

2025 MCAS FRIENDLY HOLIDAY GIFT GUIDE



spread the
JOY



THOUGHTFUL GIFTS FOR SOMEONE SPECIAL

Finding the right gift for someone with a chronic illness can be challenging, but it's also a meaningful way to show your love and care. Discover thoughtful gift ideas that bring comfort and joy—without compromising their well-being. Plus, enjoy exclusive discount codes to help you give generously and save along the way!

Wishing our community a happy, healthy, and enjoyable holiday season!

happy holidays!

MAST CELL 360[®]

What You'll Find in this Holiday Gift Guide...

- 01** [Our Top Picks This Holiday Season](#)
- 02** [Holiday Cooking & Baking](#)
- 03** [Kitchen Essentials](#)
- 04** [Healthy Home](#)
- 05** [Top Resources for Healing](#)
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Our Top Picks this Holiday Season

- ✦ **Gut Support Supplements from Healthy Gut** - This holiday everyone could use some extra gut support to feel their best and enjoy the season. It's a thoughtful way to let someone know you care about them and support their wellbeing.
- ✦ **Sunlighten Saunas** - A sauna is a meaningful investment in someone's health. It's a gentle, restorative way to help their body relax, recover, and heal. Give someone you care about the comfort of having this support right in their own home.
- ✦ **Purity Coffee** - Looking for a great way to remind someone that you care? Give a cozy gift that allows them to nourish their body first thing in the morning!
- ✦ **Vibrant Blue Oils** - A thoughtful gift for anyone seeking natural relief. These high-quality essential oils offer a range of options to choose.



Gut support that helps you feel your best!

Do you suffer from digestive problems or chronic health issues?

The Healthy Gut Company is here to help you regain control and have the freedom to live without stress, fear, and gut pain!

Because you deserve to be healthy.

You can support your gut and transform your life whether you suffer from: embarrassing gas, diarrhea, constipation, bloating, sensitivities, and more.

Become your best self from the inside out.

These are a reoccurring investment for those in our community and it's a great gift to support them in healing.

SHOP NOW



**HEALTHY
GUT**

Holiday Gift Tip

Add our top recommended gut supports to a gift basket with some of the MCAS friendly food staples in this guide for a thoughtful gift!



Healthy Gut Supplements have been tested by the Mast Cell 360 team and are recommended for those with MCAS or Histamine Intolerance. Great for the additional support needed during the holidays. Help someone you care about stock up this holiday season!

>>> [Learn more about these supplements on our website here](#)

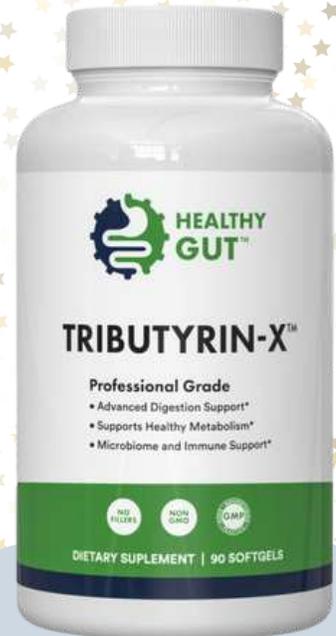
Save 10%
with code
SAVE10



If you've tried enzymes in the past, get ready—these feel different. These activated enzymes support digestion from the first bite, helping your gut handle a wider variety of foods without extra worry. They're part of the gut support trifecta at MC360.



Your body needs fully digested proteins to make healthy muscles, hair, skin, and cells. But aging and illness decrease stomach acid production. Which affects your digestion and nutrient absorption. Get the most out of what you eat by supporting healthy stomach acid levels!



If you suffer from a dysfunctional immune system, Leaky Gut, chronic inflammation in the digestive tract, food sensitivities, bloating, digestive discomfort, or more, then your body deserves the support of Tributyrin-X. a 'hug' for your mast cells.

SHOP NOW AT:

MASTCELL360.COM/STORE-HEALTHYGUT

Relax your Body. Revive Your Mind.

Sauna use for those struggling with MCAS and Histamine Intolerance can help support your body in healing.

It may help calm inflammation, improve circulation, and assist your body in clearing mold, chemicals, and other environmental toxins.

But it's important to choose a sauna that will also be safe to use with MCAS and Histamine Intolerance! And Sunlighten is our top recommendation for low-emf sauna right in your home!

If you have been dreaming about having an in-home sauna, the holidays are the perfect time to save big!

SHOP NOW



Holiday Gift Tip

Know someone dreaming of a sauna? Help make it a reality by sharing the cost. Or create a thoughtful gift basket with Sunlighten's sauna essentials.

GENTLE DETOX & IMMUNE SUPPORT



**SAVE UP TO \$2,200 AND GET
FREE SHIPPING + FREE GIFT!**

(Offer valid through December 5, 2025)

Mention code
MASTCELL360
when ordering

SHOP NOW AT:

MASTCELL360.COM/SAUNA

>>> Learn more about the benefits of sauna use on our website here

**TOP
RATED**
GARAGE GYM REVIEWS





Coffee that Nourishes

Did you know that your morning cup of coffee can be:

- Organic
- Regeneratively Farmed
- Sustainably Sourced
- 3rd Party Tested for Mold & Toxins
- Roasted for Health
- High in Antioxidants

And taste great?

Drinking healthier coffee is one of the easiest things you can do to boost your overall wellness and longevity, and let's face it...life is too short to be drinking poor-quality coffee. Purity Coffee® is health-focused coffee without compromise.

Purity Coffee makes a great stocking stuffer!

If MCAS has led you away from your morning cup, consider giving Purity Coffee® a try!

[SHOP NOW](#)



Holiday Gift Tip

What better gift than some nourishing coffee paired with a travel mug? Check out the cooking & baking section for some additional ways to enjoy!

It's time to reclaim your morning cup of coffee...

Most people don't think of coffee as nourishing, but that is because most of the time it isn't! That's where Purity Coffee® shines. Nourishment that supports your body's healing in every cup.

For those who have removed coffee because of histamine flares, we recommend starting with their decaf coffee option and introducing it slowly for the best results.

>>> Learn more about Purity Coffee on our website here



This original medium roast specialty-grade organic coffee is decaffeinated with a chemical-free natural water process that removes 99.9% of caffeine and retains high antioxidant properties.



Looking for a coffee pod option? They have you covered there too!

All of their blends are available as whole beans, ground, coffee pods, and sachets to take on the go!



Want to give the gift of coffee to someone special in your life?

Gift them a coffee subscription that they can enjoy! And you'll know you are supporting them in their healing journey.

Save 20% and get FREE shipping on ALL ORDERS until November 25th.
Save 30% and get FREE shipping on ALL ORDERS November 26th - December 1st.
Save with code **MASTCELL360**



SHOP NOW AT:

MASTCELL360.COM/PURITYCOFFEE

These are a few of our favorite things...



**vibrant
blue oils**

Vibrant Blue Oils formulates proprietary blends of organic or wild-crafted essential oils that help balance organ systems and regions of the brain including balancing emotions and supporting symptoms, so the body can function optimally and heal.



- Supports a calm mind and nervous system balance
- Promotes healthy skin function when applied topically
- Helps maintain emotional resilience during stressful moments



- Supports healthy skin appearance when applied topically
- Helps maintain mental clarity
- Supports natural cellular function throughout the body



- Supports melatonin release naturally
- Helps reset disrupted sleep cycles
- Aligns internal clock for consistent rest
- *Note: Blends are more likely to be tolerated by those less sensitive

Get Your Bottle of Histamine Balance for only \$19.95 today and receive two bonuses!

(Valued at \$75.95 + Free Shipping)

The essential oils in Histamine Balance are thoughtfully selected to support overall histamine balance. Balancing histamine levels can help calm symptoms. Blue Tansy, in particular, stands out for its calming properties and ability to promote a sense of ease, wellbeing, and comfort.



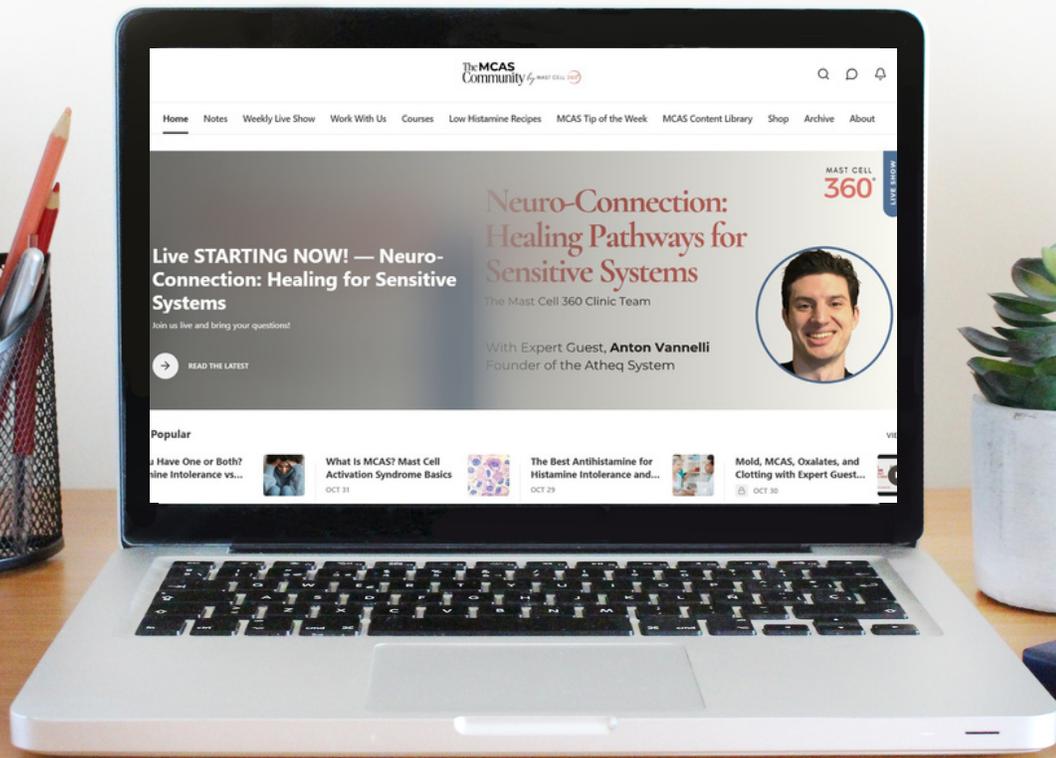
SHOP NOW AT:

[MASTCELL360.COM/HISTAMINEBALANCE](https://www.mastcell360.com/histaminebalance)

Follow us on Substack!

mastcell360.substack.com

JOIN NOW >



Give your loved one access to the best MCAS resources in the world with our **Substack subscription**. Includes:

- ✓ Practitioner "MCAS Tip of the Week" Newsletter
- ✓ Live Show Replays Plus Access to the Mast Cell 360 Content Library
- ✓ Monthly Live Q&A with our MCAS Practitioners
- ✓ Exclusive Low Histamine Recipes

And more! All for only \$7/month or \$70/year!

GIFT A SUBSTACK SUBSCRIPTION

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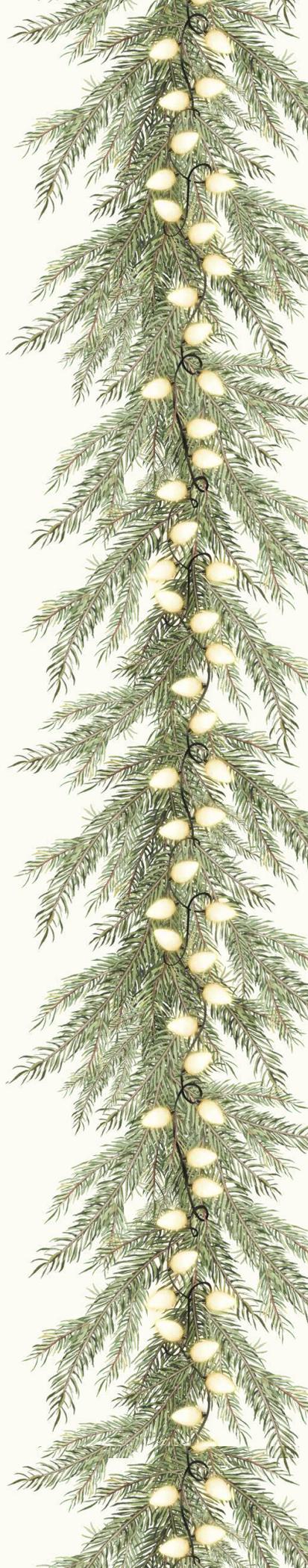
Holiday Cooking & Baking

Check out our top recommended kitchen staples to have on hand for a flare-free holiday meal! Plus, some of our favorite holiday recipes.

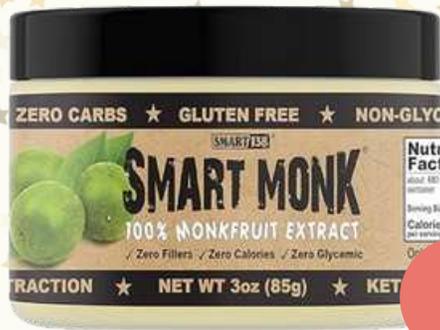
These holiday cooking and baking staples make wonderful gifts because they help create meals and treats everyone can enjoy without the stress of flares. For someone navigating MCAS or Histamine Intolerance, having the right tools makes it easier to prepare festive dishes and participate in the celebrations. It's a thoughtful way to support more joyful moments around the table for everyone.

Read these posts on the blog for a holiday season with less stress:

[Quick Holiday Meal Ideas](#)
[Celebrations with MCAS](#)



Holiday Cooking & Baking



1 Smart Monk Monkfruit Powder

This sweetener has no junk, no fillers. Just pure monk fruit. It is also low-glycemic, so it won't spike your blood sugar. A little goes a long way!

2 Native Forest Organic Coconut Milk

This coconut milk is delicious and free from guar gum, which means you or a love one can enjoy it without flares. Great for using in your favorite recipe!

3 Let's Do Organic Organic Coconut Cream

Missing the creaminess in your favorite soup or want to replace traditional whipped topping? Also tastes great in your morning cup of Purity Coffee!

4 Nature Nate's Popped Sorghum

Need a snack that travels well this holiday season? Try out our Low Lectin Sorghum Popcorn Recipe!

5 Now Organic Stevia Extract

This low glycemic sweetener is great for your favorite beverage, hot or cold! This liquid mixes in easily.

6 4th & Heart Ghee

Missing the flavor of butter in your favorite recipe? Ghee is a great option for cooking oil and its FODMAP friendly!

7 Dr. Bronner's Coconut Oil

Coconut oil is loaded with benefits and is very versatile. Use it for anything from cooking and baking all the way to hair and skin care.

8 Northstar Bison

Northstar Bison takes great care to produce quality, nourishing protein that is essential for healing bodies AND low histamine! **Get 10% off gift cards through the month of December.** Perfect for gifting to any loved one! You can also save 10% on your order with code **MASTCELL360**

9 Native Vanilla Vanilla Bean Powder

This vanilla bean powder is a tasty addition to add vanilla flavor to a variety of things, including our Low Histamine Vanilla Mint Coffee recipe!

10 Nativas Camu Camu Powder

Camu Camu is a great low histamine source of vitamin C. Perfect for a holiday immune boost!

Low Histamine Holiday Recipes



Turkey Breast with
Cherries & Cranberries



Sorgham Stuffing



Creamed Kale



Asparagus with
Garlic & Ginger Sauce



Apple Pie



'Pumpkin Spice' Drink

Gift Ideas

Vanilla Mint Coffee Bundle

Purity Ground Coffee
Organic Coconut Cream
Pure Monk Fruit Powder
Raw Vanilla Powder
Peppermint Leaves

Use clean water to make your coffee with the AquaTru Water Purification System.

GET THE RECIPE



Low Histamine Kitchen Bundle

Northstar Bison Meats

(Save 10% on Gift Cards Dec. 1-31 or use code **MASTCELL360** to save 10% on your order)

Kasandrinos Olive Oil

(Use code **MASTCELL360** to save 20%)

Redmond's Real Salt

(Use code **MASTCELL360** to save 15%)

4th & Heart Ghee

Coconut Oil

Instant Pot

GET THE GUIDE



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Kitchen Essentials

Need to make low histamine meal prep as quick and easy as possible? These are our favorite tools for creating an efficient kitchen and keeping everything you need at your fingertips.

Reducing histamine levels in your foods can help support your body with MCAS and help you reduce overall symptoms. These gifts can help someone you love feel their best this holiday season!



Kitchen Essentials



1 Cosori Pour-Over Glass Coffee Maker

This coffee maker is perfect for ground coffee. All of the parts are glass or stainless steel, making this easy to clean. Pair with [Purity Coffee](#) for the perfect holiday gift!

2 Instant Pot - 8 Quart

This pressure cooker works great to help you prepare meals from frozen and prepare them quickly to keep histamine levels low.

3 Souper Cubes - 1 Cup

Spend less time thinking about what you're going to eat and more time enjoying it. Our silicone freezer trays are designed to make meal prep a breeze.

4 OXO Stainless Steel Measuring Cups

These stainless steel measuring cups are easy to clean and are a great addition to any kitchen cooking from scratch.

5 OXO Stainless Steel Measuring Spoons

Matching measuring spoons so you are ready to prepare anything that low histamine eating throws your way!

6 Blendtec High Speed Blender

Perfect for smoothies and soups, this blender can handle all of our culinary creations.

7 Stasher Silicon Food Storage Bags

Perfect for taking our [Low Histamine Snack Mix](#) on the go when traveling to gatherings, these silicon storage bags are reusable and nontoxic.

8 Meat Thermometer

Don't let the holiday meal go undercooked! This meat thermometer will make sure your main dish is cooked to perfection.

9 OXO Stainless Steel Mixing Bowls

Make holiday meal prep easier with this set of 3 mixing bowls so you can keep moving without have to stop and wash dishes.

10 Chefman Air Fryer

Reheat those leftovers from frozen quickly and easily in this air fryer.

04

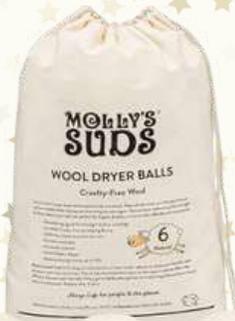
Healthy Home

Ready to make simple shifts at home that support deeper healing? Here are some of our favorite picks to help create a calmer, more nourishing environment.

Want the perfect cozy gift to help a friend relax this holiday season? Pair a few of these items into a heartfelt, comfort-filled gift basket that will help give your loved one room to heal.



Healthy Home



1 [Aqua Tru Reverse Osmosis Water Filtration System](#)

This countertop water filtration system makes accessing clean water easy! We recommend the original glass carafe model without Wi-Fi to avoid plastics and EMFs. [Learn more about this water filtration system on the blog here.](#)

2 [Air Doctor Air Purification System](#)

The most important thing you can do for health is reduce toxins. Cleaner air matters. AirDoctor filters mold, bacteria, viruses, VOCs, and more - supporting the 20,000 breaths you take each day. [Learn more about the Air Doctor here.](#)

3 [HypoAir Air Angel Mobile](#)

Take this mobile air filter on the go to have cleaner air, wherever you are. [Don't forget to check out the blog for our top travel must haves to support a flare free holiday season!](#) Save 10% with code **MASTCELL360**

4 [Organix Mattresses](#)

Did you know the quality of your mattress can have a big impact on your healing? It can! This option is nontoxic and comfortable. [Learn more on the blog here.](#) Save 10% with code **MASTCELL360**

5 [EC3 Laundry Additive](#)

Mold can stay attached to your clothing, even after multiple washes. This will help your clothes get truly clean and help protect you from additional exposure. Save 10% with code **MC360**

6 [Keystone Dehumidifier - 35 Pint](#)

Did you know that indoor humidity levels should be between 40-50% to keep mold at bay? This dehumidifier can support rooms up to 1500 sq ft.

7 [Rebounder](#)

You can support your lymphatic drainage system with gentle bouncing on a rebounder. Plus, it's kind of fun to have an indoor trampoline!

8 [Wool Dryer Balls](#)

This is a great non-toxic alternative to traditional dryer sheets that will help remove static from your clothing!

9 [Outlet Timer](#)

These are great for setting a time for the outlet to turn off. We recommend this for your Wi-Fi router to reduce EMFs while you are sleeping.

10 [Naturepedic Mattresses](#)

You spend a lot of time on your mattress, and rest should be healing! Save 20% on Organic Mattresses and Bedding this season. [Learn more about nontoxic sleep solutions in this blog post.](#)

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Top Resources for Healing

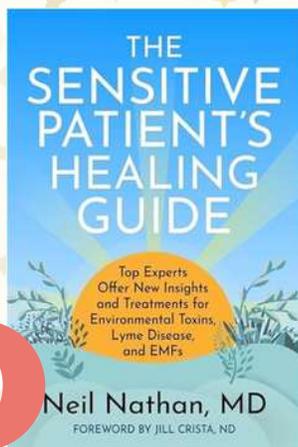
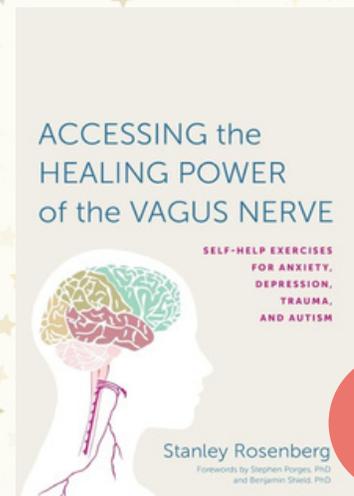
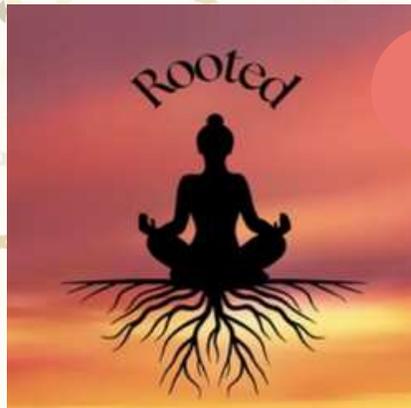
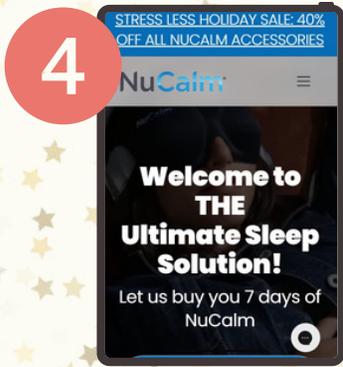
If you're hoping to give something meaningful this season, give the gift of encouragement and understanding! These educational programs and resources are a beautiful way to support someone's healing journey.

Now is a great time to encourage those you care about as they build a healthier, more supported year ahead.



Recommended Resources

1 MAST CELL
360[®]
COURSES



1 Mast Cell 360 Courses

We offer several options to guide you on the path to healing including: [Top 8 Mast Cell Supporting Supplements Master Class](#), [Precision Mold Materclass](#), and [Mast Cell Nervous System Reboot](#). You can gift these to others as well!

2 BrainTap Power Bundle

This bundle gives you access to a 1-year subscription to BrainTap to use along with your headset. BrainTap's programs can help you feel, think, and sleep better. Save \$100 on your bundle with code **PARTNER100**

3 Primal Trust

One of our favorite resources for balancing the nervous system, Primal Trust can help get you out of fight or flight mode. [Learn more about balancing the nervous system on the blog](#). Save \$10 on your first month with code **10MC360**

4 NuCalm

This easy-to-use app offers gentle frequency-based support designed to help your brain shift into deeper, more restorative relaxation and sleep. Get a free 7-day trial and your first 3 months for \$9.99 each with code **MC360**

5 Rooted Breathing Program

Your breath holds a lot of healing benefits, and can be impacted by trauma, illness, and mold exposure. This course guides you to restoring good breathing practices. Save 20% with code **MASTCELL20**

6 Brain Retraining 101

Looking for a gentle brain retraining program? With a special focus on Long Covid and ME/CFS, this offers gentle techniques to calm your nervous system on the road to recovery. Use code **MC360** for 10% off enrollment!

7 Unexpected by Jill Carnahan, M.D.

This essential guide and voice of hope is for anyone facing incurable diagnosis, mold sickness, chronic illnesses, and breast cancer, as well as anyone grappling with trauma and seeking profound healing.

8 A Light in the Dark for PANDAS and PANS by Dr. Jill Crista

Watching your child suffer from PANDAS or PANS can be a heart-wrenching experience, but there is hope. Read 1 of the best books on the subject!

9 The Sensitive Patient's Healing Guide by Dr. Neil Nathan

This book is for the millions of struggling patients who have, through no fault of their own, become unusually sensitive to the normal stimuli of light, sound, touch, food, chemicals, and EMF.

10 Accessing the Healing Power of the Vagus Nerve by Dr. Rosenberg

A guide to understanding how vagus nerve dysfunction and trauma impact inflammation, emotional health, autoimmune disease, and more.

06

Gifts for the Family

Looking for the perfect gift? Here are some of our top picks that you can feel good about giving. With a separate section for both the adults and the children in your life!

Whether you're looking to cultivate the precious gift of time together or give gifts that help support well-being, calm, comfort, or joy, these thoughtful choices make it easy to show you care for the people you love.



Gifts for the Adults



1 Beeswax Candle Making Kit

Honeycomb Beeswax Sheets are made from natural beeswax - no harmful additives, non-toxic and environmentally friendly. A great alternative to paraffin or petroleum candles. And a gentle way to end your evening.

2 Dry Farm Wines

High quality wine options that are third-party tested to be sugar free, low alcohol and sulfites, non-GMO, and vegan. Plus, it tastes great! Buy 6 bottles and get your 7th for a penny!

3 Primal Life Body Butter

Primal Life Organics has a variety of nontoxic skin products to choose from, including our favorite Body Butter! Perfect support for your dry skin this time of year. Don't forget to also check out their carrot seed face serum as well!

4 AnnMarie Ayurvedic Facial Scrub

Pamper your loved one (or yourself!) with this soothing facial scrub. Pair it with an antioxidant lip balm for a wonderful spa experience!

5 Shield Your Body EMF Blocking Headphones

Available in two types of connections - regular 3.5mm (audio cable) and USB-C - these headphones will block 99% of the radiation devices emit from entering your brain. Save 20% with code **MASTCELL360**

6 100% Pure Cosmetics

This clean makeup option is made with fruit pigments and free from the toxins that are commonly found in cosmetics. They also have great options for hair care! Not all products are MCAS-friendly so read the ingredient lists.

7 Organic Cotton Sheets

Experience the luxurious comfort of our Lane Linen cotton sheets, meticulously crafted from OEKO-TEX certified 100% Organic Cotton. Perfect for nontoxic sleep support!

8 Rezzimax Pain Turner Pro II

A small, yet powerful handheld device that improves nerve function, and sends blood flow to the areas that are causing you pain or symptoms, to facilitate healing. Save \$75 with code **MASTCELL360**

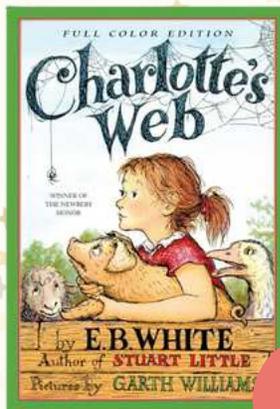
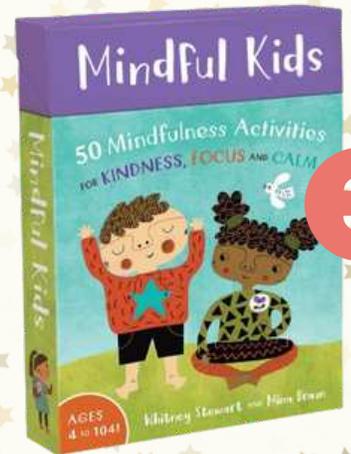
9 Chopin Potato Vodka

This clean vodka option is a great gift option for those with MCAS or Histamine Intolerance that aren't hypersensitive. It's gluten free and no burn.

10 Men's Sherpa Lined Slippers

These men's slippers are crafted with a 100% genuine leather upper, providing a soft, comfy warmth on cold winters nights.

Gifts for the Kids



1 Honesticks Beeswax Crayons

Handmade in New Zealand using natural beeswax and food grade pigments for color. Also see the [Beeswax Candles](#) for a fun and functional craft together.

2 Play Scarves

Play scarves set of 6. Encourage imagination and open-ended play. Large enough for children, each scarf measures 35 x 35 inches.

3 Mindfulness Cards for Kids

Make any moment mindful from morning to night with these 50 activity cards divided into five mindfulness categories to help children feel grounded, find calm, improve focus, practice loving-kindness, and relax.

4 Outdoor Explorer Kit

This comprehensive set includes a magnifying glass for close-up observations, an extendable net, tweezers, a grabber, a cage, a container, identification cards, and a portable bag.

5 Charlotte's Web

Classic's never go out of style and books are a childhood favorite! In this story, Charlotte's spiderweb tells of her feelings for a little pig named Wilbur, who simply wants a friend. Read together and give the gift of connection.

6 Melissa and Doug Jumbo Floor Puzzles

Explore outer space with this 48-piece jumbo jigsaw puzzle featuring the planets, sun, moon, and stars in a vibrant solar system scene.

7 Kids Garden Tool Kit

Have fun digging, planting, and watering! This set is perfect for teaching kids the basics of gardening in a safe and exciting way.

8 Kids Firefighter Pretend Play Outfit

Kids ages 3-5 will love playing the part of a fire chief with this play set that includes a jacket, helmet, badge, fire extinguisher, bullhorn, and reusable name tag.

9 Pictionary Game

Sketch and guess your way to the finish line with this board game for a fun family night. Perfect for kids and adults alike!

10 Magnetic Tiles

This pack features 40 magnetic tiles in a variety of shapes and rainbow colors. It is the perfect option to start your Magnetic Tiles collection, build big, and gain confidence in magnetic tile play.