

MCAS Holiday Survival Guide



The holiday season is upon us which means that travel, possible flares, and challenging moments with your chronic illness are, too. So, be sure to print off this guide to ensure you are prepared for anything!

Plus, we know how difficult it is 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 discounts too! If your loved one is **extra sensitive look for the items with an asterisk*** for what may be best!

Spoil Your Loved Ones

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

Hi Mast Cell 360 Community!

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.

Good News — 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.

Plus, you'll have confidence that these ideas are mast cell friendly. They have all been tested and used in our Mast Cell 360 Clinic and by Team Members.

It's also great gift inspiration for birthdays and other celebrations. You can use this list for your general holiday gift buying, too!

survival guide

Travel Tips and Tricks for Those With Mast Cell Activation Syndrome (MCAS) and Histamine Intolerance

Traveling with Mast Cell Activation Syndrome (MCAS) or Histamine Intolerance can be challenging. But with the right strategies, it's possible to enjoy your trips. Here are some key tips to manage your health while traveling:

Key Travel Triggers

- **Stress:** Stress activates the sympathetic nervous system, which increases histamine release and mast cell activation. Reduce stress by planning ahead and taking time to relax before your trip.
- **Food:** While traveling, you may encounter higher histamine, oxalate, and lectin foods that can overwhelm your body. Pre-plan your meals or bring safe foods with you to avoid flare-ups.
- **Toxic Chemicals:** Exposure to chemicals in hotel cleaning products or perfumes can trigger mast cells. Request scent-free rooms and bring your own sheets and pillowcases to minimize exposure.
- **Mold:** Mold is common in hotel rooms and vacation rentals, and exposure can trigger MCAS symptoms. If you detect mold or musty odors, request a room change and use a mold-fighting spray in your room.
- **Germs:** Viruses and bacteria can trigger flare-ups. Clean surfaces upon arrival and wear gloves to avoid contact with germs. Stay hydrated to support your immune system.

Tips for Managing Stress

- **Make a Master Packing List:** Plan ahead by listing essentials like medications, supplements, personal care items, and travel documents.
- **Pack Early:** Give yourself time to pack days in advance, reducing last-minute stress and ensuring you have everything you need.
- **Plan, but Don't Overplan:** Limit daily activities to avoid over-scheduling and leave time for rest.

Food and Accommodations

- **Bring Safe Foods:** Carry a Low Histamine Foods List and pack meals or snacks, especially if you can't control food sources.
- **Choose Accommodations with a Kitchen:** Book places with kitchens to prepare your own meals. Consider options like Marriott Residence Inns or VRBO.
- **Dining Out:** Be polite and upfront with restaurant staff about your dietary restrictions. Request modifications to dishes or substitutions from ingredients that are safe for you.

Supporting Your Nervous System

- **Vagus Nerve Stimulation:** Techniques like box breathing and resonant breathing help activate the parasympathetic nervous system, which calms mast cells.

General Tips for a Safer Trip

- **Stay Hydrated:** Drink plenty of water, as dehydration can worsen histamine reactions. Carry water with you to stay hydrated, especially on flights.
- **Increase Supports:** Before your trip, consult with your healthcare provider to preload mast cell and histamine supports, like supplements, that can help manage symptoms.

By planning ahead, being proactive about triggers, and supporting your nervous system you can manage your health and enjoy your travels despite the challenges of MCAS and Histamine Intolerance.

Safe travels!

To read the full blog post click below:

<https://mastcell360.com/travel-tips-and-tricks-for-those-with-mast-cell-activation-syndrome-and-histamine-intolerance>

More Low Histamine Lifestyle Tips

- [Safe and Non Toxic Chemical Cleaning](#)
- [Skin Care Guide](#)
- [Tips for Cleaner Air](#)
- [Tips for Cleaner Water](#)
- [Using Gratitude to Calm Mast Cells](#)

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FOOD GIFT IDEAS



Delicious Coffee

Enjoy coffee without toxic
triggers like mold and pesticides

Use Coupon Code
MASTCELL360 To get 20% Off

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FOOD GIFT IDEAS



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!

FOOD GIFT IDEAS



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.

survival guide

Customizing Your Flare Plan for Mast Cell Activation Syndrome (MCAS) and Histamine Intolerance

What Is a Flare Plan?

Think of a flare plan kind of like you would a natural disaster plan. For example, if your area is prone to tornadoes, you want to prepare BEFORE a tornado ever hits.

You'll want to know where to take shelter. You'll also want to have a kit with emergency essentials ready to go.

Checklists may also be helpful.

In the moment, things can get chaotic! If you have a checklist and a kit prepared, all you need to do is grab your kit and checklist. Then you just check everything off.

When you are in a mast cell flare, it's very much the same. Your mast cell flare plan is your list of safe:

- Supplements
- Nervous system supports
- Medications
- Action steps

You can use this when you first start noticing you're in a flare.

Or you can use this BEFORE a flare if you know you'll be exposed to mast cell triggers.

Why Should You Make a Flare Plan?

Like us, you might not be thinking clearly when you're in the middle of a flare.

Flares can affect your mental health and your ability to make any decisions at all. Let alone good decisions.

Having a clear plan already written up can help you when you feel too bad to make good decisions.

You should print out your flare plan on a piece of paper.

You can even keep it in a page protector to help keep it safe. Keep it in a memorable place like your medicine cabinet. It is better to have a printout than to rely on an electronic file.

It's often easier to access a piece of paper in your drawer or cabinet if you are sick. And if you need someone to get it for you, they won't need to know passwords or where to find your file.

When to Start Using Your Flare Plan

Normally, you would use your flare plan when you first start noticing symptoms or when you are anticipating mast cell activation, like from medical procedures. Over the years, this has helped us feel better faster.

But speaking from experience, a flare plan is still extremely helpful even when we don't use it right away and symptoms get worse. Having a flare plan you can get out and start following to the letter can keep you from spiraling completely out of control with your health.

It's easy in a flare to have brain fog that will keep you stuck. And you may need to be on autopilot as much as possible.

Customizing Your Flare Plan

A symptoms and changes journal can be a good place to start putting together the picture of your health.

A symptoms and changes journal can help you:

- Pinpoint triggers
- Identify what you tolerate best
- Discern what dosages are best for your needs

Top Flare Plan Recommendations

- Get medical advice if you have new or worsening symptoms.
- Drink extra water.
- Get extra sleep.
- Avoid stressors.
- Increase time doing nervous system supports.
- Eat cleanly.

Our Personal Flare Plan

Here's what's on our flare plan. You can use this as a starting point for ideas on how to create your own flare plan.

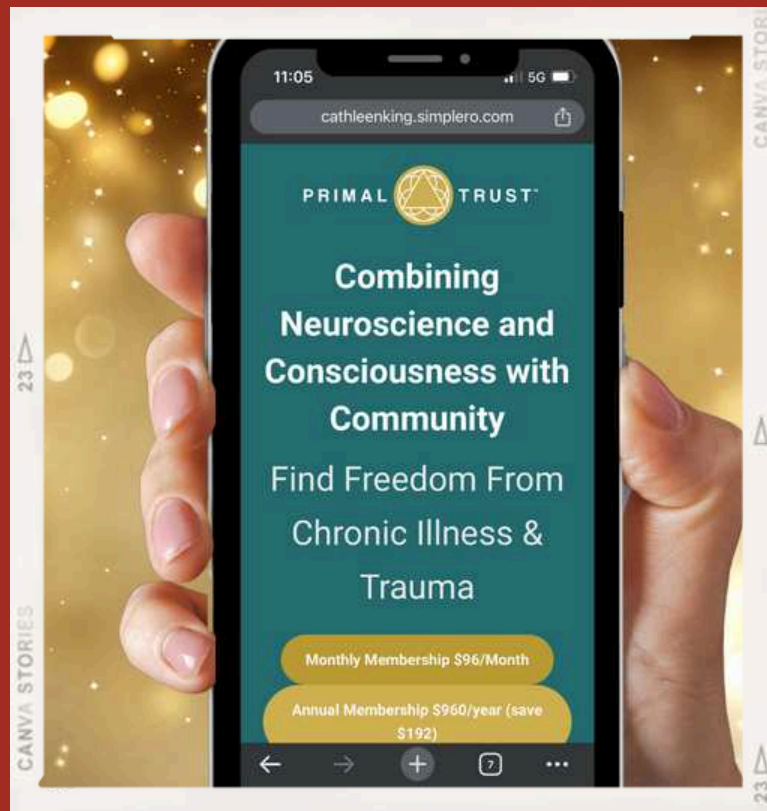
- Symptoms to watch out for
- Favorite safe foods
- Which foods can be blended for a smoothie
- Note to increase water consumption
- Detailed list of supplements and medications to increase
- Nervous system supports to do
- Troubleshooting tips for your top flare symptoms

We hope this gives you a framework to create your own flare plan and be better prepared. We've all been there, and with a little preparation, you can take control of your health journey!

To read the full blog post click below:

<https://mastcell360.com/making-a-mast-cell-activation-syndrome-flare-up-plan>

RELAXATION GIFT IDEA



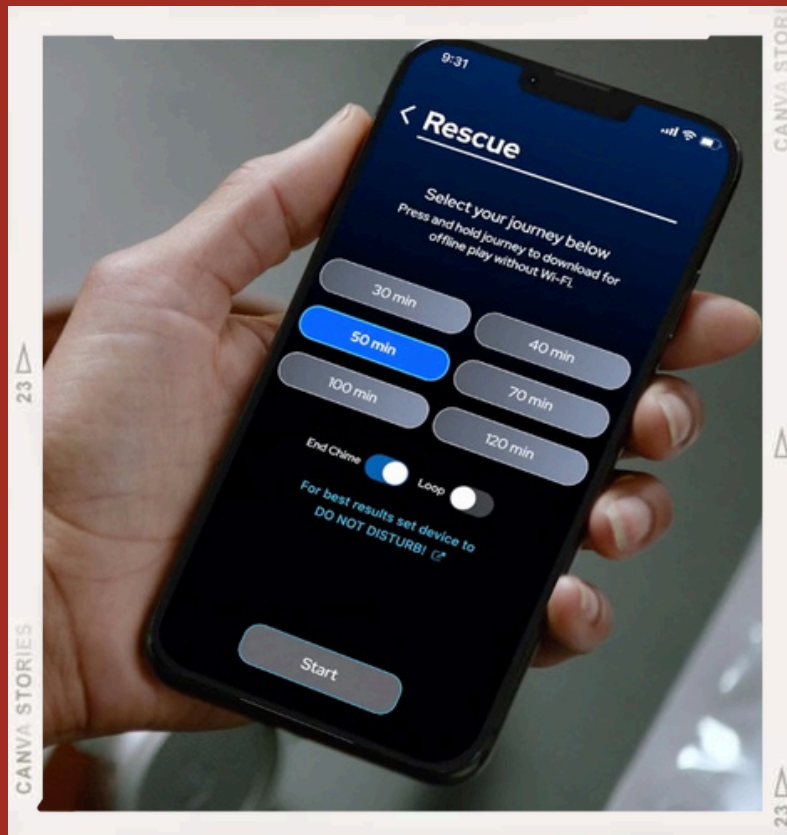
Primal Trust Academy*

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!](#)

RELAXATION GIFT IDEA



NuCalm

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

Use Coupon Code MC360
For 3 Months at \$9.99

[Free Trial Here](#)

BEAUTY GIFT IDEA



Body Butter

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

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

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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!](#)

ESSENTIAL OIL GIFTS



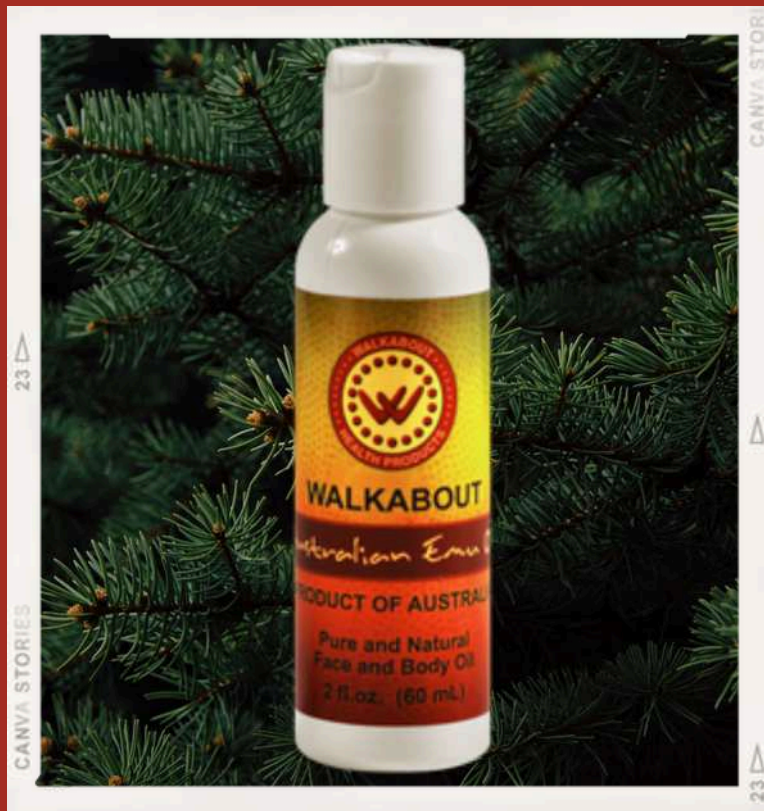
Oil Blends

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

- [Histamine Balance](#)
- [Circadian Rhythm](#)
- [Sleep](#)
- [Lymph](#)
- [Nerve Repair](#)

Get Them Here!

BEAUTY GIFT IDEA



Rich Moisturizer*

Nourish your loved one's skin
with luscious emu oil

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

Get It Here!

survival guide

Low Histamine Dinner and Low Histamine Lunch Ideas for Celebrations with MCAS +Plus Top Tips for Less Party Stress

Festive celebrations can be a challenge when you're managing Mast Cell Activation Syndrome (MCAS) or Histamine Intolerance.

That's why we've gathered some delicious low histamine dinner and low histamine lunch ideas, and our top party tips, to help take the stress out of gatherings!

Sharing a meal or just getting together to celebrate is meant to be a joyful event. But with MCAS, a low histamine diet, and other food intolerances, it can start to feel more like a chore—or maybe even impossible to participate in the fun.

We get it. We've all been there. A bit of preparation ahead of time can make things much easier, though.

We hope these tips and low histamine recipes will help make your next celebration less stressful and more enjoyable.

Before making dietary changes on your own, please make sure you're working with a healthcare practitioner who can help you with this. Never limit foods unnecessarily, and always have a licensed medical provider who is supervising your case.

Tips on Navigating Celebrations with MCAS for Less Stress

Here are our best tips for enjoying a get-together when you have Histamine Intolerance or MCAS:

- **Nervous system calming:** make sure you do your nervous system work that day!
- **Mast cell supports:** consider increasing mast cell supports:
 - DAO (diamine oxidase enzyme)
 - Perilla Seed Extract
 - Or others that work for you
 - Related Post: Flare Plan
- **Bring your own food:** if you attend a party where food will be served, bring some of your own!
 - Pack a serving of protein
 - Provide a full frozen meal that's easy to reheat
 - Bring shareable side dishes everyone can enjoy (yes you!)
- **Be kind:** lovingly remind yourself you are worth asking for your needs to be met. This doesn't mean anyone is obligated to fill those needs, but you are worth asking.

REMINDER

It's also okay to decline invitations you know would put you in an environment that's not healthy for you.

- **Communicate:** this goes a long way to making things easier.
 - Inform your host when you accept the invitation that you have severe sensitivities and will be bringing your own food.
 - Think about what you need and write yourself a list, then have a few phrases on hand to ask about or express your needs

- **Communicate** (continued)
 - **SCRIPT 1:**
 - "I really appreciate you inviting me and I don't want to make things hard. I just need help with (fill in the blanks of what you need). Is that something we can do?"
 - **SCRIPT 2:**
 - "Thank you for including me in your plans. I have severe food sensitivities so I'll bring my own _____ and a dish to share. Can I also get your help with _____?"
 - Think of other ways to express your needs and gratitude that feel authentic and kind to you!
 - You may also need to kindly ask for something like not burning fragranced candles or unplugging air fresheners or not wearing perfume. Things like this will really depend on the size of the gathering and how well you know everyone.
 - If you find you need to leave early, and it is safe to take the time to do so, find the host and simply politely excuse yourself. Be appreciative and express gratitude.
 - **SCRIPT 3:**
 - "I'm not feeling well so I need to go home but I wanted to thank you for inviting and including me."
 - **SCRIPT 4**
 - "I really appreciate you being so supportive while I'm visiting. Thank you for helping me."
- **Hosting:** consider hosting and planning a low histamine meal for both you and your guests to enjoy.
- **Get help:** consider asking family, friends, or a young neighbor for help with food prep if your energy is low.
- **Printable food list:** use our printable low histamine foods list for shopping to make things easier
- **Enjoy:** When you prep ahead for gatherings you are then more likely to be able to enjoy your time with others too!

We hope these tips and [low histamine recipes](#) will help make your next celebration less stressful and more enjoyable.

Click to open:

- [Tips for navigating celebrations with MCAS](#)
- [Low histamine appetizer ideas](#)
- [Low histamine side dish ideas](#)
- [Low histamine main dish ideas](#)
- [Low histamine dessert ideas](#)
- And even some [low histamine drinks](#)

To read the full blog post click below:

<https://mastcell360.com/low-histamine-holiday-meal-ideas-for-those-with-mast-cell-activation-syndrome-or-histamine-intolerance-also-low-lectin-and-medium-to-low-oxalate>

More Healthy Celebration Tips

- [Travel Tips](#)
- [Flare Plan](#)
- [Low Histamine Breakfast and Brunch](#)
- [Healthy New Year's Resolutions for MCAS](#)

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We only recommend products that we love and use personally or use in the Mast Cell 360 practice. Any commissions help support the newsletter, website, and ongoing research so Mast Cell 360 can continue to offer you free tips, recipes, and info. Thank you for your support!

DO YOU NEED HELP?



We're so glad you're here!

We help clients struggling with challenging cases of Mast Cell Activation Syndrome (MCAS), Histamine Intolerance, Mold Toxicity, and associated chronic illness.

Our co-founder, Beth O'Hara, used her own experience and education to develop the MC360™ Method which has helped even the most sensitive people recover their health.

And we want to help you, too.

Are you struggling with mysterious health symptoms?

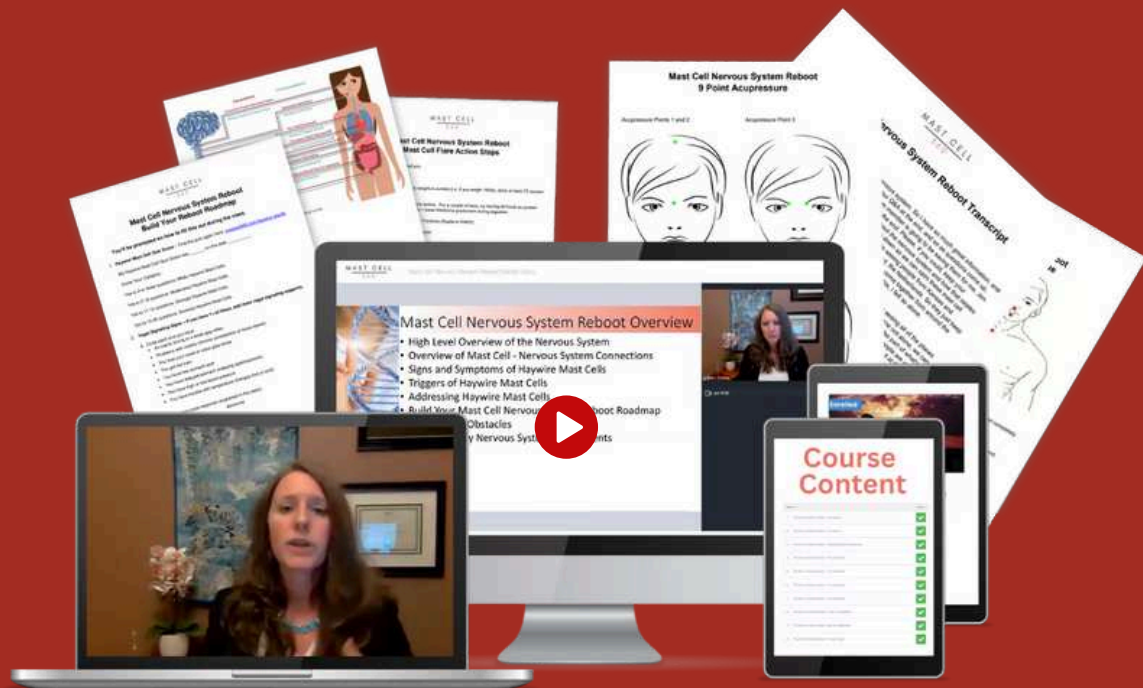
Do you think you or your loved one has MCAS?

[Find out here >>>](#)

Take The Quiz!

BEST GIFT FOR HYPERSENSITIVE

Mast Cell Nervous System Reboot



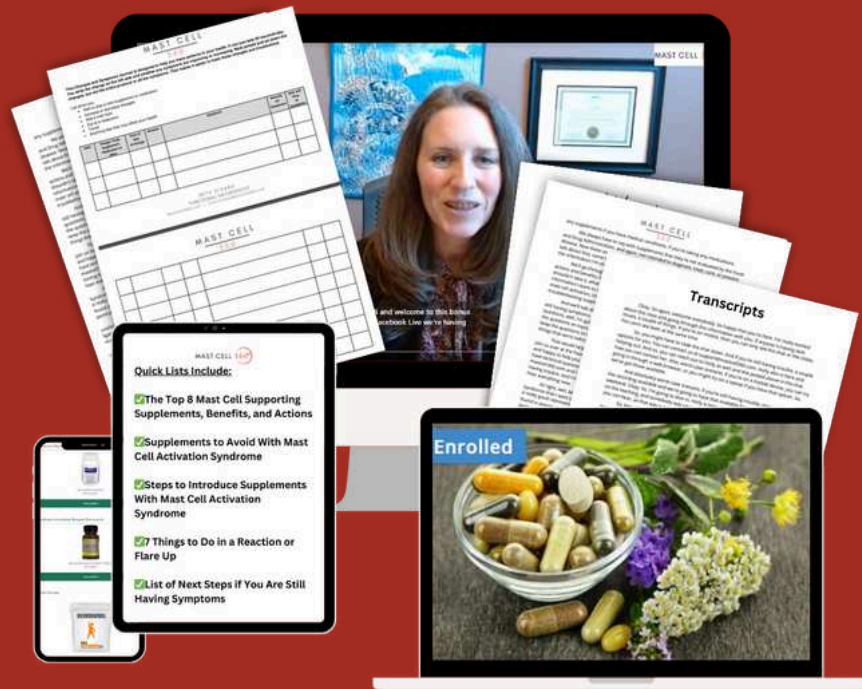
Empower your loved one to start taking control of their health when you buy them this course. They'll learn how to balance their nervous system and start their path to healing.

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

Get It Here!

GIFT FOR SUPPORTING HEALTH

Top 8 Mast Cell Supporting Supplements Master Class



Support your loved one's health journey with this master class. You will be able to help them learn how they can support their mast cells, reduce their symptoms, and calm flares even if they are sensitive.

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

Get It Here!

GET PERSONALIZED SUPPORT

Mast Cell 360 Clinic



APPLY
NOW

Apply to be seen at Mast Cell 360 Clinic

Our practitioners at Mast Cell 360 build personalized, effective roadmaps for healing. Our method has now helped hundreds of people with Mast Cell Activation Syndrome, Mold Toxicity, and sensitivities to regain their lives, their hopes, and their dreams.

- ✓ Functional Naturopathy
- ✓ 600+ Success Stories
- ✓ Mast Cell 360™ Method
- ✓ Virtual Practitioners

We're Now Accepting Applications!

We are a virtual consulting practice. Please note our practitioners do not diagnose, treat, or prescribe. This means you still need to be under the care and supervision of your local medical provider while working with Mast Cell 360 Clinic practitioners.

You can read more about our practitioners below.

[Click to Apply Today!](#)

PAY IT FORWARD PROGRAM

If Beth O'Hara's work and legacy has personally impacted your life and you want to honor her life, by paying it forward, we have a special new option to help others!

At Mast Cell 360, we are carrying on Beth's work and legacy—continuing with her mission to help people suffering from Mast Cell Activation Syndrome heal.

As people are attempting to heal, they often experience challenges with their mental wellness. There are few resources available in the mental wellness community to support those who suffer from chronic illness, but it is a huge need.

At Mast Cell 360 we are here to help.

Not only can our practitioners in the clinic help even those who have the toughest cases of MCAS finally find relief, but we are working hard to provide referrals and emotional support services to those who need it.

However, because most insurances do not cover mental wellness or MCAS treatments, the services we offer at the clinic can sometimes be cost prohibitive, especially to those who have experienced a loss of income or ability to work due to their illness.

Anything you contribute to our Pay it Forward Program will go directly towards assisting those with MCAS get services in our clinic—and especially mental wellness and emotional support.

To Pay it Forward in Beth's Honor, simply click the button below.

You can contribute any amount you'd like and 100% of proceeds will go towards Paying it Forward.

[Click to Learn More!](#)

Please note: no refunds available on contributions made to the "Pay It Forward" program/MastCell360.

