

MAST CELL FRIENDLY GIFT GUIDE



[Get Exclusive Deals](#)

It's difficult to find gifts for people with chronic illness. Learn how you can spoil those you love without making them more sick. Plus, you'll get exclusive discount codes to save too!

If your loved one is extra sensitive, look for the items with an asterisk* for what may be best!

Hi, I'm Beth!

Sometimes, those who buy gifts for you will come right out and ask for a wish list. But you might feel embarrassed to give a wish list if you weren't asked.

Here's what you should know, though. Sharing a list for your loved ones to pick from is a service to them. It alleviates stress and keeps them from wasting money. And it takes the guess work out of gift giving!

Remember, we all want to give good gifts that are useful and make the recipient feel valued. It feels good to give something to a loved one that they'll cherish.

These goodies are unique gift ideas you'll actually be able to use. It's also great gift inspiration for birthdays, Christmas, and other celebrations.

You can use this list for your general holiday gift buying, too!



Spoil Your Loved Ones

With these ideas that won't make them worse:

- Food Gifts
- Beauty Gifts
- Kids' Gifts
- Relaxation Gifts
- Healthy Gifts

Plus, you'll see my favorite gift card idea!



@mastcell360



@mastcell360

FOOD GIFT IDEAS

Delicious Coffee

Enjoy coffee without toxic triggers like mold and pesticides

Use Coupon Code
MASTCELL360 To get 20% Off!

[Get It Here!](#)



Non Toxic Wine

Make your loved one feel special with this lower histamine alcohol by Dry Farm Wines.

Get Your 7th Bottle For A Penny!

[Get It Here!](#)



FOOD GIFT IDEAS

Clean Protein*

Spoil your loved one with high quality meats from White Oak Pastures that won't trigger their symptoms

Use Coupon Code
MASTCELL360 For 10% Off!

[Get It Here!](#)



Delicious Meats*

Check out low histamine meats by NorthStar Bison that even the extra sensitive can enjoy

Use Coupon Code
MASTCELL360 For 10% Off!

[Get It Here!](#)



BEST GIFT CARD IDEA

Low Histamine Meats Gift Card*



[Get It Here!](#)

Consider sending a NorthStar Bison holiday gift card if you need to ship a gift because you can't deliver it.

Your loved one will appreciate having something to look forward to eating after the holidays wind down

BEAUTY GIFT IDEAS

Dry Shampoo

Make mornings easier with this non toxic shortcut

[Check Out Dirty Poo Dry Shampoo by Primal Life](#)

Get It Here!



Skin Care Set

Pamper your loved one with this curated skin care product bundle for the hypersensitive by AnnMarie Gianni

[Get 20% Off The Ultimate Skin Care Favorites Bundle!](#)

Get It Here!



BEAUTY GIFT IDEAS

Rich Moisturizer*

Nourish your loved one's skin with luscious emu oil

[Get The Best Deal on WalkAbout Emu Oil Here](#)

Get It Here!



Body Butter

Spoil your loved one with this soothing blend of aloe, shea, jojoba, and more

[Check Out Unscented Body Butter by Primal Life](#)

Get It Here!



ESSENTIAL OIL GIFTS

Single Oils*

Spoil them with these individual Rocky Mountain essential oils:

- Holy Basil
- Frankincense
- Lavender
- Rose
- Ginger Root
- Myrrh

Get More Here!



Oil Blends

Support your loved one's health with this mast cell friendly blends:

- Histamine Balance
- Circadian Rhythm
- Sleep
- Lymph
- Nerve Repair

Get Them Here!



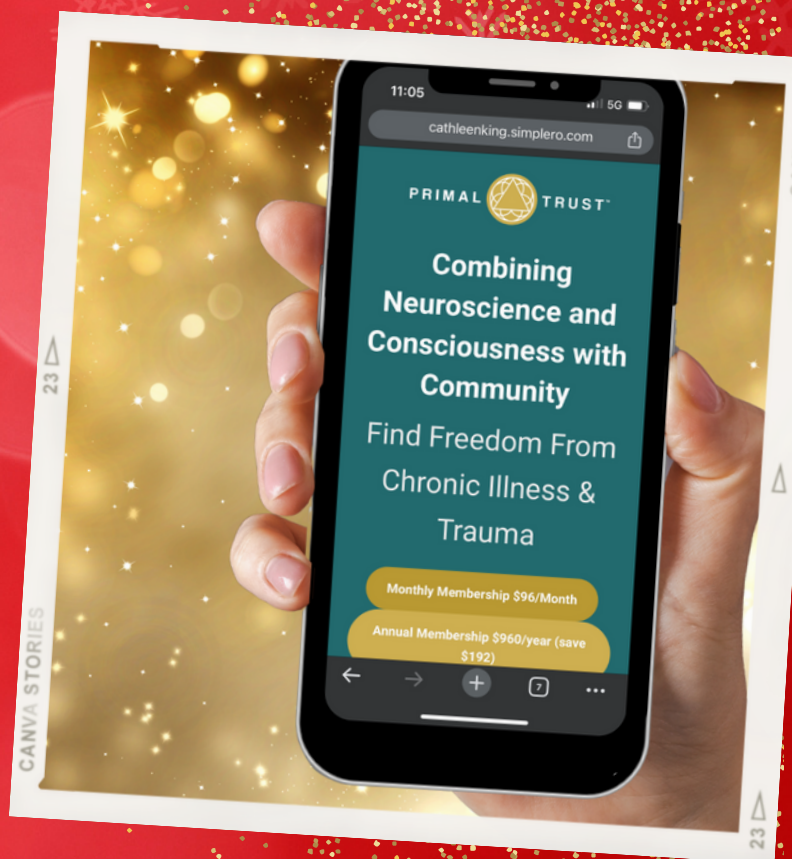
RELAXATION GIFT IDEAS

Primal Trust Academy*

Empower your loved one to rewire their brain to relax with this amazing program

Use Coupon Code 10MC360
For \$10 Off The First Month!

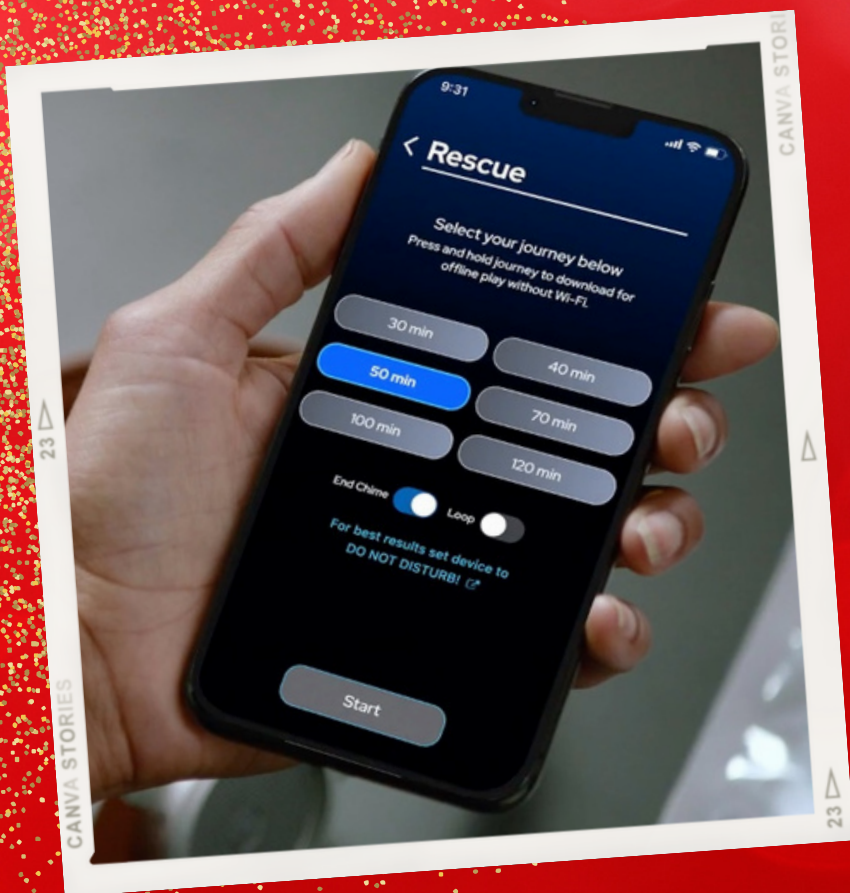
[Get It Here!](#)



NuCalm

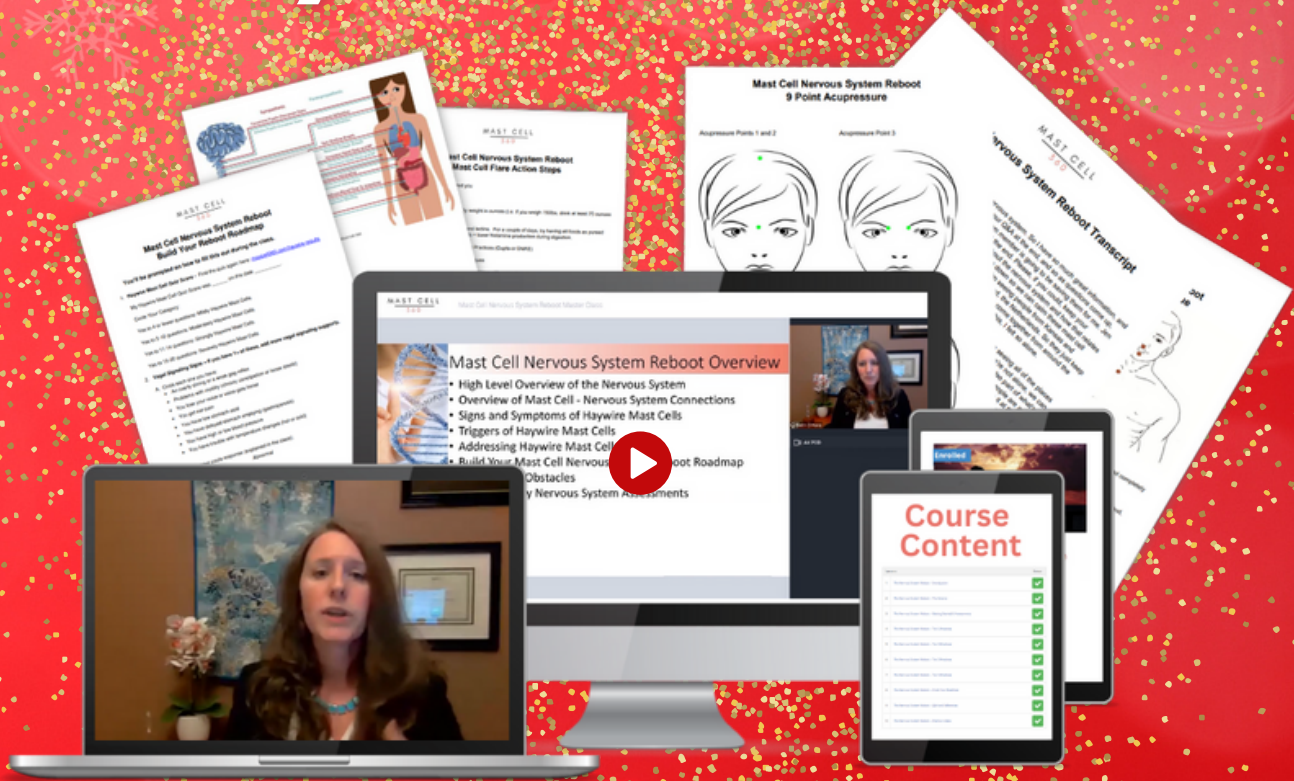
Life can be unpredictable, Rescue is not. Daily use will reduce your stress, balance your hormones, help with your mood & allow your body to relax. Start your NuCalm journey today.

[Free Trial Here](#)



BEST GIFT FOR THE HYPERSENSITIVE

Mast Cell Nervous System Reboot*



Empower your loved one to take control of their health
when you buy them this course

They'll learn how to sooth their nervous system and find
their path to healing

**Use Coupon Code GIFTGUIDE15 For 15% Off By
December 31st!**

Get It Here!

BEST GIFT FOR SUPPORTING HEALTH

Top 8 Mast Cell Supporting Supplements Master Class



Support your loved one's health journey with this master class

You'll help them learn how they can address their symptoms and reduce the chance of flares

Use Coupon Code GIFTGUIDE15 For 15% Off By December 31st!

Get It Here!

QUICK LINKS

- [AnnMarie Gianni - Get 20% Off The Ultimate Skin Care Favorites](#)
- [Dirty Poo Dry Shampoo by Primal Life](#)
- [Dry Farm Wines - Get Your 7th Bottle For A Penny!](#)
- [Emu Oil by WalkAbout*](#)
- [NorthStar Bison Meats - Use Coupon Code MASTCELL360 For 10% Off!*](#)
- [NorthStar Bison Gift Cards*](#)
- [Primal Trust Academy - Use Coupon Code 10MC360 For \\$10 Off The First Month!*](#)
- [Purity Coffee - Use Coupon Code MASTCELL360 To get 20% Off!](#)
- [Rocky Mountain Essential Oils*](#)
- [Unscented Body Butter by Primal Life](#)
- [Vibrant Blue Oil Essential Oil Blends](#)
- [White Oak Pastures Meats - Use Coupon Code MASTCELL360 For 10% Off!*](#)
- [Top 8 Mast Cell Supporting Supplements Master Class - Use GIFTGUIDE15 For 15% Off!](#)
- [Mast Cell Nervous System Reboot Course - Use Coupon Code GIFTGUIDE15 For 15% Off By December 31st!*](#)

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DO YOU NEED HELP?



I'm so glad you're here!

My name is Beth O'Hara. I'm the founder and Clinical Director of Mast Cell 360®. We help clients struggling with challenging cases of Mast Cell Activation Syndrome (MCAS) and Mold Toxicity. I have a Doctorate in Naturopathy specializing in functional naturopathic and genetic approaches.

I found the root causes contributing to my own MCAS, including mold, and have been able to heal. Over 10 years of practice, I've used my own experience and education to develop the MC360™ Method that has helped even the most sensitive people recover their health, too.

Are you struggling with mysterious health symptoms?

And I want to help you, too. There is a way to reclaim your health and get your life back from mold. I was once bedridden. Now I can work full time, enjoy hobbies, and travel again.

Do you think you or your loved one has MCAS? [Find out here!](#)

Take The Quiz!