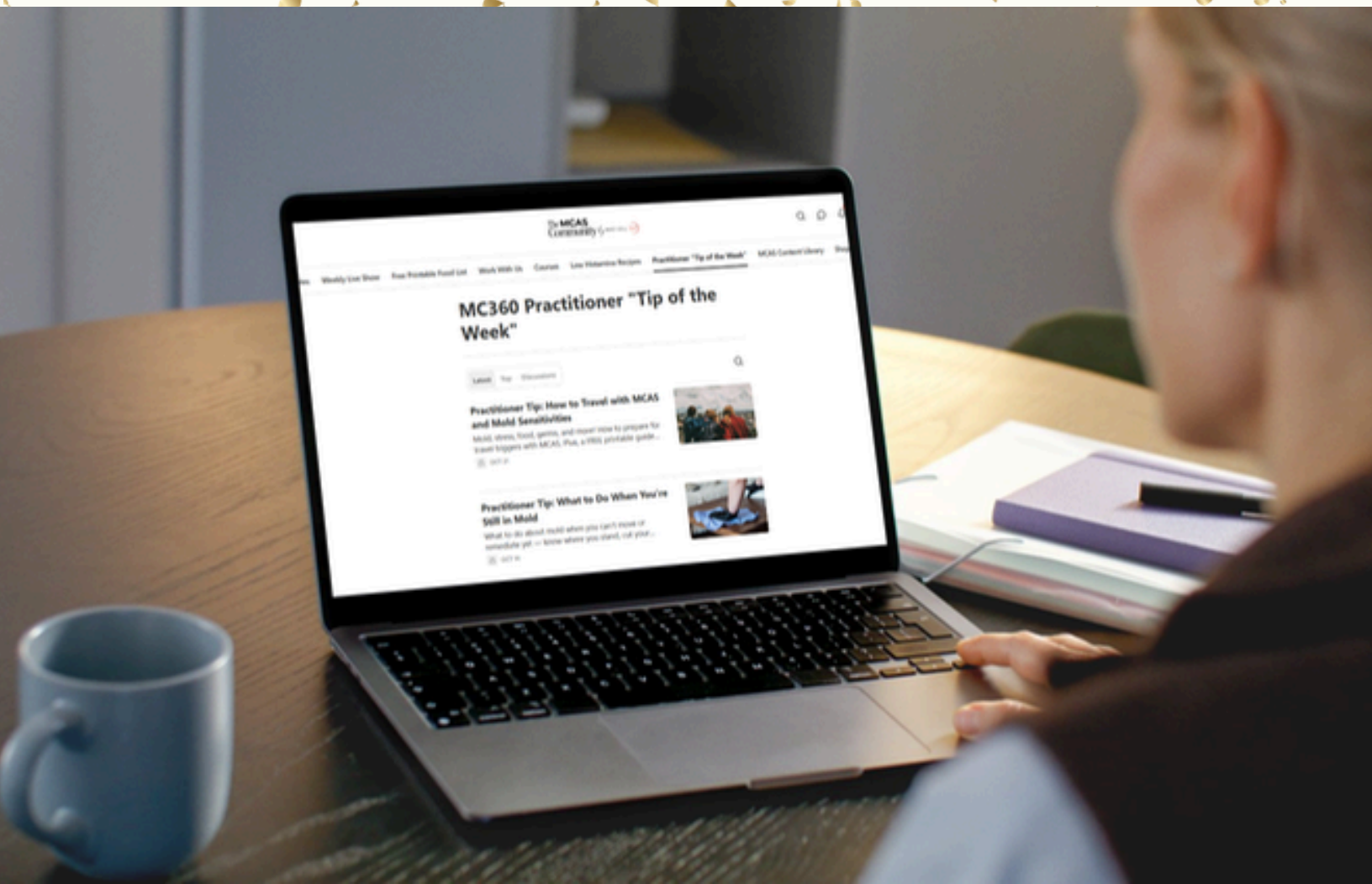
Give your loved one access to the best MCAS resources in the world with our Substack subscription. Includes:

- ✓ Practitioner "MCAS Tip of the Week" Newsletter
- ✓ Live Show Replays Plus Access to the Mast Cell 360 Content Library
- ✓ Members-Only PDFs & Printables
- ✓ Exclusive Low Histamine Recipes

And more! All for only $7/month or $70/year!

GIFT A SUBSTACK SUBSCRIPTION

JOIN NOW ›



Sourcing Supplements

Low Histamine, Clean Supplements

When shopping for supplement supports this holiday season, always look for...

- **High Quality & Pharmaceutical-Grade Supplements**
- **Properly Stored in Climate Controlled Warehouses**
- **Vetted, Reputable, Transparent Companies, Third-party Tested**



Check out our Top 8 List in Fullscript to stock up on our favorite mast cell supporting supplements!

In the USA?

- **15% off** all supplements
- Access to SALES
- **FREE shipping** over $50

Click to Open Your FREE Fullscript Account

International?

- Wide variety of options
- Registration Code**: BO1171**
- Not available in UK

Click to Open Your FREE DSS Account

***Note:** You need to know that not all supplements will be appropriate for all people. Please work with your practitioner to decide what is right for you. It's important you know that this is for informational and educational purposes only. It's not meant to treat any health condition or to be prescriptive for anyone. Please work with your medical provider to make any changes and decide what is right for you.*

MAST CELL 360®

Gift Bundle Ideas



White Chocolate Coffee Bundle

Purity Ground Coffee
(Use code MASTCELL360 to save 20% on your first order)
Organic Coconut Milk
Organic Cacao Butter
Organic Stevia
Fresh Ginger
Purity Holiday Mug

Send this bundle to the person who is looking for a low histamine, mold free morning coffee routine.

GET THE RECIPE

Kasandrinos Travel Pack

Extra Virgin Olive Oil Travel Packs
Greek Sea Salt
Kasandrinos Gift Card
(Use code **MASTCELL360 to save 10%** on your order)

Gift this set to take along while traveling this season and pair with a gift card for them to stock their kitchen when they return home!

SHOP KASANDRINOS



Gift Bundle Ideas



Garlic & Ghee Bison Bites Bundle

Northstar Bison Meats
(Save 10% on Gift Cards Dec. 1–31 or use code MASTCELL360 to save 10% on your order)
Redmond's Real Salt
(Use code MASTCELL360 to save 15%)
4th & Heart Ghee
Stainless Steel Skillet

GET THE RECIPE

Low Histamine Kitchen Bundle

Northstar Bison Meats
(Save 10% on Gift Cards Dec. 1-31 or use code MASTCELL360 to save 10% on your order)
Kasandrinos Olive Oil
(Use code MC360HOLIDAY to save 10%)
Redmond's Real Salt
(**Use code MASTCELL360 to save 15%)**
4th & Heart Ghee
Coconut Oil
Instant Pot

GET THE GUIDE



Gift Bundle Ideas



Sauna Comfort Package

2 SoloPad Covers
2 Bath Towels
2 Pillow Covers
1 SoloMat
1 SoloCurtain

Perfect to give to someone who is investing in the Solo Portable Sauna!

SHOP SUNLIGHTEN

Healthy Gut Digestive Stack

HoloZyme™
HCL Guard+™
Tributyrn-X™

Start here to support healthy digestion with MCAS and Histamine Intolerance.
Use code MC360GIFT to save 15%!



SHOP HEALTHY GUT

02

Holiday Cooking & Baking

For those navigating MCAS or Histamine Intolerance, preparing holiday meals often comes with extra considerations. Thoughtful kitchen essentials can help simplify the process, making it easier to create meals and treats that support their individual needs.

These practical gifts are a lovely way to show you care, offering a little extra love and helping make room for more comfort, connection, and joyful moments around the table.

Looking for a little extra support this holiday season? Explore these posts on the blog for ideas and inspiration to help make celebrations feel more manageable and enjoyable:

Quick Holiday Meal Ideas
Celebrations with MCAS
Favorite Kitchen Staples

Holiday Cooking & Baking

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1. ## Northstar Bison

Northstar Bison takes great care to produce quality, nourishing protein that is essential for healing bodies AND low histamine! Perfect for gifting to any loved one! You can also save 10% on your order with code **MASTCELL360**

2. ## Kasandrinos Olive Oil

Quality makes all the difference when choosing olive oil. This one is cleanly sourced and high in polyphenols. Save 10% with code **MC360HOLIDAY**

3. ## Let's Do Organic - Organic Coconut Cream

Missing the creaminess in your favorite soup or want to replace traditional whipped topping? Also tastes great in your morning cup of **Purity Coffee!**

4. ## Mikuna Protein Powder

Protein from the Andes Mountains. 1 ingredient. 20g of complete protein and 8g of fiber per serving. Save 15% with code **MC360**

5. ## Now - Organic Stevia Extract

This low glycemic sweetener is great for your favorite beverage, hot or cold! This liquid mixes in easily.

6. ## 4th & Heart - Ghee

Missing the flavor of butter in your favorite recipe? Ghee is a great option for cooking oil and its FODMAP friendly!

7. ## Dr. Bronner's - Coconut Oil

Coconut oil is loaded with benefits and is very versatile. Use it for anything from cooking and baking all the way to hair and skin care.

8. ## Smart Monk - Monkfruit Powder

This sweetener has no junk, no fillers. Just pure monk fruit. It is also low-glycemic, so it won't spike your blood sugar. A little goes a long way!

9. ## Native Vanilla - Vanilla Bean Powder

This vanilla bean powder is a tasty addition to add vanilla flavor to a variety of things, including our **Low Histamine Vanilla Mint Coffee** recipe!

10. ## Redmond's Real Salt

Everyone needs a clean source of this household staple, and this brand is our top pick! Save 15% on your order with code **MASTCELL360**

Low Histamine Holiday Recipes



Turkey Breast with Cherries & Cranberries



Sorghum Stuffing



Creamed Kale



Roasted Cauliflower with Cherries & Pecans



Apple Pie



Olive Oil Cake



03

Kitchen Essentials

Looking for ways to make low histamine meal prep feel a little simpler and less overwhelming? These are some of our favorite kitchen tools to help you save time, stay organized, and keep the essentials within easy reach.

For those navigating MCAS or Histamine Intolerance, preparing and storing food can require a little extra planning and care and energy can be a challenge. Having the right tools on hand can help make these routines more manageable and bring a little more ease to everyday life.

Thoughtful kitchen essentials can be a wonderful way to show someone you care, offering practical support for their unique needs and helping make space for more energy, comfort, and enjoyment throughout the holiday season and year.

Sometimes, the most meaningful gifts are the ones that make everyday life just a little bit easier.

Kitchen Essentials

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1. ## Cosori Pour-Over Glass Coffee Maker

   This coffee maker is perfect for ground coffee. All of the parts are glass or stainless steel, making this easy to clean. Pair with **Purity Coffee** for the perfect holiday gift!

2. ## Instant Pot - 8 Quart

   This pressure cooker works great to help you prepare meals from frozen and prepare them quickly to keep histamine levels low.

3. ## Souper Cubes - 1 Cup

   Spend less time thinking about what you're going to eat and more time enjoying it. These silicon freezer trays are designed to make storage a breeze.

4. ## OXO - Stainless Steel Measuring Cups

   These stainless steel measuring cups are easy to clean and are a great addition to any kitchen cooking from scratch.

5. ## OXO - Stainless Steel Measuring Spoons

   Matching measuring spoons so you are ready to prepare anything that low histamine eating throws your way!

6. ## Blendtec - High Speed Blender

   Perfect for smoothies and soups, this blender can handle all of our culinary creations.

7. ## Stasher - Silicon Food Storage Bags

   Perfect for taking our Low Histamine Snack Mix on the go when traveling to gatherings, these silicon storage bags are reusable and non-toxic.

8. ## Meat Thermometer

   Don't let the holiday meal go undercooked! This meat thermometer will make sure your main dish is cooked to perfection.

9. ## OXO - Stainless Steel Mixing Bowls

   Make holiday meal prep easier with this set of 3 mixing bowls so you can keep moving without having to stop and wash dishes.

10. ## Ninja - Crispi Glass Air Fryer

    6-cup glass container crisps a personal-sized meal in just 7 minutes; 4-quart container fits a 4-pound whole chicken with vegetables — perfect for meal prep, small-batch cooking, or family dinners.



04
Healthy Home

Looking to make your home feel a little calmer, cozier, and more supportive for your health? We've gathered some of our favorite finds to help create a space that feels nurturing and let's you breathe easy.

Sometimes, the most thoughtful gifts are the ones that help us set up a space where we feel better just by being there. Whether you're shopping for a friend who could use a little extra comfort or putting together something special for someone you love, these practical essentials are supportive places to start improving the health of their home.

Choose one, or gather a few into a gift basket with a personal touch or two, to remind them they don't have to do it all alone. Everyone deserves a little softness, a little rest, and a space where they can live with a little more ease.

Healthy Home

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1. ## Basement Watchdog - Water Alarm
Detects as little as 1/32 in. of water to offer an effective early warning system. Place it anywhere you might be concerned about water intrusion to stop the problem before mold has a chance to grow.

2. ## Soniclean - WhisperJet ULPA Filtration Vacuum
Medical Laboratory-Grade U15 ULPA Filtration (99.999% of particles down to 0.12 microns in size) vacuum that captures microscopic particles nearly 3X smaller than HEPA filters.

3. ## HypoAir - Air Angel Mobile
Take this mobile air filter on the go to have cleaner air, wherever you are. Don't forget to **check out our blog** for our top travel must haves to support a flare-free holiday season! Save 10% with code **MASTCELL360**

4. ## Shield Your Body - Bed Canopy
Made with SaferBody Silver 100 and lab tested for 5G up to 26 GHz, this EMF bed canopy shields up to 99% of harmful EMF radiation.
Save 20% with code **MASTCELL20**

5. ## Mast Cell Bundle by Micro Balance Health Products
This bundle includes everything you might need to lower your environmental exposures in your home and body.
Save 10% with code **MC360**

6. ## Keystone Dehumidifier - 35 Pint
Did you know that indoor humidity levels should be between 40-50% to help keep mold at bay? This dehumidifier can support rooms up to 1500 sq ft.

7. ## Rebounder
You can support your lymphatic drainage system with gentle bouncing on a rebounder. Plus, it's kind of fun to have an indoor trampoline!

8. ## Wool Dryer Balls
This is a great non-toxic alternative to traditional dryer sheets that will help remove static from your clothing!

9. ## Outlet Timer
These are great for setting a time for the outlet to turn off. We recommend this for your Wi-Fi router to reduce EMFs while you are sleeping.

10. ## Naturepedic Mattresses
You spend a lot of time on your mattress, and rest should be healing! Save up to 25% on Organic Mattresses and Bedding this season through our link.
Learn more about non-toxic sleep solutions in this blog post.



05

Top Resources for Healing

If you are hoping to give something meaningful this season, give the gift of encouragement and understanding! These educational programs and resources are a beautiful way to support someone's healing journey.

Now is a great time to encourage those you care about as they build a healthier, more supported year ahead.

Recommended Resources

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MAST CELL 360®

COURSES

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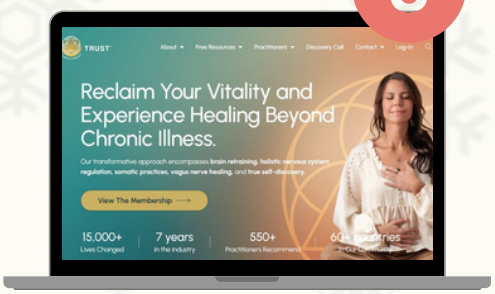

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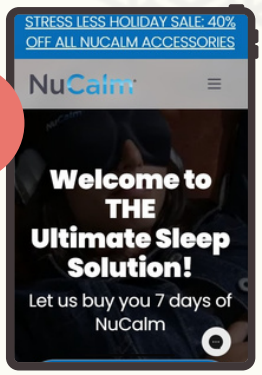

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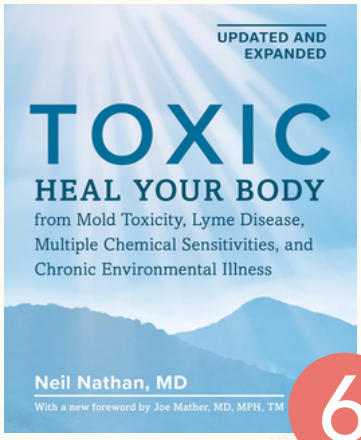

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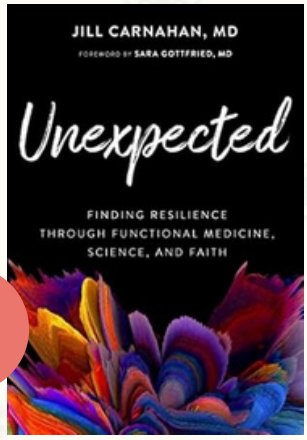

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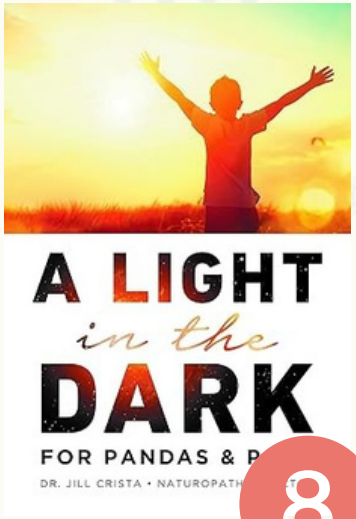

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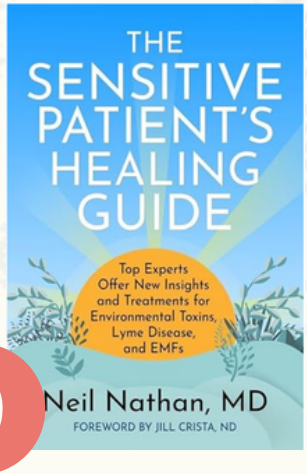

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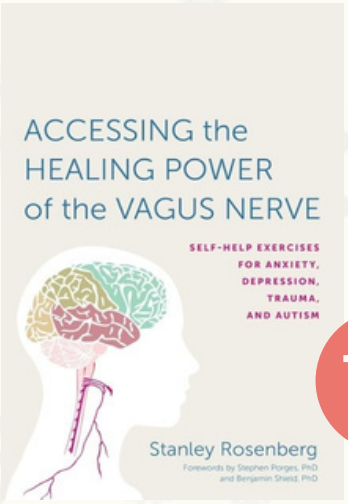

1. ## Mast Cell 360 Courses
We offer several options to guide you on the path to healing including: Top 8 Mast Cell Supporting Supplements Master Class, Precision Mold Master Class, and Mast Cell Nervous System Reboot. You can gift these as well!

2. ## Apollo Neuro Wearable
The Apollo® wearable improves your body's resilience to stress, so you can relax, sleep, focus, recover, and feel better. Use code **MASTCELL99 to save $99.**

3. ## Primal Trust
One of our favorite resources for balancing the nervous system, Primal Trust can help get you out of fight-or-flight mode. Learn more about balancing the nervous system on our blog. Save $10 on your first month with code **10MC360**

4. ## NuCalm
This easy-to-use app offers gentle frequency-based support designed to help your brain shift into deeper, more restorative relaxation and sleep. Get a free 7-day trial with code **MC360**

5. ## Grounding Mats
Discover the Earthing Universal Mat Kit, the ultimate grounding mat designed to bring the natural benefits of being connected to the Earth's energy into your daily life.

6. ## Toxic: Heal Your Body by Dr. Neil Nathan
The new edition of Toxic offers renewed hope for patients, their loved ones, and the physicians who care for them. Dr. Neil Nathan delves deeper into the harmful impact of chronic inflammation in driving disease.

7. ## Unexpected by Jill Carnahan, M.D.
This essential guide and voice of hope is for anyone facing incurable diagnosis, mold sickness, chronic illnesses, and breast cancer, as well as anyone grappling with trauma and seeking profound healing.

8. ## A Light in the Dark for PANDAS and PANS by Dr. Jill Crista
Watching your child suffer from PANDAS or PANS can be a heart-wrenching experience, but there is hope. Read one of the best books on the subject!

9. ## The Sensitive Patient's Healing Guide by Dr. Neil Nathan
This book is for the millions of struggling patients who have, through no fault of their own, become unusually sensitive to the normal stimuli of light, sound, touch, food, chemicals, and EMF.

10. ## Accessing the Healing Power of the Vagus Nerve by S. Rosenberg
A guide to understanding how vagus nerve dysfunction and trauma impact inflammation, emotional health, autoimmune disease, and more.



06
Gifts for the Family

Looking for a gift that feels truly meaningful? We've gathered some of our favorite fun and thoughtful finds to help you give with confidence and care. With special sections for both the adults and children in your life.

Whether you are hoping to create more meaningful moments together or find something that brings a little extra comfort, calm, or joy to someone's everyday life, these gifts are chosen with health in mind.

From supporting well-being to making space for treasured memories, there are so many ways to remind the people you love just how much they mean to you.

The best gifts aren't always the biggest or most elaborate, sometimes they are the ones that help someone feel seen, supported, and loved.

Gifts for the Adults

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1. ## Beeswax Candle Making Kit
Honeycomb Beeswax Sheets are made from natural beeswax - no harmful additives, non-toxic and environmentally friendly. A great alternative to paraffin or petroleum candles. And a gentle way to end your evening.

2. ## Dry Farm Wines
High quality wine options that are third-party tested to be sugar-free and low-sulfite, non-GMO, and vegan. Plus, the taste great! Buy 6 bottles and get your 7th for a penny.

3. ## Primal Life Body Butter
Primal Life Organics has a variety of non-toxic skin products to choose from, including our favorite Body Butter! Perfect support for your dry skin this time of year. Don't forget to also check out their carrot seed face serum as well!

4. ## AnnMarie Ayurvedic Facial Scrub
AnnMarie carries a wide range of gentle beauty products like this facial scrub, lip balm, anti-aging serum, and more! Pamper someone you love (or yourself) with a little personal care.

5. ## Shield Your Body EMF Blocking Headphones
Available in two types of connections - regular 3.5mm (audio cable) and USB-C - these headphones will block 99% of the radiation devices emit from entering your brain. Save 20% with code **MASTCELL20**

6. ## 100% Pure Cosmetics
This clean makeup option is made with fruit pigments and free from the toxins that are commonly found in cosmetics. They also have great options for hair care! Not all products are MCAS-friendly so read the ingredient lists.

7. ## Organic Cotton Sheets
Experience the luxurious comfort of Lane Linen cotton sheets, meticulously crafted from OEKO-TEX certified 100% Organic Cotton. Perfect for non-toxic sleep support!

8. ## Rezzimax Pain Turner Pro II
A small yet powerful handheld device that improves nerve function and sends blood flow to the areas that are causing you pain or symptoms, to facilitate healing. Save $75 with code **MASTCELL360**

9. ## Chopin Potato Vodka
This clean vodka option is a great gift option for those with MCAS or Histamine Intolerance who aren't hypersensitive. It's gluten free and no burn.

10. ## Men's Sherpa Lined Slippers
These men's slippers are crafted with a 100% genuine leather upper, providing a soft, comfy warmth on cold winter nights.

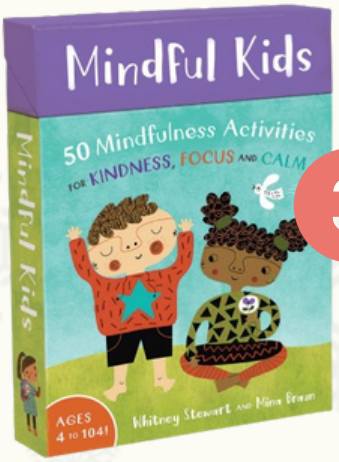
Gifts for the Kids

1



2





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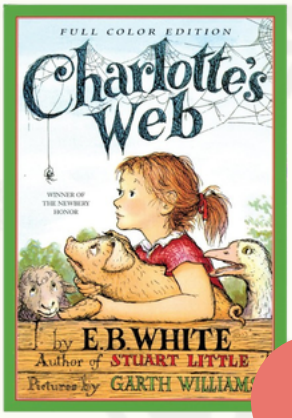

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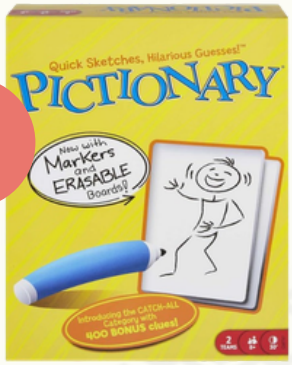

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1. ## Honeysticks - Beeswax Crayons
Handmade in New Zealand using natural beeswax and food-grade pigments for color. Also see the Beeswax Candles for a fun and functional craft together.

2. ## Play Scarves
A beautiful set of six play scarves encourage imagination and open-ended play. Large enough for children, each scarf measures 35 x 35 inches.

3. ## Mindfulness Cards for Kids
Make any moment mindful from morning to night with these 50 activity cards divided into five mindfulness categories to help children feel grounded, find calm, improve focus, practice loving-kindness, and relax.

4. ## Outdoor Explorer Kit
This comprehensive set includes a magnifying glass for close-up observations, an extendable net, tweezers, a grabber, a cage, a container, identification cards, and a portable bag.

5. ## Charlotte's Web
Classics never go out of style and books are a childhood favorite! In this story, Charlotte's spiderweb spins a tale of her friendship with a little pig named Wilbur. Read together and give the gift of connection.

6. ## Melissa & Doug - Jumbo Floor Puzzles
Explore outer space with this 48-piece jumbo jigsaw puzzle featuring the planets, sun, moon, and stars in a vibrant solar system scene.

7. ## Kids Garden Tool Kit
Have fun digging, planting, and watering! This set is perfect for teaching kids the basics of gardening in a safe and exciting way.

8. ## Kids Firefighter Pretend Play Outfit
Kids ages 3-5 will love playing the part of a fire chief with this play set that includes a jacket, helmet, badge, fire extinguisher, bullhorn, and reusable name tag.

9. ## Pictionary Game
Sketch and guess your way to the finish line with this board game for a fun family night. Perfect for kids and adults alike!

10. ## Magnetic Tiles
This pack features 40 magnetic tiles in a variety of shapes and rainbow colors. It is the perfect option to start your Magnetic Tiles collection, build big, and gain confidence in magnetic tile play.

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– Barbara D

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This self-paced course provides **in-depth Information** about the top 8 mast cell stabilizing supplements used in the clinic. You'll find:

- **Step-by-step** guide used in the clinic to introduce supplements successfully
- **Supplements and Ingredients** you should avoid when you have MCAS
- **Tried and true troubleshooting tips**
- **What to do** if you experience a flare
- **Q & A** from the original recording
- **Printable Quick Sheets**
- **Lifetime access** – watch as often as you would like!



ENROLL TODAY

MAST CELL 360®

Let's Connect

About Mast Cell 360



What Makes MC360 Different:

- Personal experience with MCAS + combined professional expertise
- Individualized approach (no one-size-fits-all protocols)
- Focus on root causes, not just symptom management
- 9+ years specializing exclusively in MCAS and related conditions - **You aren't the odd case here, you are who we work with every day!**

The Mast Cell 360 Team

Join us! Click the icons.