

Mast Cell Nervous System Reboot Build Your Reboot Roadmap

You'll be prompted on how to fill this out during the class.

1. **Haywire Mast Cell Quiz Score** - Find the quiz again here: mastcell360.com/haywire-results

My Haywire Mast Cell Quiz Score was _____ on this date _____.

Circle Your Category:

Yes to 4 or fewer questions: Mildly Haywire Mast Cells

Yes to 5-10 questions: Moderately Haywire Mast Cells

Yes to 11-14 questions: Strongly Haywire Mast Cells

Yes to 15-20 questions: Severely Haywire Mast Cells

2. **Vagal Signaling Signs – If you have 1+ of these, add more vagal signaling supports.**

A. Circle each one you have:

- An overly strong or a weak gag reflex
- Problems with motility (chronic constipation or loose stools)
- You lose your voice or voice gets horse
- You get ear pain
- You have low stomach acid
- You have delayed stomach emptying (gastroparesis)
- You have high or low blood pressure
- You have trouble with temperature changes (hot or cold)

B. Circle your uvula response (explained in the class):

Normal

Abnormal

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1. **Vagal Structural Signs – If you have 1+ of these, add more vagal signaling supports.**

A. Your neck range of motion (circle one):

Great

Some limitations

Very limited

B. Circle each one you have:

- Problems with motility (chronic constipation or loose stools)
- Voice that gets hoarse or weak
- Dysregulated uvula movement
- History of whiplash (car accidents, even minor)
- History of any neck injury
- History of head injury (concussion not necessary)
- Pain at top of neck
- Poor neck range of motion in any direction

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Mildly Haywire Mast Cells

If you answered yes to 4 or fewer questions, then you have Mildly Haywire Mast Cells. You may need some light Mast Cell Nervous System Rebooting to recover.

Pick 2 modalities:

- 1 for Limbic System Regulation
- 1 for Vagal Signaling

Work up to 10-20 minutes per day

Moderately Haywire Mast Cells

If you answered yes to 5-10 questions, then you have Moderately Haywire Mast Cells. You could definitely benefit from some Mast Cell Nervous System Rebooting to recover.

Pick 3 modalities:

- 1 for Limbic System Regulation (Gupta or DNRS)
- 1 for Vagal Signaling
- 1 for Vagal Structural or 1 for Parasympathetic Balancing

Work up to 30 minutes/day or 15 mins 2x/day

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Build Your Reboot Roadmap

Strongly Haywire Mast Cells

If you answered yes to 11-14 questions, then you have Strongly Haywire Mast Cells. You will definitely need to Reboot your Mast Cell Nervous System to recover. But you CAN get unstuck and get on with your healing!

Pick 5-6 modalities, including

- 1 for Limbic System Regulation (Gupta or DNRS + Emotional Freedom Technique)
- 2 for Vagal Signaling
- 1-2 for Vagal Structural
- 1 for Parasympathetic Balancing

Work up to 20-30 minutes 2x/day

Severely Haywire Mast Cells

If you answered yes to 15-20 questions, then you have Severely Haywire Mast Cells. You will need to do a major Reboot of your Mast Cell Nervous System to recover. But you CAN get unstuck and get on with your healing!

Pick 7-8:

- 1 for Limbic System Regulation (Gupta or DNRS + Emotional Freedom Technique)
- 3 for Vagal Signaling
- 2 for Vagal Structural
- 1-2 for Parasympathetic Balancing
- May need to consider Central Nervous System Supports

Work up to 30-60 minutes 2x/day.

Mast Cell Nervous System Reboot Build Your Reboot Roadmap

See mastcell360.com/reboot-resources for links for services listed below.

Tier 1: Free Reboot Practices for anyone:

Alternate Nostril Breathing (PNS, Vagal Signaling)
 Resonance Breathing (PNS, Vagal Signaling)
 9 Step Acupressure (PNS, Vagal Signaling)
 Emotional Freedom Technique (Limbic, PNS, Vagal Signaling)
 Earthing (PNS, Vagal Signaling)
 Half Speed Movement (PNS, Vagal Signaling)
 Basic Vagal Release Exercise (Vagal Signaling, Vagal Structural)

Tier 2: Stepping it Up Reboot Practices you can add in:

***Gupta Program or Dynamic Neural Retraining System (Limbic System Regulation and Retraining)
 BrainTap Audio Bundles (Vagal Signaling)
 Book: Healing Power of the Vagal Nerve Exercises (Vagal Signaling, Vagal Structural)
 ***highly recommend 1 of these for limbic system retraining

Tier 3: Powerful Reboot Practices you can add in:

Brain Tap Headset (Vagal Signaling)
 Cranial Sacral Therapy (PNS, Vagal Signaling, Vagal Structural)
 Safe and Sound Protocol (Vagal Signaling, Limbic Regulation)

Tier 4: Most Advanced Reboot Practices you can add in:

Upper Cervical Chiropractic (Vagal Structural)
 Osteopathic Craniosacral Adjustments (PNS, Vagal Signaling, Vagal Structural)
 Frequency Specific Microcurrent (Vagal Signaling, Vagal Structural)

*****Central Nervous System Supports**

Phosphatidylcholine IV - 5ml of 3.5% - 1x/week is a generally low starting amount
 IV Ketamine - most sensitive people start with 10 or 20mg 1x/week
 Ketotifen (Compounded in US) – often better tolerated at 0.1-0.25 mg taken 30 minutes before meals;
 0.25-0.5mg at bedtime
 Hydroxyzine – gentle dosages include 5-20mg at bedtime
 Benadryl dye-free (gel cap form) – gentle dose 1/8-1 gel cap

****These are potential ideas for informational and educational purposes only. You must discuss these with your medical practitioner before trying. These potential ideas are in no way meant as specific recommendations for any individual, nor as prescriptive or treatment recommendations. Beth O'Hara does not advise any individual about medications.*

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I need to practice _____ amount of time/day.

I commit to myself to do a combination of these Mast Cell Nervous System Rewiring Supports daily:

If 6-8 weeks later I need more supports, I'll add in these Mast Cell Nervous System Rewiring Supports:

If I'm still really sensitive 2-3 months into practicing, I'll look at adding these Mast Cell Nervous System Rewiring Supports: