



*Mastering The
Mast Cell
Bundle*

**8 Root Causes
Connected to
Mast Cell Activation &
Histamine Intolerance**

A Guide From - TRINA

HOLISTIC NUTRITIONIST
MCAS / GUT HEALTH SPECIALIST

WHAT IS THE MAST CELL BUNDLE?

Mast Cell Activation (MCAS) is a condition where the various parts of the body are working to warn you. Where the body sends out too many warning signals which messes with the ability to get a clear understanding of what is triggering off such a big response. Your symptoms then over lap, leading to numerous diagnoses leading to a "bundle" of health issues.

What is typically missed is the core area that make up 80 percent of of immune system that triggers many of these warning signs are located in your gut. It is a root factor in the mast cell bundle and when supported lead to balancing of the body.

8 Key Factors linked to **MCAS** are shared in the following pages to give you an overview of what is needed to be able to lower inflammation. Those unexplained hives, rashes and welts are not a figment of your imagination. The increase of foods you can not eat, the swelling in your face, legs and or arms "for no reason". The constant need to clear your throat, or blow your nose and feeling your are downing in mucus. The hormone imbalance, with brain fog, with moods that seem to control you. All signs of inflammation that manifest as allergy symptoms, the inability to handle heat, unexplained pains, body aches and fatigue.



MEET THE AUTHOR

**Trina - Functional Based Holistic Nutritionist
(MCAS/GUT Health Empowerment Specialist)**

Peeling back the layers to address the root causes of the MCAS/Histamine/Gut driven connection to empower all I work with to reclaim their health one step at a time.



"It is NOT in your head"



As a woman, and mother who has suffered from MCAS, with a side of histamine intolerance I can relate. When practitioner, after practitioner failed to provide a solution, I knew I had too. To add to this both my daughter both have suffered from this as well. The driving force was to reclaim our lives and educate and help as many.

The added impact is when family and friends, even health care professionals tell you that your do not look sick, that it must be all in your head. This is such a concerning belief and it is very harmful because the above conditions are MCAS/histamine driven and they are challenging to navigate. The push to get dressed, the push to get up in the morning and to partake in life is real, and no one should ever allow anyone to convince them otherwise.

The effort it takes to get yourself ready, care for your family is real. Not having the energy to do the dishes or dust, take the dog for a walk are all symptoms linked to the level of inflammation you carry disrupting every day life.

Have you been told "Nutrition will never help with your symptoms, your gut has nothing to do with what you are feeling, taking antihistamines, it is the only way!?"

Many health care professionals say just take an antihistamine, never telling you that these do not solve the issue, they merely turn the receptors off. Imagine trying to save on your light bill, only to turn the lights off on the top floor and keep them on in the basement. That is what antihistamines do, they turn off the receptors so your body does not register a reaction. an to help you. This does nothing but trap you in a cycle of rotation of medication to get the right combination to make you unaware of what is going on internally.

The truth is MCAS/histamine driven symptoms are different for everyone as their root factors causing MCAS/histamine intolerance are different. Guess what, you will continue to have flares until you address each and every root cause unique to you.

With more and more practitioners unaware of MCAS and histamine driven health issues this leaves people floundering. The majority of my clients have at least **4-6 root** issues connected to their **Mast Cell Health Bundle**. This guide is designed to help you to discover your own unique MCAS triggers. To know your personalized MCAS/Histamine Root Causes is the most important first step to you healing your MCAS.

Here are 8 of the Common Root Causes in Mast Cell Activation Syndrome

- Food Intolerances, Sensitivity and Allergy
- Genes
- Pathogens and Toxicity
- Hormones
- Nutrient Deficiency
- Stress
- Exercise
- Sleep

A root to the above 8 is your **gut health** and it plays a critical role in being able to stabilise the above.

TRIGGER 1: FOODS

The reality is we all have a comfort connection with foods. With **Mast Cell Activation** this is even more of a challenge as there are various underlying triggers connected to foods that motivate the cravings. The key to navigating this is to remember foods are designed to nourish us. Choosing the right foods can help us heal. Choosing the wrong foods can rob us further of our health.

Foods contain histidine which in the body converts to histamine. By design histidine is part of our immune system and is actually a protective mechanism to support our tissues, however when our buckets are overflowing it becomes an issue. Some of the highest histamine triggering foods are: wine, beer, cheese, pickles, olives, salami, lunch meats, pepperoni, vinegar, chocolate.. The ***MCAS Food Guide*** is one of the tools I provide to my clients to make this transition as seem less as possible.

When you look at your current diet how many of the additional MCAS triggering foods are you eating?

TRIGGER 2: GENES AND THEIR CONNECTION

The lack of understanding regarding **Mast Cell Activation** can be a stumbling block for many. It is the most underdiagnosed condition, primarily due to the fact it is a combination of more than one factor.

Common Genes that are linked to the mast cell bundle are the following:

- GENETIC MUTATIONS (SNPs) & HISTAMINE INTOLERANCE
- HNMT - C939T
- DIAMINE OXIDASE GENE -AOC1
- HDC GENE
- MAO GENE
- MTHFR - A1298

The above are some of the genes that are triggered both by foods you eat as well as the health of your intestinal track.

TRIGGER 3: PATHOGENS AND THEIR CONNECTION

MCAS is a layered issue, once nutrition has been addressed, this supports genes and this decreases reactions greatly. It is then supporting pathogen overgrowth is a good idea. I must stress when beginning this process the drainage funnel (pathways) must be opened. This process can take 30 days to 4 plus months depending on the person. It is not to be rushed.

PATHWAY IMPORTANCE

Before you can focus on the pathogen-killing and or detoxing harmful chemicals out of the body, the drainage pathways need to be open and stay open while doing any protocol.

Without doing this you will feel you can not handle it and or feel herxing from killing the pathogens.

One of the most common underlying issues for those struggling with the MCAS Bundle are the chronic infections. Some examples are as follows:

- Candida
- Mold
- Bacterial overgrowth
- Parasites
- SIFO

Naming a few, these can become a hurdle to those looking to heal. The longer a person sits on a test the more challenging it can be to get to the root triggers. "Samantha" was told she had candida, and never addressed it. This fueled her reactions to foods, her joint pain and MCAS Bundle grew.

"Carley" would be feeling fine and then all of a sudden her gut would flare, and she would get headaches. She would notice it during the changes of season. With that correlation she learned how mold, was playing a key role in the "activation" of symptoms. What is important as part of the process is to identify what you personally have that is triggering your symptoms and to begin to address them in the level of importance relative to your testing/symptoms.

TRIGGER 4: HORMONES AND MCAS

The beauty of hormones is the first three triggers set the stage for how balanced our hormones are. Both men and women are affected.

When hormones factor into the mast cell bundle, additional symptoms will occur that are typically not connected to a "hormone" issues. Some of the unusual symptoms like hives, itching and insomnia. tend to throw people off and leave them very frustrated and confused.

This means your hormones can affect your mast cells. In fact, the mast cells have receptors on them for both progesterone and estrogen. So, estrogen dominance may be contributing to estrogen dominance symptoms AND to both mast cell activation and histamine intolerance symptoms. Did you know both hormones and histamine are gene linked, and the greater the HISTAMINE load the greater the ESTROGEN.

The correlation of noticing an increase during your period is as much connected to your histamine level with is also gene linked. "Rachel" was having very long and painful periods. She had been placed on hormones which made things worse. With that addition her food sensitivities increase, she was beginning to spiral.. When addressing what were the root issues for her hormones to not be balanced, and adding the right support. Her periods regulated and pain was a thing of the past.

Making the changes she needed her body was able to balance her hormones.



TRIGGER 5: NUTRITIONAL DEFICIENCIES

Nutritional deficiencies occur when the gut lining views the foods you are eating as pathogens. The gut due to inflammation is unable to process the nutrients and as a result are common in the clients I work with and are root triggers to MCAS

Nutrient deficiencies can be caused by:

- Eating processed foods
- Gut issues, like poor digestion, constipation, diarrhea, and malabsorption, can also affect nutrient levels. This is because when the gut isn't working well, nutrients won't be absorbed properly. This can lead to nutrient deficient states.
- Having a limited diet.
- Food sensitivities – it's easy to become nutrient deficient due to having fewer food choices.
- Eating foods that your body can not convert.

When you eat the foods you convert, this too will assist you in rebuilding the areas that are depleted. If this is an issue for you working on this trigger will make a huge difference in managing your MCAS bundle.

Sensitivity and intolerance are connected to the wellness of your gut, and this area when supported can turn all aspects of MCAS around.



TRIGGER 6: STRESS

Stress from both emotional trauma, physical trauma or adrenal problems like adrenal fatigue can trigger a flare up of histamine intolerance and MCAS. Your Histamine/MCAS bucket could be overflowing because of stress. Just as a quick recap, we have reviewed estrogen dominance and Histamine intolerance/MCAS. The connection between mold, mold bio-toxins and histamine intolerance. We also discussed gut health where I talked about SIBO and the other common pathogens linked to MCAS. These all have a direct connection to fueling the bucket and increasing the symptoms of stress.

Stress can trigger a response in the sympathetic nervous system, which leads to the release of histamine. Histamine is a compound that is normally produced by the body in response to injury, allergies, and inflammatory reactions, but it can also be triggered by stress.

It is widely recognized that the degree to which we are histamine intolerant, MCAS triggered is greatly influenced by our level of emotional distress. Many of us have lives that we experience as stressful, which has a major impact on the reactivity of our immune system. An individual who feels calm and centered in the midst of the big and small challenges of every day life, will be less reactive to and intolerant of histamine than someone who is feeling pressured and upset. The more relaxed we feel, the more histamine it will take to overwhelm the enzyme system responsible for its metabolism, and which consequently results in symptom formation.

Some of Lifes's Stressors:

- Financial Worries
- Moving
- Worry regarding children or a loved one
- Losing a job
- Dating
- Feeling isolated

Stress effects on a gene level which will influence mast cells. This is a core part of managing the mast cell bundle for life. The reduction of stress can be very supportive in the reduction of health challenged episodes.

What key stressors do you have in your life?

TRIGGER 7: EXERCISE

Exercise induced histamine release

Check any forum discussing exercise and histamine and you're likely to see some very negative comments. So many people appear to be "allergic" to exercise, just like you!

Each time you try to exercise, your heart rate goes up, your limbs go numb, a rash develops across your body, you feel dizzy or develop a migraine-like headache either during or following exercise.

It's these reactions that are likely to leave you thinking that exercise is just not a good idea for you. Much like avoiding animal hair if you're allergic to it, you might as well accept the fact that you're never going to be fit if you live with histamine intolerance.

Have you noticed an increase in your symptoms after exercise?

TRIGGER 8: SLEEP

Sleep challenges can range from tossing and turning to only getting a couple hours of sleep each night. They can also include:

- trouble falling back asleep after waking
- waking up multiple times
- taking a while to fall asleep (more than 15 minutes)
- feeling unrefreshed in the morning

The reality is becomes an issues when you have other co-factors we have already discussed at the root of the "sleep" issue.

What issues do you connect with your sleep being disrupted?

CAN YOU TAKE YOUR HEALTH BACK?

The idea the MCAS is not something a person can manage is not true. The reality is, when you address YOUR root triggers you can reclaim your health.

What you will begin to see happen:

- Able to eat more
- More energy
- Better sleep
- Less "moody"
- Able to focus
- Less pain
- Better digestion
- Fewer breakouts
- Decrease in hives
- Less "allergy" symptoms



The key to manage your MCAS/histamine driven health challenge is knowing what your personal triggers are and addressing them. A common root factor revolves around addressing your gut health.

HOW MANY OF THE 8 ROOT FACTORS DO YOU FEEL ARE CONTRIBUTING TO YOUR MCAS?

[Schedule a Mastering
Your Mast Cell Bundle Discovery Call](#)

OUR CALL:

1. Discuss the common root factors that may be affecting your MCAS symptoms
2. Discuss the ones you feel are most likely key for you
3. If testing may be supportive discuss what can be helpful for you
4. If you already have testing done, insight on the results is provided
5. Discuss steps to move forward to help you navigate the next steps to your healing journey.

WHAT CLIENTS HAVE TO SAY:



Janice W.

"The lack of sleep had become so unbearable, I was a walking zombie. I was breaking out and the hot flashes were ruining my personal and private life. I needed answers, and fast. Trina took the time to listen to what was happening and guide me to testing that gave me concrete answers. With the Mastering Histamine Protocol, the supplemental supports and nutrition were based on my person genetic needs. I had a plan specific to me. I can not believe the change, I have my life back!!"

"My periods were a nightmare, and I was breaking out in hives so intense I was constantly scratching. The foods I could eat, I could count on one hand and they were dwindling fast. I had tried everything and I was losing hope. Trina took the guess work out of the equation. She showed me exactly what was needed, based on my DNA needs. I learned why my periods were so heavy, why I was not able to eat and helped me to rebuild from the inside out!! I feel so empowered and will never have to guess and what is happening in my body again"



Leslie M.



Noel S.

"Hives and raw skin were my life. I could not remember a time when I was not scratching. I had developed IBS and other gut complications. Everything I ate was making me feel sick. I would get "numb" patches on my cheeks and body after eating and I was beginning to shut down. Trina took the time to breakdown what was happening, her Mastering Histamine Program and Protocol provided the testing I did need and the supplements that met my unique needs. She supported me every step of the way. I am forever grateful.

"The change of season I would want to run and hide. My nose was a faucet and my eyes burned. I was getting these crazy puffy eyes and my skin would be on fire. Meeting with Trina she did the investigative work and we peeled back the layers what was at the root of those flares. Discovering I was from gene standpoint unable to eat gluten, and that I have candida overgrowth paired with parasites. She worked with me to peel back and address the layers. I have been doing the work and this is the first year I can remember not reacting in the spring.



Lilly A.

"Trina has the most comprehensive intake I have ever taken. She dives into health history to ensure nothing is missed. Her use of nutrition paired with her deep dive into gut health there is no stone left unturned. If you are looking to stop guessing and get answers I highly recommend her!



Gail B.

Karen V.



"I was guessing at everything, and with Trina's help, the knowledge from testing she provided what I needed. It is amazing to be able to know exactly what I need, this made all the difference in stopping my reactions from foods and the environment. Thanks to Trina I can enjoy life again!!



Sarah H.

"I was dealing with numerous health challenges and I was struggling to get answers. I went to see Trina hoping she may be able to help me get figure things out. She sat down and listened to my concerns and lack of knowing what was going on. She took the time to review testing I had done and was able to provide the connecting pieces. She was able to streamline my nutrition, remove what I did not need and helped me lower my histamine load. From we worked on supporting my stomach health which was a real game changer. Pressure stopped, my joints were not aching and I was no longer in a state of fog."



John T.

"My daughter was reacting to everything. She was losing hope. Trina took the time to show us how we could get the answers my daughter needed to calm her reactions, and be able to look forward to life. That is a big deal for a teenager. I am very thankful to Trina, for helping my daughter."

"My 3 year old was having belly pain and no one could figure it out. Trina took the time to listen to a frantic mom searching for answers, and help me to find them. My son no longer says his stomach hurts, is eating and reaching his milestones. She helped calm this mom and provide a plan to help my son thrive."



Jill B.

Heather B.



"Learning how to read my body is one of the most powerful tools, Trina provides. She listens and through providing solid scientific data, she has been able to help me to turn my health around. The testing was explained in detail, so I could make the long-term changes necessary to stop the the turmoil within. I had been trying to do this through a system that didn't have the answers. Wasting money on things I thought I needed. Making an investment in myself answered my questions. Trina then personalized a plan specific to my needs."

HERE IS A LITTLE ABOUT ME

My name is Trina Thornhill, and I have dedicated my work to support those with MCAS, Histamine Intolerance and Gut Health related conditions.

I returned to school to study nutrition through the Canadian School of Natural Nutrition, and became certified as a Holistic Nutritionist. In part this was to help me navigate health issues my children were having, and could not find the answers. This led me wanting to comprehend the genetic connection between our cells and all internal and external factors that influence it leading me to instruction via Dr. Ben Lynch (Dirty Genes). Wanting to have a comprehensive knowledge of GI MAP testing, I learned through Diagnostic Labs. Additional deeper dive into protocols and pathogens through education of the team at Cell Core. With the added training as a Life Skills Coach.

MCAS has been a personal health issue of mine. Having consulted with numerous traditional health professionals the road I was going down was getting me no, where.

As life would have it those lessons did help me to get to the root cause of my MCAS triggered health issues and enable me to reclaim my life. This involved personalizing my approach to meet my individual needs. The approach that enabled this was through Gene Based Nutritional Testing, Comprehensive Gut Health Analysis paired with a Whole Body approach to wellness. This removes all guess work enabling a person to be set up for success.

Where does this all begin? Connect with me above and lets discuss where you are in your health journey to see about your personalized step-by step plan specific to meet your needs!!

Can't wait to connect with you!!!

Truly

Trina



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trina@foodfueled.com