

MAST CELL NERVOUS SYSTEM REBOOT MASTER CLASS

REBOOT ROADMAP FROM **BETH O'HARA**

MAST CELL **360**[®]

Build Your Reboot Roadmap



Step 1: Watch Lessons 1 to 3

We strongly encourage you to watch Lesson Videos 1, 2, and 3 of the Mast Cell Nervous System Reboot Master Class.

Directions to fill out the road map are shared during Video 3: Getting Started.



Step 2: Take Haywire Quiz

Print out the next page or take our Haywire Mast Cell Quiz online here: mastcell360.com/haywire-quiz

Then look at your Quiz Results here: mastcell360.com/haywire-results

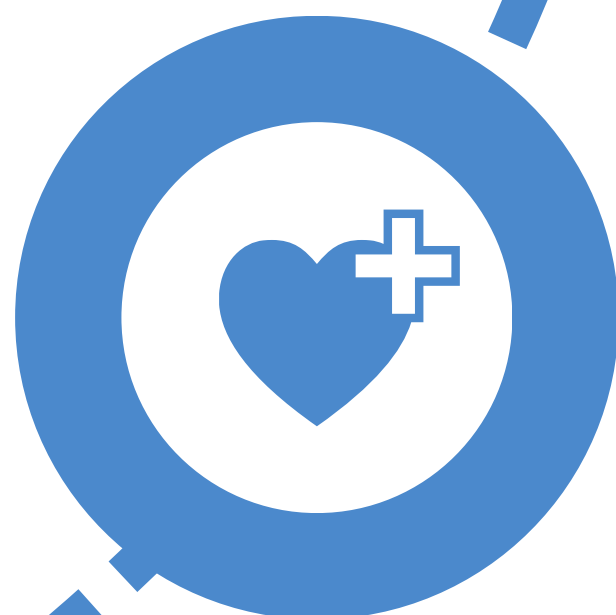
Fill out your Haywire Mast Cell Quiz:

Score: _____ on this date _____.



Step 3: Vagal Signs List

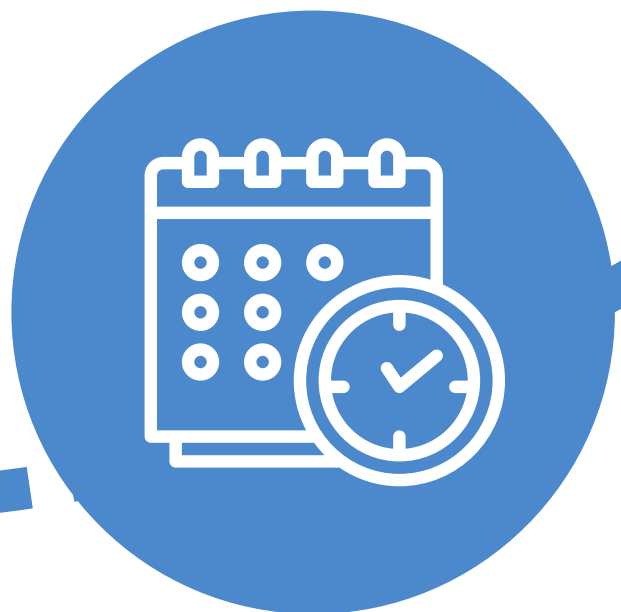
Review the Vagal Signaling and Vagal Structural Signs Worksheet and circle each one you have. If you have 1+ of these, add more vagal support when you build your reboot roadmap.



Step 4: Total Your Score

Take your Haywire Quiz score and review if you have Mildly Haywire, Moderately Haywire, Strongly Haywire or Severely Haywire Mast Cells.

I have _____ Haywire Mast Cells.
(write mildly, moderately, strongly or severely)



Step 5: Choose Your Support Level

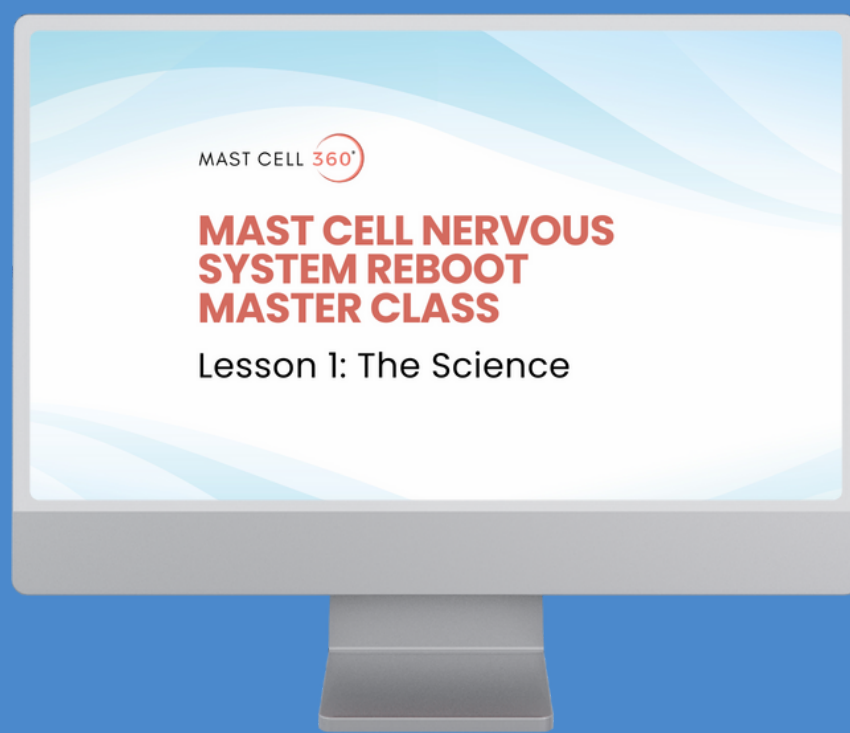
You may need a light to major reboot of your Nervous System to recover. The good news is that no matter how haywire your mast cells currently are you CAN get unstuck and get on with your healing!

I plan to work _____ per day on my Haywire Mast Cells.
(write how many minutes per day and 1x or 2x daily.)

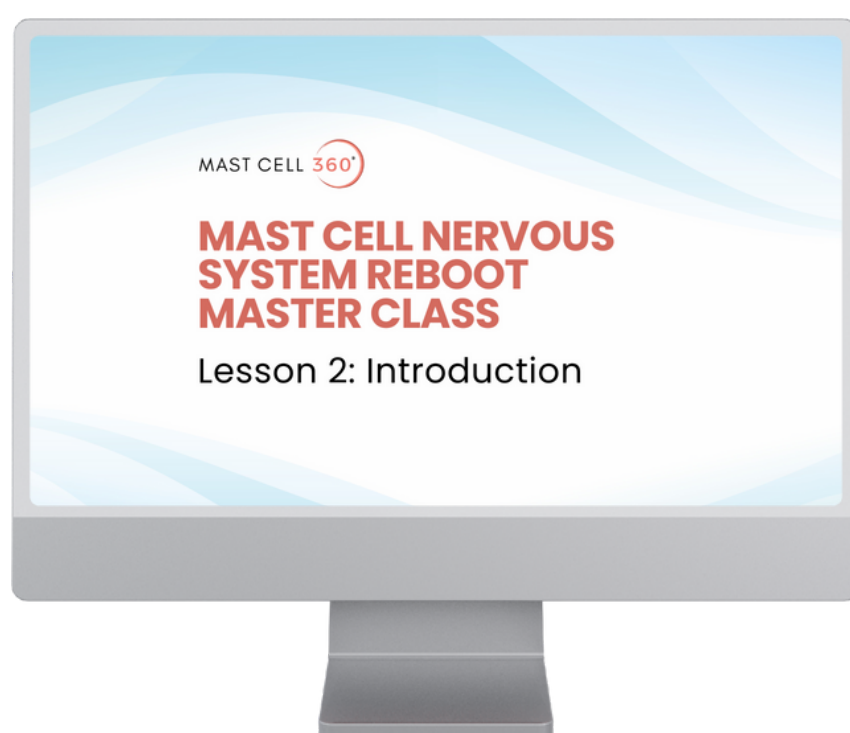
Step 1: Watch Lesson 1 to 3

We strongly encourage you to watch Lesson Videos 1, 2, and 3 of the Mast Cell Nervous System Reboot Master Class.

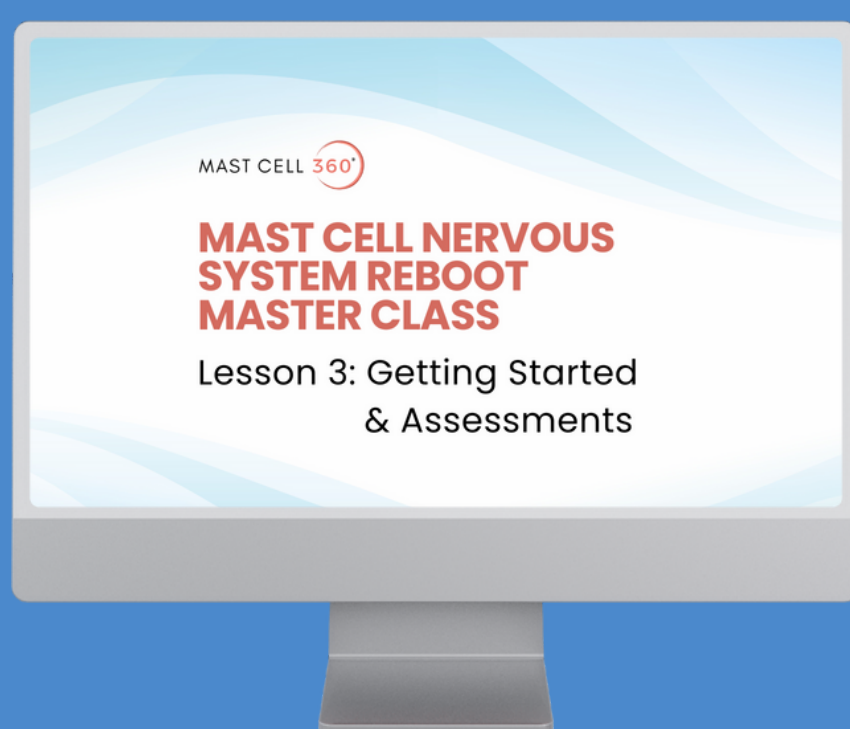
Directions to fill out the road map are shared during Video 3: Getting Started.



Lesson 1: The Science



Lesson 2: Introduction



Lesson 3: Getting Started & Assessments



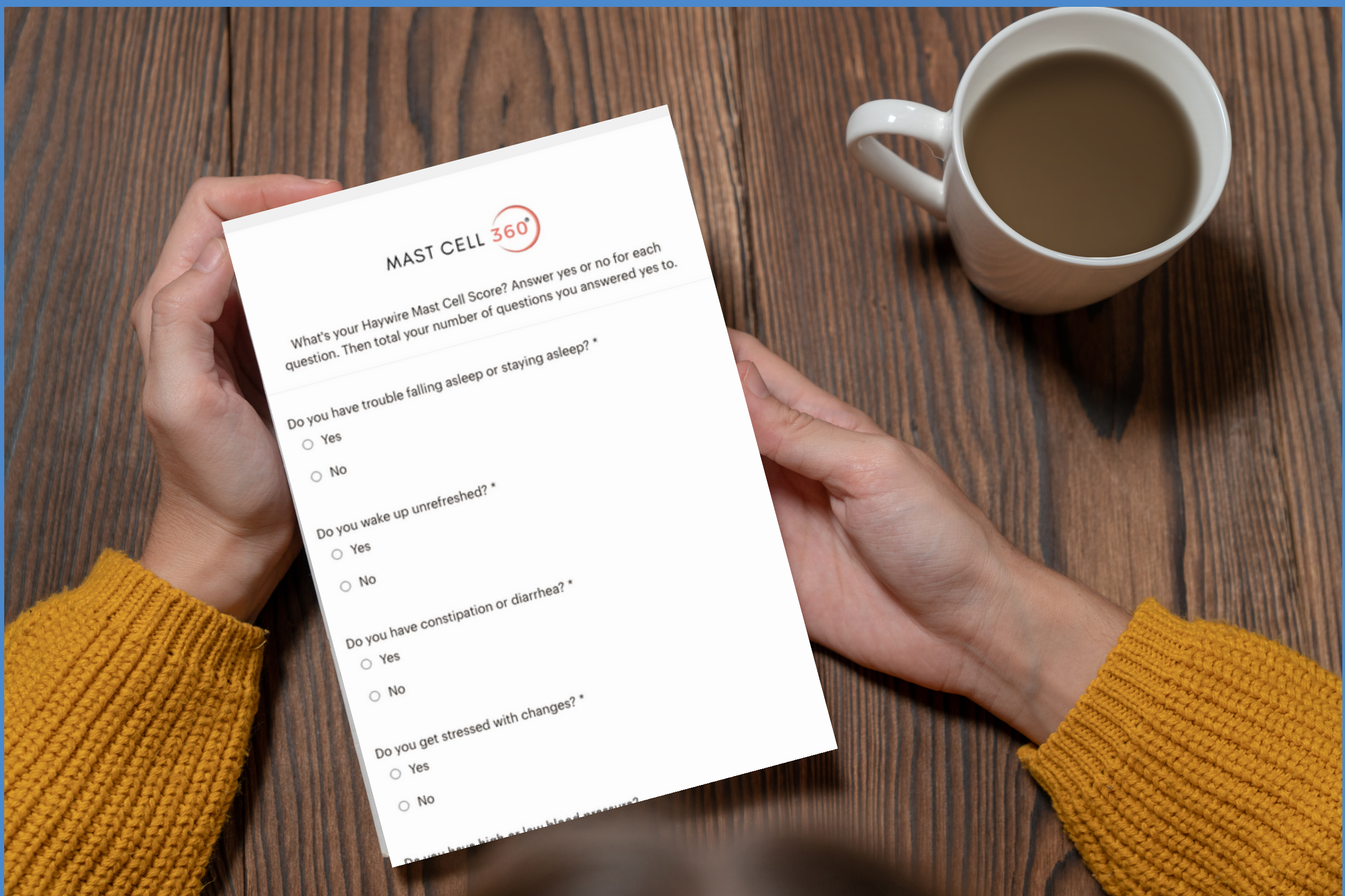
Step 2: Take Haywire Quiz

Print out the next page or take our Haywire Mast Cell Quiz online here: mastcell360.com/haywire-quiz

Then look at your Quiz Results here: mastcell360.com/haywire-results

Fill out your Haywire Mast Cell Quiz:

Score: _____ on this date _____.



>>> [Click Here to take our Haywire Mast Cell Quiz](https://mastcell360.com/haywire-quiz)
mastcell360.com/haywire-quiz

Haywire Mast Cell Quiz

Check the box to answer Yes. Then, tally up how many boxes you checked.

- Do you have trouble falling asleep or staying asleep?
- Do you get lightning bolt or ice pick type pains?
- Do you have constipation or diarrhea?
- Do you get stressed with changes?
- Do you have high or low blood pressure?
- Do lights or sounds bother you?
- Do you feel wired or tired after too much conversation?
- Do you feel wired and tired on a daily basis?
- Do you have anxiety or depression?
- Are you sensitive to EMFs?
- Are you sensitive to mold or have Mold Toxicity?
- Have you had Lyme disease or coinfections (Babesia, Bartonella)?
- Does the smell of perfume or cologne bother you?
- Does the smell of paint or gasoline bother you?
- Have you had reactions to more than 3 foods?
- Have you had reactions to more than 3 supplements?
- Do you startle easily?
- Do you have a weak gag reflex or gag too easily?
- Do you have chronic ear ringing (tinnitus)?
- Do you have any form of Autoimmunity?



Step 3: Vagal Signs List

Review the Vagal Signaling and Vagal Structural Signs Worksheet and check each one you have.

If you have 1+ of these, add more vagal support when you build your reboot roadmap.

Vagal Signaling Signs

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 hoarse
- 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)

Circle your uvula response (explained in class):

- Normal
- Abnormal

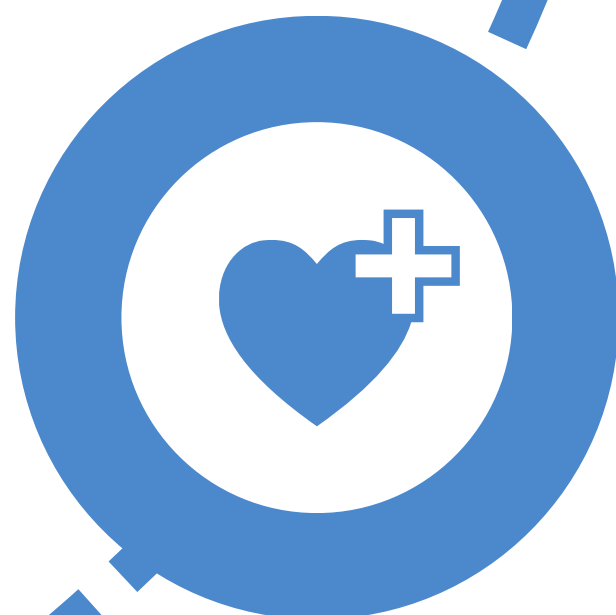
Vagal Structural Signs

Your neck range of motion (circle one):

- Great
- Some limitations
- Very limited

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



Step 4: Total Your Score

Take your Haywire Quiz score, review it and identify if you have Mildly Haywire, Moderately Haywire, Strongly Haywire or Severely Haywire Mast Cells.

I have _____ Haywire Mast Cells.
(write mildly, moderately, strongly or severely)



Mildly Haywire

Answered yes to **4 or fewer** questions.



Moderately Haywire

Answered yes to **5 to 10** questions.



Strongly Haywire

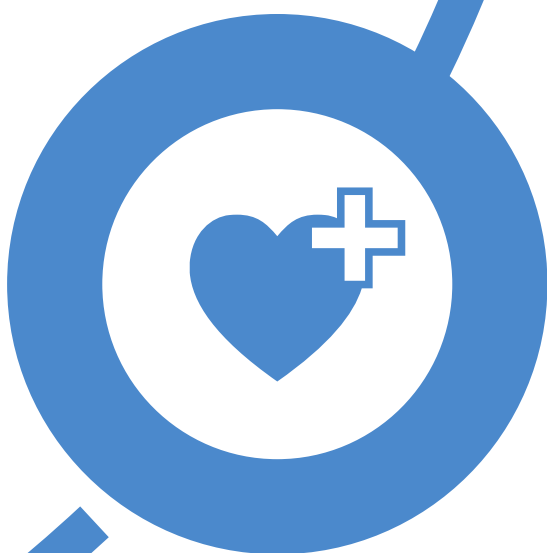
Answered yes to **11 to 14** questions.



Severely Haywire

Answered yes to **15 to 20** questions.

Build Your Reboot Roadmap



Step 5: Choose Your Support Level

You may need a light to major reboot of your Nervous System to recover. The good news is that no matter how haywire your mast cells currently are you CAN get unstuck and get on with your healing!

I plan to work _____ per day on my Haywire Mast Cells.
(write how many minutes per day and 1x or 2x daily.)



Mildly Haywire

Work up to 10 to 20 minutes once PER day.



Moderately Haywire

Work up to 30 minutes once or 15 mins 2x PER day.



Strongly Haywire

Work up to 20 to 30 minutes 2x PER day.



Severely Haywire

Work up to 30 to 60 minutes 2x PER day.

Step 6: Build your Reboot Roadmap

**YOUR HAYWIRE
MAST CELLS LEVEL**

How many modalities will you do?

How much time will you spend daily?

PICK YOUR MODALITIES:

LIMBIC SYSTEM REGULATION



Limbic

- Emotional Freedom Technique (Tier 1)
- Primal Trust, Gupta Program or Dynamic Neural Retraining System (DNRS) (Tier 2)
- Safe and Sound Protocol (Tier 3)

VAGAL SIGNALING



Vagal Signaling

- Alternate Nostril Breathing (Tier 1)
- Resonance Breathing (Tier 1)
- 9 Step Acupressure (Tier 1)
- Emotional Freedom Technique (Tier 1)
- Earthing (Tier 1)
- Half Speed Movement (Tier 1)
- Basic Vagal Release Exercise (Tier 1)
- NuCalm App (Vagal Signaling) (Tier 2)
- Book: Healing Power of the Vagal Nerve Exercises (Tier 2)
- Cranial Sacral Therapy (Tier 3)
- Safe and Sound Protocol (Tier 3)
- Osteopathic Craniosacral Adjustments (Tier 4)

VAGAL STRUCTURING



Vagal Structural

- Alternate Nostril Breathing (Tier 1)
- Basic Vagal Release Exercise (Tier 1)
- Book: Healing Power of the Vagal Nerve Exercises (Tier 2)
- Cranial Sacral Therapy (Tier 3)
- Upper Cervical Chiropractic (Tier 4)
- Osteopathic Craniosacral Adjustments (Tier 4)

PARASYMPATHETIC BALANCING (PNS)



Parasympathetic Balancing (PNS)

- Alternate Nostril Breathing (Tier 1)
- Resonance Breathing (Tier 1)
- 9 Step Acupressure (Tier 1)
- Emotional Freedom Technique (Tier 1)
- Earthing (Tier 1)
- Half Speed Movement (Tier 1)
- Cranial Sacral Therapy (Tier 3)
- Osteopathic Craniosacral Adjustments (Tier 4)

Modality Support By Tiers

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 (EFT) (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:

- ***Primal Trust, Gupta Program or Dynamic Neural Retraining System (DNRS) (Limbic System Regulation and Retraining)
- NuCalm App (Vagal Signaling)
- Book: The Healing Power of the Vagus Nerve (exercises) (Vagal Signaling, Vagal Structural)

***highly recommend 1 of these for limbic system retraining

Tier 3: Powerful Reboot Practices you can add in:

- 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.

Modality Support By Type

Parasympathetic Balancing (PNS)

- Alternate Nostril Breathing - Tier 1
- Resonance Breathing - Tier 1
- 9 Step Acupressure - Tier 1
- Emotional Freedom Technique - Tier 1
- Earthing - Tier 1
- Half Speed Movement - Tier 1
- Cranial Sacral Therapy - Tier 3
- Osteopathic Craniosacral Adjustments - Tier 4

Vagal Signaling

- Alternate Nostril Breathing - Tier 1
- Resonance Breathing - Tier 1
- 9 Step Acupressure - Tier 1
- Emotional Freedom Technique - Tier 1
- Earthing - Tier 1
- Half Speed Movement - Tier 1
- Basic Vagal Release Exercise - Tier 1
- NuCalm App (Vagal Signaling) - Tier 2
- Book: Healing Power of the Vagal Nerve Exercises - Tier 2
- Cranial Sacral Therapy - Tier 3
- Safe and Sound Protocol - Tier 3
- Osteopathic Craniosacral Adjustments - Tier 4

Limbic

- Emotional Freedom Technique - Tier 1
- Primal Trust, Gupta Program or Dynamic Neural Retraining System - Tier 2
- Safe and Sound Protocol - Tier 3

Vagal Structural

- Alternate Nostril Breathing - Tier 1
- Basic Vagal Release Exercise - Tier 1
- Book: Healing Power of the Vagal Nerve Exercises - Tier 2
- Cranial Sacral Therapy - Tier 3
- Upper Cervical Chiropractic - Tier 4
- Osteopathic Craniosacral Adjustments - Tier 4

*****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.**

Step 6: Build your Reboot Roadmap

MILDLY HAYWIRE

Pick (2) Modalities

Work up to **10 to 20 minutes** once PER day.

PICK YOUR MODALITIES:

LIMBIC SYSTEM REGULATION

- 1 for Limbic System Regulation
- 1 for Vagal Signaling

Limbic

- Emotional Freedom Technique (Tier 1)
- Primal Trust, Gupta Program or Dynamic Neural Retraining System (DNRS) (Tier 2)
- Safe and Sound Protocol (Tier 3)

VAGAL SIGNALING

Vagal Signaling

- Alternate Nostril Breathing (Tier 1)
- Resonance Breathing (Tier 1)
- 9 Step Acupressure (Tier 1)
- Emotional Freedom Technique (Tier 1)
- Earthing (Tier 1)
- Half Speed Movement (Tier 1)
- Basic Vagal Release Exercise (Tier 1)
- NuCalm App (Vagal Signaling) (Tier 2)
- Book: Accessing the Healing Power of the Vagus Nerve (exercises) (Tier 2)
- Cranial Sacral Therapy (Tier 3)
- Safe and Sound Protocol (Tier 3)
- Osteopathic Craniosacral Adjustments (Tier 4)

VAGAL STRUCTURING

NOT USED FOR MILDLY
HAYWIRE MAST CELLS

Vagal Structural

- Alternate Nostril Breathing (Tier 1)
- Basic Vagal Release Exercise (Tier 1)
- Book: Accessing the Healing Power of the Vagus Nerve (exercises) (Tier 2)
- Cranial Sacral Therapy (Tier 3)
- Upper Cervical Chiropractic (Tier 4)
- Osteopathic Craniosacral Adjustments (Tier 4)

PARASYMPATHETIC BALANCING (PNS)

NOT USED FOR MILDLY
HAYWIRE MAST CELLS

Parasympathetic Balancing (PNS)

- Alternate Nostril Breathing (Tier 1)
- Resonance Breathing (Tier 1)
- 9 Step Acupressure (Tier 1)
- Emotional Freedom Technique (EFT) (Tier 1)
- Earthing (Tier 1)
- Half Speed Movement (Tier 1)
- Cranial Sacral Therapy (Tier 3)
- Osteopathic Craniosacral Adjustments (Tier 4)

Step 6: Build your Reboot Roadmap

MODERATELY HAYWIRE

Pick (3) Modalities

Work up to **30 min. once or 15 mins 2x PER day.**

PICK YOUR MODALITIES:

LIMBIC SYSTEM REGULATION



- 1 for Limbic System Regulation
- 1 for Vagal Signaling
- 1 for Structural OR 1 for Parasympathetic Balancing

Limbic

- Emotional Freedom Technique (Tier 1)
- Primal Trust, Gupta Program or Dynamic Neural Retraining System (DNRS) (Tier 2)
- Safe and Sound Protocol (Tier 3)

VAGAL SIGNALING



Vagal Signaling

- Alternate Nostril Breathing (Tier 1)
- Resonance Breathing (Tier 1)
- 9 Step Acupressure (Tier 1)
- Emotional Freedom Technique (Tier 1)
- Earthing (Tier 1)
- Half Speed Movement (Tier 1)
- Basic Vagal Release Exercise (Tier 1)
- NuCalm App (Vagal Signaling) (Tier 2)
- Book: Accessing the Healing Power of the Vagus Nerve (exercises) (Tier 2)
- Cranial Sacral Therapy (Tier 3)
- Safe and Sound Protocol (Tier 3)
- Osteopathic Craniosacral Adjustments (Tier 4)

VAGAL STRUCTURING



Vagal Structural

- Alternate Nostril Breathing (Tier 1)
- Basic Vagal Release Exercise (Tier 1)
- Book: Accessing the Healing Power of the Vagus Nerve (exercises) (Tier 2)
- Cranial Sacral Therapy (Tier 3)
- Upper Cervical Chiropractic (Tier 4)
- Osteopathic Craniosacral Adjustments (Tier 4)

PARASYMPATHETIC BALANCING (PNS)



Parasympathetic Balancing (PNS)

- Alternate Nostril Breathing (Tier 1)
- Resonance Breathing (Tier 1)
- 9 Step Acupressure (Tier 1)
- Emotional Freedom Technique (EFT) (Tier 1)
- Earthing (Tier 1)
- Half Speed Movement (Tier 1)
- Cranial Sacral Therapy (Tier 3)
- Osteopathic Craniosacral Adjustments (Tier 4)

Step 6: Build your Reboot Roadmap

STRONGLY HAYWIRE

Pick 5 to 6 Modalities

Work up to **20 to 30 minutes** 2x PER day.

PICK YOUR MODALITIES:

LIMBIC SYSTEM REGULATION



- 1 for Limbic System Regulation
 - 2 for Vagal Signaling
 - 1-2 for Vagal Structural
 - 1 for Parasympathetic Balancing
- May need to use Central Nervous System Supports*

Limbic

- Emotional Freedom Technique (Tier 1)
- Primal Trust, Gupta Program or Dynamic Neural Retraining System (DNRS) (Tier 2)
- Safe and Sound Protocol (Tier 3)

VAGAL SIGNALING



Vagal Signaling

- Alternate Nostril Breathing (Tier 1)
- Resonance Breathing (Tier 1)
- 9 Step Acupressure (Tier 1)
- Emotional Freedom Technique (Tier 1)
- Earthing (Tier 1)
- Half Speed Movement (Tier 1)
- Basic Vagal Release Exercise (Tier 1)
- NuCalm App (Vagal Signaling) (Tier 2)
- Book: Accessing the Healing Power of the Vagus Nerve (exercises) (Tier 2)
- Cranial Sacral Therapy (Tier 3)
- Safe and Sound Protocol (Tier 3)
- Osteopathic Craniosacral Adjustments (Tier 4)

VAGAL STRUCTURING



Vagal Structural

- Alternate Nostril Breathing (Tier 1)
- Basic Vagal Release Exercise (Tier 1)
- Book: Accessing the Healing Power of the Vagus Nerve (exercises) (Tier 2)
- Cranial Sacral Therapy (Tier 3)
- Upper Cervical Chiropractic (Tier 4)
- Osteopathic Craniosacral Adjustments (Tier 4)

PARASYMPATHETIC BALANCING (PNS)



Parasympathetic Balancing (PNS)

- Alternate Nostril Breathing (Tier 1)
- Resonance Breathing (Tier 1)
- 9 Step Acupressure (Tier 1)
- Emotional Freedom Technique (EFT) (Tier 1)
- Earthing (Tier 1)
- Half Speed Movement (Tier 1)
- Cranial Sacral Therapy (Tier 3)
- Osteopathic Craniosacral Adjustments (Tier 4)

Step 6: Build your Reboot Roadmap

SEVERELY HAYWIRE

Pick 7 to 8 Modalities

Work up to **30 to 60 minutes** 2x PER day.

PICK YOUR MODALITIES:

LIMBIC SYSTEM REGULATION



- 1 for Limbic System Regulation
 - 3 for Vagal Signaling
 - 2 for Vagal Structural
 - 1-2 for Parasympathetic Balancing
- May need to use Central Nervous System Supports*

Limbic

- Emotional Freedom Technique (Tier 1)
- Primal Trust, Gupta Program or Dynamic Neural Retraining System (DNRS) (Tier 2)
- Safe and Sound Protocol (Tier 3)

VAGAL SIGNALING



Vagal Signaling

- Alternate Nostril Breathing (Tier 1)
- Resonance Breathing (Tier 1)
- 9 Step Acupressure (Tier 1)
- Emotional Freedom Technique (Tier 1)
- Earthing (Tier 1)
- Half Speed Movement (Tier 1)
- Basic Vagal Release Exercise (Tier 1)
- NuCalm App (Vagal Signaling) (Tier 2)
- Book: Accessing the Healing Power of the Vagus Nerve (exercises) (Tier 2)
- Cranial Sacral Therapy (Tier 3)
- Safe and Sound Protocol (Tier 3)
- Osteopathic Craniosacral Adjustments (Tier 4)

VAGAL STRUCTURING



Vagal Structural

- Alternate Nostril Breathing (Tier 1)
- Basic Vagal Release Exercise (Tier 1)
- Book: Accessing the Healing Power of the Vagus Nerve (exercises) (Tier 2)
- Cranial Sacral Therapy (Tier 3)
- Upper Cervical Chiropractic (Tier 4)
- Osteopathic Craniosacral Adjustments (Tier 4)

PARASYMPATHETIC BALANCING (PNS)



Parasympathetic Balancing (PNS)

- Alternate Nostril Breathing (Tier 1)
- Resonance Breathing (Tier 1)
- 9 Step Acupressure (Tier 1)
- Emotional Freedom Technique (EFT) (Tier 1)
- Earthing (Tier 1)
- Half Speed Movement (Tier 1)
- Cranial Sacral Therapy (Tier 3)
- Osteopathic Craniosacral Adjustments (Tier 4)



MAST CELL NERVOUS SYSTEM REBOOT MASTER CLASS

REBOOT ROADMAP FROM **BETH O'HARA**

For additional resources visit www.mastcell360.com/reboot-resources