

A complex network diagram with numerous grey nodes of varying sizes connected by thin grey lines, creating a web-like structure across the entire page. The nodes are more densely packed in some areas and more sparse in others.

MAST CELL

360

BETH O'HARA  
FUNCTIONAL NATUROPATHY

**Mast Cell  
360 Guide:  
7 Common  
Root Causes in  
Mast Cell  
Activation Syndrome**

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**Learning you have Mast Cell Activation Syndrome can seem like both a blessing and a curse.** It can be a relief to finally have an explanation for all your concerning symptoms. It can also seem overwhelming and scary to try to figure out how to manage it.

Mast Cell Activation Syndrome (MCAS) is a condition where the mast cells, a part of the immune system, go haywire. Normally, mast cells help protect against invaders. They also help in healing wounds and injuries. **When you have MCAS, though, the mast cells overreact and release too much inflammation.** Since the mast cells occur in most tissues in the body, they can cause a lot of different types of symptoms.

If you have MCAS, you are likely having fatigue, body aches, and unexplained pains. You get reactions to foods, smells, and chemicals. You might have trouble breathing when you are around cigarette smoke or when you leave the windows open. You can get hot and cold easily and feel worse when the weather changes. **You probably have digestive issues and may even get unexplained rashes, welts, and hives.** You can get swelling in your feet, legs, and hands, and sometimes your face may flush and get puffy. You might have excess mucus and phlegm, having to clear your throat often. **To make matters worse, MCAS can affect the brain, causing sleep issues and brain fog.** It's also common to struggle with inflammation, allergy symptoms, and even moods changes.

**It's hard to make plans because you never know when you are going to feel ok.** You sometimes miss that important birthday party, graduation, or wedding because of MCAS. Family members and friends often don't understand what you go through, and it's hard to explain. **It's really heartbreaking if your loved ones misunderstand your health issues, thinking that you are lazy or just don't care enough.**





# **“It’s all in your head.” Have you been told this?**

**The worst is when friends, family, and even health care practitioners tell you that you don’t look sick, that it must all be in your head.** This is a harmful belief because MCAS is a real and challenging condition. **The people who say it’s all in your head don’t understand how hard you push yourself just to get dressed in the morning and drive to work.** They don’t know how much effort it takes to get the kids ready for school. They don’t know the exhaustion you have just trying to load the dishwasher at night. Or, what it’s like to have to choose whether to read your kids a bedtime story or take a shower, because you don’t have the energy to do both. **People struggling with MCAS deserve kindness, respect, and support. No one with MCAS should be told their symptoms are made up.**

I’m Beth O’Hara, Functional Naturopath, and I understand first-hand what it’s like to have Mast Cell Activation Syndrome. Like you, I’ve struggled with it too. **I had to learn how to fix it myself because none of the practitioners I saw understood how to help me.** I don’t want you to have to live through the nightmare of fear, loneliness, and exasperation I faced when seeking answers on my own. **That’s why I wrote this guide just for you to help you heal.**

It’s extremely frustrating when you do everything your doctor tells you to, but you still don’t get better. **Even worse is when you do everything your doctor tells you to do, but you keep getting WORSE!**

**Some doctors say “Just take antihistamines.  
Changing your diet won’t help MCAS.”**

Many health care practitioners say that you just need to take antihistamine medications for MCAS. Some even say that foods don’t affect MCAS symptoms.



**This simply isn't true.**

More knowledgeable practitioners may mention a low histamine diet, but just stop there. These measures are not enough to properly manage MCAS, but often this is the only advice we get when we go to the doctor. **Most doctors also recommend one size fits all approaches for those of us with MCAS. This just doesn't work well for most of us.**

The truth is, everyone with MCAS is different, and everyone has different root factors causing MCAS. Your MCAS will stay flared up if you don't address your unique root causes. **If you are suffering with MCAS, one or more of these 7 Common MCAS Root Causes is likely to be affecting your health.**

Most health care practitioners are unaware of these underlying factors in MCAS. **Yet the majority of my clients with MCAS have at least 4 of these root causes.** This guide will help you discover your own unique MCAS triggers. Knowing your MCAS Root Causes is the first step in healing your MCAS.

## **Here are 7 Common Root Causes in Mast Cell Activation Syndrome**

I have found there are 7 Common Root Causes underlying many people's MCAS:

- Food Triggers (beyond just histamine)
- Infections and Toxicity
- Genetic Factors (like detox and inflammation issues)
- Nutritional Deficiencies
- Hypoxia (low oxygen)
- Hormone Imbalances
- Stress and/or Early Trauma

Keep reading to find out more about each of these MCAS root causes. **Which ones do you have?**

## TRIGGER 1

### Food Triggers (beyond histamine)

Eating the wrong foods is a very common root cause of MCAS. My clients are often unaware of just how much of what they eat can trigger MCAS.

I know, I know. When you have MCAS, sometimes it seems that food is your only comfort. I've been there too. It's important to remember, though, that foods are the building blocks for our body. **Eating the right foods can help us heal. Eating the wrong foods can make us worse.**

You may already know to avoid some of the highest histamine foods. These include wine, beer, chocolate, vinegar, sauerkraut, pickles, olives, salami, lunch meats, pepperoni, and store-bought mayonnaise, just to mention a few.

### How many of these other MCAS triggering foods are you eating?

**Packaged Foods.** Any foods that are packaged and sit on the shelf for an extended time are higher in histamine. This includes crackers, chips, boxed cereal, canned foods, dried fruit, packaged desserts, and smoked meats like smoked salmon.

**Gluten-Free Foods.** If you are avoiding gluten, that's excellent, keep it up! Remember, though, that many gluten-free packaged foods can be MCAS triggers too. Gluten-free foods often contain histamine raising additives like carrageenan, maltodextrin, guar gum, xanthan gum, or yeast extract. Just like any other packaged foods, packaged gluten-free foods sit on the shelf for a long time. This raises histamine levels in these foods. Further, many of these packaged foods are low in the nutrients needed for your body to function properly.

**High Histamine in Healthy Foods.** Histamine hides in many other foods besides the ones listed above. Some of these foods are often thought of as healthy, but can cause inflammation for those of us with MCAS. Kombucha, yogurt, kefir, Bragg's Liquid Aminos, and coconut aminos are all high histamine. Spinach, strawberries, walnuts, cashews, peanuts, avocados, and eggplant can also raise histamine levels.



**Leftovers.** The longer food sits, the more bacteria grows on it. Leftovers sitting in the fridge can become high in histamine very quickly. Leftovers need to be frozen right after cooking.

**Other Food Triggers:** There are other possible hidden food triggers for people with MCAS beyond histamine. For some people, glutamates, oxalates, salicylates, and/or lectins can be underlying food triggers.

**When I discovered my personal food triggers affecting my MCAS, my inflammation significantly decreased. My gut was also able to heal, and I started to sleep much better.**

I know it can feel like there is nothing left to eat, especially if you look at many of the online histamine food lists. **Don't trust most of these lists.** These lists were made from studies that were faulty, and the lists are too restrictive. You can get my reliable Low Histamine Foods list on the website.

**I promise you there are plenty of healthy, delicious foods you can eat.** It's a matter of finding the ones that work for you. If you have MCAS, you want to avoid most or all of the foods above. Instead, be sure to eat plenty of nutritious, fresh, real foods to help you heal.

**As you heal, you'll likely be able to add some of the nutritious, higher histamine foods back into your diet.** You might even eventually be able to splurge sometimes on some of the foods above on a birthday or holiday, as long as you manage your other MCAS triggers.

**What are your personal food triggers? If you need help, I can help you:**

- discover your personal food triggers,
- explore the foods that will best nourish and support your body
- learn how to eat healthfully and still enjoy eating with your friends and family.

## TRIGGER 2

### Infections and Toxicity

Underlying infections, heavy metals, and mold exposure can keep the immune system on constant alert. This can trigger mast cell events and MCAS flares

**Many people with MCAS have hidden chronic infections that can prevent healing.** These infections can include systemic infections, like Lyme. Gut infections such as candida, bacterial overgrowth, or parasites can also worsen MCAS. **Mold exposure is another big trigger.** Then we have toxins, like in water and air. As well as heavy metals.

My client "Erin" didn't realize she had candida overgrowth and bad gut bacteria. No matter how healthy she ate, her gut bothered her from these infections, and her MCAS continued to get worse. Erin also didn't know that some of the ingredients in her skin care products were triggering her MCAS. She also had mercury in her body. The heavy metals kept her MCAS flared-up, even after healing her gut.

My client "Randy" had MCAS, but didn't know why. He finally learned he had Lyme and long-term mold exposure from a damp basement.

**Both of these clients (and many others I work with) were working so hard on their health, but not getting much better.** They were feeling frustrated and hopeless when we met. When we identified and addressed these root causes of their MCAS, they started to get much, much better. **Their bodies were able to heal.**

Do you have any underlying infections, heavy metals, or mold exposure? If so, addressing this area will go a long way toward supporting your body in healing from MCAS.

**It's important to remember that addressing these areas for people with MCAS has to be done very gently and carefully to avoid increasing MCAS symptoms.**

## TRIGGER 3

Genetic Factors (like detox and inflammation issues)

Genetic factors play a big role in MCAS and are a huge piece of the puzzle in identifying the root causes of MCAS.

People with MCAS are like the canaries in the coalmine. **All the pollution and toxins in our environment, foods, skin care products, cleaning products, etc. affect those of us with MCAS.**

Did you know MCAS is on the rise? So are many other inflammatory and chronic conditions like Crohn's disease, autism, cancers, and autoimmune conditions. Why is this?

**We are exposed to more than 80,000 chemicals throughout our lifetimes.** These chemicals are in the air we breathe, our water supply, our foods, our skin care products and cleaning products. Have you ever noticed your eyes burning or you have trouble breathing in certain stores? Or do you feel worse around new carpeting? Many products off gas for a long time, releasing chemicals into the air. **Everything we eat, drink, put on our skin, and breathe through our lungs affects gene expression.** Medications and some supplements can affect gene expression too. Sometimes this is for the better and sometimes for the worse.

Before the industrial revolution and the invention of so many synthetic chemicals, we didn't have the toxic exposures we have now. Back then, those with genetic weaknesses could still live healthy lives. **Today, however, people with genetic weaknesses are being severely affected by our toxic environments.** This is what I mean when I say that people with MCAS are the "canaries in the coalmine." We have genetic weaknesses and are affected very quickly by the toxicity in our world today. This is why it's so important for those with MCAS to work with a genetic analyst who understands genetic factors for mast cell issues.

**The most important thing is to get the right genetic data and work with a genetic analyst who understands MCAS.** One of the best genetic tests available for those with MCAS is through Nutrigenomic Research Institute.

What do you do if you have a lot of genetic variants? First, know that it's not the end of the world. **The good news is, there is much we can do to address genetic weaknesses. With the right data, we can target the best supplements for your body's needs.**

**"Janet" had worked hard on her health for 10 years.** She had changed her diet, removed mold from her house, detoxed heavy metals, and was taking a lot of supplements. She was doing everything right, but she was still having a lot food reactions, inflammation, fatigue, and pain. **Why was she still struggling?** When we looked at her genes and lab work, we were able to figure out where her body wasn't working properly. This allowed us to customize her supplements and healing plan specifically for her body. **After this, her energy, pain, inflammation and food reactions improved. She was even able to go back to work!**

Genetic analysis has been one of the most crucial steps in my own healing with MCAS. It has also made a big difference for 95% of my clients, as well. **Have you explored how your genes may be a root cause for your MCAS?**



## TRIGGER 4

### Nutritional Deficiencies

Nutritional deficiencies can be a major root cause of MCAS.

**The body needs proper nutrients to be able to break down histamine, to keep inflammation down, and to stabilize the mast cells.** Proper nutrients are also essential for good hormone balance. Imbalanced hormones can make MCAS worse as well - you'll learn more about hormones and MCAS. Nutritional deficiencies can be due to a number of factors. One of these is eating processed foods or having a limited diet. **If you have food sensitivities, it's easy to become nutrition deficient due to having fewer food choices.**

Gut issues, like poor digestion, constipation, diarrhea, and malabsorption, can also affect nutrient levels. **This is because when the gut isn't working well, nutrients won't be absorbed properly.** This can lead to nutrient deficient states.

Many people try elimination diets, which are sometimes helpful. Sometimes, though, people get worse by removing too many foods. I was once down to only 30 foods I could eat, which included herbs, salt, and pepper. As you can imagine, I wasn't getting enough nutrients in my food. My life also felt very limited with so few food choices. Ugh. **Who wants to go through life with only a few foods?**

**I worked to identify the specific nutrients I was deficient in through lab testing.** Genetic analysis helped me find where my body needed more support. These steps allowed me to target my supplementation to exactly what my body needed. It also made a big difference to fix my food sensitivities and heal my gut. **I can now eat a wide variety of foods. I've seen these steps make a huge difference for my clients as well.**

Are you deficient in any nutrients? If nutritional deficiencies are one of your root causes for MCAS, working on this trigger can help you heal too.



## TRIGGER 5

### Hypoxia (low oxygen)

Low oxygen levels due to airway problems can be an underlying factor in MCAS. Low oxygen levels can trigger mast cell issues and increase stress over the long run.

**The most common reason for low oxygen is caused by airway blocks.** These obstructions keep you from breathing fully, such as with sleep apnea. Airway problems can occur from carrying extra weight around the neck. **The airway can also be restricted when the teeth are too close together, crowding the tongue.** This causes the tongue to fall back toward the throat, partially blocking the airway.

Mast cell issues, diet, and genetic weaknesses can cause inflammation that reduces the size of the airway. **When the airway is smaller, there is less oxygen available.**

**Not being able to breathe well makes you feel stressed.** You will learn more soon about how much stress levels affect the mast cells.

“Dani” told me she would sometimes wake up gasping. She also said she felt like she had “air hunger” and felt stressed all the time. She was normal weight and didn’t think she had sleep apnea. She didn’t want to think about having airway issues, but she finally got an airway evaluation. **Her throat was 70% blocked due to the size of her tongue and lack of room in her mouth. When she got her airway addressed, her energy and mood instantly got better, and her pain decreased.**

I was hesitant at first to deal with my own airway issues, because it seemed like too much trouble. Once I did, though, my sleep was considerably better, and I felt less stressed. Amazingly, my inflammation got better and my joints improved in just a few months.

**There are many options these days for addressing airway problems and doing so can make a tremendous difference in your health.**

## TRIGGER 6

### Hormone Imbalances

Hormone imbalances play a major role in MCAS issues.

Hormones affect the mast cells in many different ways. **Women tend to have more mast cell issues than men because women have more estrogen.** Estrogen causes the mast cells to release histamine. The rising histamine levels cause more estrogen, creating a snowball effect. **This is also why you may have experienced more mast cell issues at certain times in your cycle – likely when your estrogen levels were higher.**

So balancing hormones should help, right? In theory, yes. But synthetic hormones used by many traditional physicians in hormone replacement therapy often make MCAS worse. So be sure to do your homework if you are thinking about taking synthetic hormones.

Another hormone that is very important in MCAS is cortisol. **Cortisol is made by the adrenals and helps the body manage stress. It regulates the immune system, including the mast cells.** It also gives you energy to get going in the morning. Cortisol is made in the adrenal glands and can get out of balance due to stress or being sick for a long time. When cortisol gets out of whack, it is often called “Adrenal Fatigue.”

When I first met “Barbara” she was having very difficult periods and no energy in the morning. She noticed her allergies and food reactions were worse right before her period started. Labs showed her cortisol and progesterone were low and she was estrogen dominant. **By supporting healthy hormone balance, Barbara started having more energy and her periods became easier.**

If you are noticing your symptoms are worse during your cycle or at the onset of menopause, it is really important to get your estrogen and progesterone tested with a saliva or urine test. You should probably get your cortisol checked as well since these hormones are related. **Balancing these hormones can go a long way in helping your MCAS symptoms.**

## TRIGGER 7

### Stress and/or Early Trauma

Stress is a key underlying root factor in MCAS.  
Trauma can be a significant root cause as well.

I know you're probably tired of hearing about stress and the impact on health. I used to think it wasn't that big of a deal, too. **The truth was that even after all the work I did on my diet, healing infections, fixing my gut, addressing genetic variants, and fixing nutritional deficiencies, I was still not as healthy as I wanted to be. I finally gave in and worked on reducing my stress levels.** This allowed my body to heal even more.

Stress triggers a cascade of changes that can worsen MCAS. **Stress even changes genetic expression of genes, especially involving the mast cells.** We are bombarded with stress every day, such as driving in rush hour traffic, money and health worries, and toxic relationships. Our bodies are not wired for chronic stress like this.

### Some of the top stressful events are:

- Toxic relationships
- Losing a job
- Losing a relationship
- Starting a romantic relationship
- Death of a family member or friend
- Moving
- Retirement
- Overworking
- Feeling isolated
- Feeling unsupported
- Financial worries
- Worry about children
- Fears about political changes

**Do you have any of these stresses in your life? If so, reducing stress is a key component to healing and management of MCAS.**

Any kind of traumatic event increases the stress response. A traumatic experience puts the body in a fight or flight reaction, which triggers the mast cells to activate. Long term stress and trauma negatively affects gene expression too. **Trauma can affect anyone. Traumatic experiences include:**

- Experiencing or witnessing sexual, physical, emotional, or mental abuse as a child or adult
- Childhood neglect - physical, mental, or emotional
- Bullying, harassment, or abuse at school or work
- Painful or frightening medical procedures
- Having a family member with grave illness or injury
- Witnessing a tragic event
- Military trauma
- Sudden loss of a loved one

Early childhood trauma is particularly problematic, because it can stay with a person for life. **If you experienced early childhood trauma, your body felt like it was under constant attack.** The clients I've seen who had major traumatic events early in their lives almost always have worse health issues.

Have you had any traumatic events in your life? If so, this may be affecting your MCAS. **Fortunately, there is much that can be done to recover from trauma and reduce the impact of trauma on MCAS.**

"Linda" was another client who felt like she was doing everything right to heal her MCAS, but she was still stuck. **Even with addressing all the triggers above, she kept having fatigue and brain fog.** She worked a high-stress job and was often worried about her daughter's behaviors at school. The stress was even affecting her hormones. We worked on hormone balance and stress relief. Linda worked on better self-care and setting boundaries at home and work. **Linda started feeling much better after she worked on this trigger.**

Does this mean you have to quit your job or leave your marriage to heal from MCAS? Fortunately, the answer is probably no. **There are many ways to reduce the stress in your life that will allow your body to heal. And you don't have to turn your life upside down to do it.**

## How to Actually Heal MCAS and Return to a normal(ish) life

Many people say that MCAS is mostly uncontrollable and unmanageable, but this simply isn't true. **There is a lot you can do to take charge in your life and be as healthy as possible.**

Healing involves addressing your individual root causes underlying your MCAS. **If you address the common MCAS root causes, you can start to experience:**

- better digestion
- better sleep
- more energy
- better focus and concentration
- better breathing
- better temperature tolerance
- less pain
- fewer rashes and hives
- fewer allergy symptoms
- fewer food and environmental sensitivities

This all translates to more and more good days, that you can spend enjoying your life with your family and friends.

**The #1 step to managing MCAS and regaining your life is to identify your unique root causes.** This will allow you to address what is underlying your MCAS and to begin to feel better as soon as possible.

In my own life I had all 7 out of 7, and working on these triggers turned my health around.

**In general, the people I work with typically have at least 4 out of 7 of these issues.** My clients have seen dramatic health improvements by addressing their MCAS Root Causes.

**I have found there are 7 Common Root Causes underlying many people's MCAS:**

- Food Triggers (beyond just histamine)
- Infections and Toxicity
- Genetic Factors (like detox and inflammation issues)
- Nutritional Deficiencies
- Hypoxia (low oxygen)
- Hormone Imbalances
- Stress and/or Early Trauma

## Which of these common factors do you think are contributing to your MCAS?

There are other root causes as well. Right now, though, we are looking at the 7 Most Common MCAS Root Causes.

**Remember the most common scenario is you have at least 4 and some of us, like me, have all 7.** These root causes are complex and inter-related. The complexity of these root causes of MCAS is exactly why I do a Mast Cell Root Cause Analysis session during every case review.

I work with people with MCAS all day long and have spent the last **20 years healing myself. It's really hard to do this on your own. If you need help, I am here to offer perspective and understanding about what root causes might be underlying your MCAS.**

If you would like help identifying your MCAS Root Causes, let's schedule a **Case Review with Mast Cell 360 Root Cause Analysis** session. In your case review, we will:

1. Discuss the common root factors underlying MCAS that may be affecting you
2. Identify which one (or ones) are most likely the key for you
3. Decide whether genetic testing or lab tests may be helpful for you
4. Arrange to get the correct test or tests done
5. Plan a follow-up session to develop your healing plan and start you on the next steps

[Click here to Schedule your Mast Cell 360 Case Review](#)

I'm looking forward to supporting you in your healing journey!  
Beth O'Hara

**PS. Here is a little more about me and some words from people I've worked with.**

**I'm Beth O'Hara, and I work with clients with Mast Cell Activation Syndrome, Histamine Intolerance, and related conditions.** I am certified in Genetic Analysis and specialize in genetics that can affect MCAS. I hold a Doctorate in Functional Naturopathy, with a concentration in Functional Approaches. I also have a Bachelor's in Psychology and a Master's in Marriage and Family Therapy. I am a research adviser for the Nutrigenetic Research Institute.

After years of seeing traditional health care practitioners and taking medications, I kept getting worse. I felt like I was at the end of my rope. I eventually had to take matters into my own hands. **I discovered my unique underlying factors contributing to my MCAS, and I was able to heal.**



I don't want anyone else with MCAS to have to go through the frustrations, despair, and loneliness I went through on my journey. So I developed the Mast Cell 360 three-part approach to help others with MCAS get well.

This approach includes Genetic Analysis, Functional Naturopathy, and Emotional Wellness. **I am passionate about supporting you in finding your MCAS root causes and helping you regain your health and full potential.**

I work with you to explore and understand your root causes underlying your MCAS. **We will work together to develop a personalized step-by-step healing plan just for you.** My Mast Cell 360 process starts with:

- a comprehensive analysis of your health journey
- reviewing your health history and prior lab testing
- understanding you and your unique lifestyle

**I then develop an action plan for your healing process that is tailored specifically to your needs and goals. I also provide support to you every step along the way.**



## What is Functional Naturopathy?

**Functional Naturopathy integrates cutting-edge scientific research and genetics with laboratory analysis, clinical experience, and client empowerment.**

Most western medicine and alternative practitioners still take a simplistic approach of “For issue X, do Y”. For example, many practitioners will recommend medications and supplements based merely on symptoms or lab tests. **We now have the knowledge, research, and tools to go well beyond this.** But often traditional medicine is still in the dark ages. Most practitioners do not consider how all the pieces of the puzzle fit together to form the bigger picture.

**Everything is connected.** As a Functional Naturopath, I understand how the mind, heart, and body work together. I also work with how environment, genetics, diet, lifestyle, relationships, and life experiences affect your health.

**With advancements in research and healthcare, we now have the ability to make recommendations and health plans that are individualized to each person.** This is where Functional Naturopathy comes in.

Functional Naturopathy integrates a holistic understanding of the body’s biochemical processes, genetics, genetic expression, and the mind-body connection. Functional Naturopathy focuses on identifying underlying root causes and imbalances affecting your health challenges. **Backed by scientific research and leading-edge advances in healthcare, I develop customized and personalized action steps to support your healing process.** These plans can include:

- Genetic Analysis
- Personalized food choices
- Custom supplementation based on genetics and lab analysis
- Lifestyle changes
- Improving sleep
- Reducing stress
- Emotional support

Feeling supported in your journey is key to your healing. **As a Functional Naturopath, I emphasize deep listening, understanding, and compassion.** I also focus on teaching you about these healing processes, so that you can be in charge of your health journey. **Functional Naturopathy is about being on the cutting-edge in scientific research, genetics, and functional lab analysis with connection and compassion to you as the client.**

## Some words from clients about their experiences:

### Kathy H.

Metamorphosis. This word best describes my experience with Beth O'Hara. In the two years we have been working together, she has made a tremendous impact on my life. When I first came to Beth, I was struggling every day with MCAS and the accompanying excruciating fibromyalgia pain, migraines, joint pain, severe fatigue, depression, anxiety, panic attacks, and sinus problems. I also have Type 2 diabetes. Just getting the dishwasher loaded was impossible and I wasn't able to drive myself. I had seen dozens of doctors and been on every medication imaginable, but I seemed to continue to get worse.

Beth recognized the food triggers that were causing my symptoms and helped me make changes to how I was eating. She also reviewed my genetics and explained in clear language that I could easily understand how my genes might be affecting my health and helped me with action steps on how to address genetic variants. With these changes, my fibromyalgia and rheumatoid arthritis have decreased tremendously and my sinusitis has almost ceased to exist. My A1C is even down! My Mast Cell Activation Syndrome is much better managed, and I'm able to drive and even enjoy life again. Life-changing. . .



### Vicki Y.

I highly recommend Beth. She is a true medical detective. She combines genetic analysis, symptoms and medical test interpretation and figures out what foods, supplements and mind body approaches are best. She understands how things work in the body and that everyone is different. She offers a very personalized approach at a very reasonable cost. There are many people out there doing genetics, but Beth's approach makes her far better than the rest. She has succeeded where other doctors have failed.



### Alan H.

My experience has been that her knowledge of individual genetic tendencies allows her to pinpoint contributing factors in many complex health issues, particularly those in which histamine issues and inflammation were a contributing factor. Beth has also been an invaluable resource for me due to her extensive network of competent and skilled practitioners who, like her, are on the cutting edge of new ways to be healthy and whole in mind and body. I have seen significant improvements in my energy, neurotransmitter balance, and sleep and have even been able to come off some of my medications.



### Liz J.

I went to see Beth when I was having several areas of health concerns and wanted more holistic answers. She asked really great questions and listened with an open mind and an open heart, which helped her get to the bottom of what was causing my health issues. Beth can integrate information from DNA reports, lab results, discussions, observations, her knowledge of how the body works, nutrition, and lifestyle to provide individualized solutions that work for me. My histamine levels are way down, and I'm feeling much better after working with Beth. I recommend her for anyone who is experiencing health concerns and would like a holistic approach that addresses the whole person!



## Some words from clients about their experiences:

### Gail T.

I came to Beth in chronic pain and fatigue that began with a shoulder injury that was not healing. I was barely sleeping at night and my body was full of inflammation. I'd been through a round of traditional PT and believed I was eating healthily, but I was just not getting better no matter what I tried. With Beth's guidance, I began to recognize and understand MCAS and other underlying hyper mobility issues that I had. I began the MC360™ protocol, got the right testing and began taking supplements that were gradually bringing me back into balance.

The supplement recommendations were also a game-changer for me, and I was finally able to break out of my long cycle of pain and inflammation. Beth truly is on the cutting edge of this field, and I am so grateful to her for it. I'm still healing, but it's been such a huge transformation that I can barely even remember those days of chronic pain, sleep deprivation and hopelessness now."



### Tricia B.

When I was diagnosed with colorectal cancer, I knew I had to make some changes in my life. After going through radiation, chemo, and surgery, I decided it was time to take charge of my health. I knew I had histamine sensitivity, however, the information available was overwhelming and I was not sure how to figure out what was right for me. I turned to Beth O'Hara to see how genetic testing and personalized supplementation could help. Beth was able to analyze the DNA test results and help me to figure out the best foods and supplements for a healthy lifestyle for me.

Beth has been a wonderful help in navigating through the healing process. I feel so much better! Her vast knowledge, empathy, and calming demeanor have been such a blessing!



### Beulah H.

Beth has a keen ability to know when introduce the next level or process and she has a wealth of knowledge and the tools to fit my individual needs, she knew exactly when to bring them on board. With her guidance, we incorporated supplements and food changes based on my DNA, along with changes I needed to make in my life to support my health, both body and mind. My histamine issues and inflammation are significantly better, and I am enjoying life in a whole new way.



## Joy E.

Before I met Beth, I could not get rid of chronic Lyme symptoms and I was having so many reactions to foods and environmental insults. I felt like I'd never get better. I didn't understand Mast Cell Activation Syndrome (MCAS) and Histamine Intolerance so I was mainly going after Lyme and heavy metal toxicity symptoms using herbs, homeopathics and supplements. Turns out I was taking and eating a lot of things (like ferments) that kept me from getting better. I believe now that the Lyme had no longer been an issue for years, and it was actually undiagnosed MCAS as well as underlying issues caused my metals, molds and genetic mutations.

I really wanted to work with someone who understood genetic analysis and how that related to the symptoms I was having. After serendipitously speaking with one of Beth's other clients I suspected I could have MCAS and wanted to address it.

Through working with Beth, I now understand my genetic issues. I know how to take care of myself around food and environmental triggers. And I now know that I still have heavy metal and mold toxicity to work on to feel 100%.

Working with Beth's MC360™ protocol has helped me understand MCAS and how oxalates and lectins cause fares for me. I also understand what works and doesn't work for my body, given my genetics. I am now a new person. I can imagine my future again and I'm taking steps to rebuild my life.

The first thing I noticed were less mast cell reactions. I had been having constant burning mouth and red neck. I even broke into hives when I showered. This went away after about 8 months. My brain fog is nonexistent most of the time (that was a huge issue I was dealing with). My neurological inflammation improved, joint pain improved, and my energy has massively improved. My anxiety and agoraphobia are gone too. My life has changed to nearly normal. I still have improvements to continue to make, but I think I mostly need to increase my stamina which has been on hold for 8 years.

When I had my Initial Appointment with Beth, she believed it would take me about 18 months to really feel better. She was right on target! It's been 16 months and the relief from my symptoms has exponentially grown in the last few months. I will be forever grateful to Beth for putting me on the road to wellness.



## Karen S.

With her holistic approach, wide-ranging expertise and, most importantly, caring manner, Beth provides thoughtful support that is customized to my needs. She has provided guidance, which has resulted in invaluable assistance to my physical healing as well as my spiritual and emotional growth. I give her my highest recommendation!



## Ron E.

Beth takes a very thorough approach to working with a client, taking into account a comprehensive health history and as well as genetic and dietary information. She has excellent knowledge in these areas and can suggest supplements that correct any imbalances. Her experience with food sensitivities, targeted supplements, and genetics are extremely helpful in supporting health conditions. Beth is warm, engaging and an attentive listener bringing a science-based approach to her practice.

