Day 2 Mini Presentation - Reversing Mast Cell Activation and Histamine Intolerance Summit Transcript

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Introduction to Cell Danger Response

Now here's what we're going to cover today. We're going to be talking about an introduction to some danger response, setting the context for today. This is important for you even if you're not going to listen to that talk.

I want you to understand mass activation syndrome from this context. But then if you want to understand this in more depth, you do want to check out Doctor Eric Gordon's talk on it.

He's going to go very in-depth on cell danger response. So let's look at this a little bit. What is this. This model completely changes how we think about things like mast cell activation syndrome.

Now I'm going to show you a diagram here. And I don't want you to worry about all the words on there. I just want to show this as a visual to capture your attention about how we can think differently about things like mast cell activation syndrome.

But let me tell you where this came from. This was developed by Robert Navios, and it was first published in his paper Metabolic Features of the Cell Danger Response in 2014.

And this diagram that you see here is from the 2019 paper, Incomplete Healing as the Cause of Aging The Role of the Mitochondria in Cell Danger response.

And this is a great diagram from his paper. So there are three major phases.

Origins and Phases of the Model

And that's what I want you to see here. So there's cell danger response one two and three. This cell danger response is really what happens in our bodies when we have an overwhelming number of threats.

And those threats we can distill down into primarily three categories. Toxins can be chemicals, metals, mold, toxins, pathogens. Bacteria, viruses, parasites.

Candida. Fungal colonization. But, fungal colonization and tickborne infections are really big triggers of this. And then the third are stressors. And we're talking about stressors.

We're talking about emotional stressors, mental stressors, physical stressors, injuries surgeries. We're talking about traumas. So when these things all stack up, you know, we can stay ahead.

We can stay ahead and navigate. But eventually there's the straw that breaks the camel's back. When that happens, we tip into what's called cell danger response.

So this is a response and metabolic response to protect.

Triggers That Drive Cell Danger Response

So it's protective to protect our bodies all the way down to the cellular level from a harm from these stressors. Pathogens, toxins. And I think of it like we go into a lockdown response.

A way that you could think about this is that if you had if your body was a really complex factory and a line went down here or a line went down there, you could keep producing things, you could keep the biochemistry is going to

keep working.

You just get that line repaired, you'll be okay. But if a fire breaks out, you're not going to keep running cereal down the line. You're going to shut things down and get that fire out.

So once cell danger response is triggered, the body goes through and I it's a cellular level. We go through these different stages. And what this is showing us is that there's a number of biochemical changes required for us to heal.

I want you to understand this because there's so many things that people mast cell activation syndrome are doing that keep back firing, back firing, back firing.

And this is what helps us understand the right order of operations. And I'm going to share a lot more detail about that with you in many presentation.

I do for you on day seven. So I hope you join me then.

Protective Changes in the Body

If you've ever been someone or seen someone who became bedridden after a glutathione B or got way worse from high dose methyl folate or methyl B-12, what likely happened was that those things were it's not that those things are bad.

They're wonderful healing mode healing agents, but it's that they were introduced likely at the wrong time for that person. And that's really what I want to get at for you in this summit is doing things the right things, in the right order, at the right time.

All right. So I'm not going to get into all the in depth in these three phases because Eric Gordon is going to cover that for you. But what we're talking about here is going to set the stage for every talk that you're listening to in Cell Danger Response.

We have these biochemical changes. We get stiffening of cell membranes, methylation changes. We get glutathione production changes, gene expression changes, vitamin D goes down.

We get an increase of histamine through what's called H d c. So our bodies make histamine. And then that triggers more mast cell activity in another cell called eosinophils.

You're going to learn about on day four we have an alteration what's called him activity that can produce what's called porphyrin. Tryptophan gets shunted away from making melatonin to these neuro inflammatory compounds that you can imagine.

If we're not making melatonin, we're going to sleep well and we start to accumulate metals in the tissues. And all of this is protective. Why would this be happening?

Well, pathogens enter into our cells. So the cell membranes so we stiffen them. It's like putting up a castle wall around it and keeping them out. Certain pathogens will use methylation to replicate, so we cut them off from that.

Why Treatments Can Backfire

Increasing the mast cell activity is going to increase the immune response to go after these toxins and these pathogens. The metals accumulate, become some pathogens feed on metals.

And you want to tuck those into the tissues to protect yourself, not have them in circulation through the bloodstream and excreting through the urine.

People even get bowel changes, including the microbes on microbiome. They get mitochondrial changes talked about sleep cycle and fatigue levels change and you get major epigenetic.

That means gene expression changes. Any of this sound like what you're going through? I would imagine at least some of this you can resonate with. So this is why many people who are sensitive with mast cell issues struggle with things like fast or tidal colon.

If that's supplements brought in to early, well, that's going to start to soften the cell membrane. But if have pathogens don't want them getting in, things like high dose methylation support early on can be hard to or hard for people to take over.

Sensitive B6 can support an increase of that histamine production. So some people, some people are fine with that, but some people have trouble with it.

For some, low carbs are a problem and that's where it can affect the heme pathway that I talked about before. Metal detoxing before mold is addressed can be problematic.

Antimicrobials for the gut before getting the mold toxins out with binders. Mitochondrial supports too early can backfire. And what's happening is, as we if we do things in the wrong order, they can start working against cell danger response.

Now, I'm not saying that these, these are problems for everybody.

Mast Cell Activation as an Expression

They're not really talking about for the sense that people are having trouble, taking things and figuring out why does everything keep backfiring. I want to give you a model for this.

So the real problem we talked about this some yesterday. Now we're really getting into why cell danger response tells us that mass activation syndrome, these got imbalances, this hormone imbalances, these sleep issues.

They're not the problem. They are expressions of protective expressions of what's really happening underneath. So really understanding the mast cells, what's happening with them is to protect us against the underlying pathogens, toxicity, stressors, the genetic weaknesses that get highlighted that are the problem.

So according to this model, mass activation syndrome is an expression of cell danger response. And I like to use this image. This is a block game. And in this game mold and lime are at the bottom.

Let's call lime actually tick borne illnesses. Once you get those, you start getting stacked up. Things like nervous system dysregulation, mass activation, cell danger response turns on, you can get anxiety and Sibo and parasites and Candida and HPA axis issues, which can lead to things like chronic fatigue, insomnia, viruses like Epstein-Barr, thyroid imbalances and other hormone imbalances.

Many people are getting stuck trying to work too far up here. And if we want this whole tower to fall over, which I know that's not the goal and Jenga, but that's what we want as we want to get all of these things knocked off the board.

Root Causes and Summit Wrap-Up

It's like the mold, the tickborne infections, the nervous system dysregulation, the cell danger response. They've nailed them all down. And we've got to get that nail out.

And we've got to deal with what's down here at these bottom most root layers. And then as you do that these other things can start to clear up and fall away.

So what I'm getting at is that mold and tickborne pathogens are some of the biggest impactors driving cell danger response along with trauma and chronic stress.

So we address those. We can unravel the cell danger response. And these biochemical changes can go back to balance. So just to recap particular mold toxicity, the tick borne infections, the trauma, the stressors, these primary root drivers aren't addressed.

It's very hard to fix chronic Epstein-Barr. It's actually hard to address the tick borne pathogens when mold toxicity hasn't been addressed. It's very hard to hear to see bone to the gut issues, hormone imbalances, sleep issues.

It's hard to get rid of mast cell activation, histamine intolerance. If you're dealing with salicylates or dealing with heme pathway issues or heavy metals.

So I'm going to be getting into little more detail about these things in our many presentations as we go. But I want to get you to the talks for today.

And just a reminder, you can find all of your discount codes here. Links and special additional downloads at Mast Cell three 60.com/summit. Enjoy the talks!

I hope you have a wonderful day and I will see you tomorrow.