Day 1 Mini Presentation - Reversing Mast Cell Activation and Histamine Intolerance Summit Transcript

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Introduction to the Presentation Topics

Now, these are the topics that I'm going to go over here in our mini presentation. Want to hit some highlights on mast cells? One on one. Mediators and receptors.

Defining mast cell activation syndrome. Signs and symptoms of mass activation syndrome. And I want to talk about what is the real problem. Is it really mast cell activation syndrome or not.

And top triggers. So these are going to help you with understanding the talks for today and give you some really important background information so that you're right there and ready to go when you dive in with some of these talks.

What Mast Cells Are and Where Theyu2019re Found

So let's go over first. What are mast cells. So these are specialized immune cells that act as our front line sensors and defenders. They're also major conductors of the immune system.

They respond to toxins like mold toxins and chemicals as well as pathogens like viruses, bacteria, even parasites. Candida. They respond to every particle of air that you're breathing.

Everything you swallow, even every thought that you have. They're responding continually to your environment and also everything going on inside your body quite amazing cells.

And they're responding to things like heat and cold, light and sound, touch and smell, vibration and injury. So where do we find mast cells? Well, every tissue in our body except the retina have been found now to have mast cells.

This includes what are called your mucosal and epithelial tissues. So what does that mean. That means the lining of your nose and your sinuses around your eyes.

Your mouth, your whole digestive tract, esophagus, your stomach, even the bladder, urethra and the lungs, they're found in all the vascularized tissues.

So that means tissues with blood vessels all throughout the nerve tissues. They surround the nerve. Or at every nerve ending. We've been now been found in the brain there in the connective tissue.

So that includes your ligaments, you tendons, your bones, your blood vessels, lymph vessels, hair follicles and skin. If your hair follicles ever hurt, might have had some mast cell involvement with that menses.

Have a lot of roles in our bodies. So we're just going to touch on these briefly. But they're hugely involved in immune system responses coordinating immune defense and infections, wound healing and tissue repair.

Recovering of your tissues after injury like your skin and your joints, forming new blood vessels and dilating your blood vessels, creating new nerve cells.

They are even involved in regulation, administration and in pregnancy.

Mast Cell Functions and Mediator Release

So this is a model of the mast cell. And this image comes out of a 2017 paper that was published by David Spoor

squirrel, et al. And I think this is just an incredible image showing us how our mast cells, and this is very simplified, but what we're seeing is they have receptors on the outsides of these different shapes that you can see here.

These are receptor. And all along the outside of these different shapes. And then different things can come in and dock on those receptors and activate those receptors.

And when those receptors are activated the mast cells will release some of their mediators. And the best known mediator is histamine. There's all kinds of other mediators as well.

You may have heard of things like prostaglandins or leukotrienes. Cytokines even can release neurotransmitters and neuropeptides to signal with the nervous system.

And you may have heard also of triptans. And when this is when these mediators are released, they cause different kinds of downstream actions in the body.

Many of them are inflammatory, although some of them are anti-inflammatory. And when the mediators are released in small amounts or little by little, this is called selective to granulation or piecemeal to granulation.

But when it's released all at once, it's called complete to granulation, and that can result in anaphylaxis or anaphylactic type reactions. So you'll see this image a few more times in these little mini presentations I'll be doing at the beginning of the day for you.

Now let's talk briefly about mast cell activation syndrome. This is a type of mast cell disorder that's very common.

Defining Mast Cell Activation Syndrome

The other mast cell disorders like like psychosis hereditary alpha trip to sea Mia. These are not quite as common, but mast cell activation syndrome occurs if we have mast cells that have gotten overly sensitive and overly responsive.

And we're we talking a lot about the summit about why this is happening. And here's the definition I really like from Doctor Afrin. And you'll hear him discussing this.

Mass activation syndrome is a multi systemic meaning it has to happen in two or more systems in the body. Inflammatory condition involving overly sensitive and overly responsive mast cells with or without allergy, with or without anaphylaxis.

That means not everybody has allergy type symptoms and not everybody has anaphylaxis. But some people do. There is a rare genetic mast activation syndrome that's called clonal when it's genetic.

But very common form of it is called the secondary mast cell activation syndrome, meaning it's secondary to something secondary to being triggered by something secondary to, something that's setting us up for inflammatory conditions.

So this is a dysregulation of the mast cells again where they've become ovaries over overly reactive and they're over releasing inflammatory mediators.

Now here's the thing. Population studies are showing that mast activation scenarios present in up to 17% of the general population. That is, so many people.

And that's about 1 in 6 people. And then estimates colleagues are estimating in this field, people who are experts in this field are estimating that 75% or more people with chronic health conditions likely have mass activation syndrome.

And this is because if there's a inflammation in two or more systems of the body. So a system might be the GI

system that's a system or the skin is its own system.

The nervous system, the hormonal system. There's inflammation affecting two or more of these systems. There's got to be mast cell involvement somehow.

Symptoms and Related Conditions

So we're going to look very briefly at some of the ways that this can show up in the signs and symptoms. And you're going to see that there are any number of different symptoms and presentations.

But not everybody looks the same. So many people with mass activation syndrome show up completely differently. And this is why. So in mystifying for so long.

And the reason this is happening is it shows up very differently depending on what the individual route triggers are, the location of the mast cells that are affected, which receptors are affected, which mediators are being over released, and then other individual bio individuals and individual genetics.

So you can imagine there's almost an infinite number of ways that this can show up, because some of the symptoms people can see here, I'm just going to pop them up on the screen so we can get systemic symptoms, meaning it's happening throughout the body.

Things like sensitivities, inflammation, swelling, fatigue. It can show up if somebody has skin involvement with things like itching, flushing, hives, rashes, hair loss is common.

Different skin conditions. Then the cardiovascular system, feeling faint, chest pains, heart palpitations which also, overlap. This all overlaps in this cardiovascular system with the nervous system dizziness, low blood pressure and then the urinary tract saying get inflammation.

They're burning pain with urination. The UTI type symptoms. And then in the muscles in the skeleton there's osteoporosis, arthritis the moves around muscle and bone pain, hyper flexible joints like in these degenerative discs in the brain and nervous system, people can have brain fog, difficulty paying attention, headaches, migraine, depression, anxiety, tingling, numbness, tinnitus, lots of ear ringing.

And just a reminder you have access to these slides at mass all through sitcom's summit, so you can go back through them as many times as you want. Then there's lung and respiratory symptoms coughing, congestion, shortness of breath.

As most you know, Salemi reproductive system can be affected with endometriosis, painful periods and fertility hormone imbalances, and then the digestive symptoms.

You can get mouth burning, diarrhea or constipation, nausea, reflux or heartburn all kinds of different foods sensitivities, IBS, throat and tongue swelling symptoms within 0 to 15 minutes of eating.

Not everybody gets this or any of these symptoms. You don't have to have all of these. Why for sure. But if you have this symptoms within 0 to 15 minutes of eating, that's a good sign that there may be mass involvement.

Then the eyes can involve eye pain, redness, trouble focusing, inflammation, blurry, itchy, watery eyes, irritated eyes. Some people have a anaphylactic or anaphylactic reaction.

This can be life threatening. They feel scary. Things like difficulty breathing, itchy hives, flushing or pale skin, feeling of warmth, weak and rapid pulse, nausea, vomiting, diarrhea, dizziness and fainting.

Then there are other conditions that can have been shown, that they're likely related to mast cell activation syndrome as well, or have definitively been linked in the research.

This includes chronic, fibromyalgia, chronic fatigue, interstitial cystitis, certain cancers, actually number of cancers, diabetes. EDS stands for earlier stand loss postural or the static tachycardia syndrome.

Autism spectrum disorders, any auto immunity, rheumatoid arthritis, lupus, thyroid, autoimmune multiple sclerosis Crohn's disease. Ulcerative colitis.

Real Triggers Behind Mast Cell Problems

Showgrounds. Celiac, mast cells that you're going to learn today are very related and involved with the development of autoimmunity. Then these are common but not definitive signs.

So reacting like we said before, within seconds to minutes to smells, foods, beverages, stressors, sensitive to a number of agents like supplements, medications, foods, any form of autoimmunity.

And if you're not sure, you can actually take the Mast Cell Activation Syndrome Symptom Survey developed this out of the research where the symptoms were definitively correlate with mast cell activation.

And that's at mast cell 366 com slash symptoms. So mast cell 366 common symptoms. It's a free symptom survey. And if you want to go through you can check off the number of symptoms that you have.

See which scores. So what is the real problem. Mast activation syndrome and histamine targets are not actually the problem. It's the underlying pathogens toxicity stressors and genetic weaknesses that are the problem.

But you can reverse much, if not even all of the symptoms by removing and addressing the underlying triggers. This is what I'm going to be talking about these many presentations over the next week.

So our top triggers here mold toxicity, tick borne infections, chemical toxins, trauma, and chronic stressors emfs. And there's plenty of others. These are the heaviest hitters in the populations at least that I work with and the ones that I see over and over and over.

So just a reminder here again, you can find your Summit Resources page at mast cell 366. Com slash summit special discount all the links to things mentioned in the talks and additional special downloads like these slides.

I hope that you enjoy today's talks and I can't wait to see you back tomorrow.