

Managing Histamine Intolerance (HIT) and Mast Cell Activation Syndrome (MCAS)

Lesson: Recovery roadmap

Disclaimer

The information in this presentation is provided as information only and is not advisory. BeNourished can not take responsibility for your health if you take any of the supplements mentioned without proper guidance, review or consultation with a medical or licensed professional.

Always be sure to talk with your licensed medical provider to rule out other medical conditions before undertaking any of the discussed interventions. That's very important, and we cannot stress that enough. Supplements should be approached with the same caution as medications as they do not come without side effects. Just because a product is marketed as natural or nutritional does not automatically make it safe. Supplements can interact with medications and cause toxic side effect or stop you medication working as well.

People who take medications, have liver, kidney, heart, severe gastrointestinal issues or who are pregnant, breastfeeding or trying to conceive should always seek medical advice before taking any supplements.

Health Optimisation Recovery Pillars

1

Circadian Reset

2

Natural Light Reset

3

Nutrition, Digestion &
Biome Reset

4

Environmental Reset

5

Hydration Reset


Centralised Healthcare

HIT/MCAS Band Aid
Interventions

Low histamine diet
HIT/ MCAS Supplements
HIT/MCAS Medications

Gather the information





1 Circadian Reset

**Adopt the protocols in the
circadian reset**

**Address Sleep/Wake time, mealtimes
and light exposure**

This can help to address sleep,
natural light exposure, vagal tone,
immune responses, digestion, hydration,
hormone balance, and microbiome health.

2 Natural Light Reset

Balance artificial light with natural light

Change the lighting in your home

Block artificial light where possible

Connect back with natural light and sunlight of all spectrums

Slow introduction to cold therapy



Nutrition, Digestion & Biome Reset

Address any nutritional deficiencies

Track nutritional intake to assess for shortfalls (esp if on a low histamine diet)

Consume real food - remember natural food = biophotons

Mealtimes according to circadian rhythm

Vagus nerve support

Oral and nasal interventions if needed

Temporary use of supplements where required

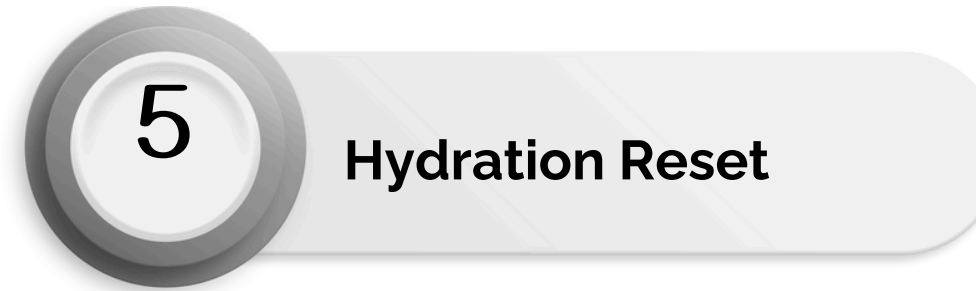
4 Environmental Reset

Environmental trigger identification from your audit questionnaire and use testing where appropriate/indicated

i.e. Pathogens / heavy metals / Mycotoxins / Microbiome / SIBO

Engage in environmental trigger mitigation/removal
Grounding, connecting with nature

In some cases a complete environment change is needed



5 Hydration Reset

Check your hydration status (blood work or bio-impedance)

Consider electrolyte replacement under guidance if needed.

Naturally build cellular EZ water

THE END