Day 4 Mini Presentation - Reversing Mast Cell Activation and Histamine Intolerance Summit Transcript

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Introduction to Food Triggers

All right. Here are our topics for today. We're going to do a one on one on histamine intolerance and talk about mast cell activation versus histamine intolerance.

I'm going to do a big picture overview of oxalates and salicylates in addition to lectins. And I want to talk about those three levels of sensitivities.

We first introduced yesterday. And action steps to help you start to make sense of what you're learning. And I want to make sure that you come off of the summit knowing what your next step is going to be.

Now, since today is all about food triggers, I want to start by saying do not eliminate foods unnecessarily. It's really important that to maintain variety, and if you have food and time to focus on swapping foods for, nutrient dense foods rather than just whittling them down, that's a big mistake I made.

I got down to ten foods because everything seemed like was triggering me.

Histamine Intolerance and Mast Cell Activation

And then once you get down to ten foods or less, you don't have enough nutrients. And I know, you know, if you're already that low, really focus on as you're thinking about what your food triggers might be, how do I swap things?

And I very much encourage anybody with food intolerances to work with a practitioner. Now let's start with histamine here. Where does histamine come from?

Two main places. From food or from your body. So from food it can be in high histamine foods fermented foods and their histamine liberating foods like, citrus fruits, strawberries and walnuts.

Then histamine can be made in your body. And there are three cells to do that. Mast cells, phase of cells, and eosinophils. Now let's talk about what is histamine intolerance.

This is when your body can't handle the levels of histamine that are building up. And sometimes that's called your histamine load. Now response time with histamine tolerance for symptoms is usually at least 30 minutes or more.

But it can even happen hours or days later. So let's look at why histamine builds up. I like the sink metaphor. And Beverley writers going to use this and talk about this in her talk.

So why is this to build up of the histamine isn't getting broken down in your body. There are enzymes that break that down. Some of the best known ones are Dao and H&M tea.

And if there's not enough of these enzymes like the Dao in the tea, then that can lead to an overflowing what we call sink, where the histamine is is overflowing building in the body.

And that can lead to gut inflammation, low nutrients, methylation issues, and, I mean, those all can trigger issues with not having an FDA or empty. And then if you don't have enough enzymes, you get that histamine build up.

So with this sink metaphor, the histamine foods and your body producing histamine is like the water from the sink. And the drain is the histamine degrading enzymes.

And a lot of people ask what's the difference between mast cell activation and histamine intolerance. So histamine intolerance is just about an issue with histamine mast cells.

When they're overreactive they can be over releasing histamine or any of their 1000 plus other mediators. So histamine intolerance is just that histamine side mast like which is much more complex.

Some people have both. So we have both mast cells release histamine A histamine triggers mast cells. Your food your eating that's high. Histamine can trigger mast cells.

Mast cells release more histamine and other inflammatory mediators. And that triggers more mast cells. And the cycle can keep going. So if you have histamine intolerance, working on your histamine can really make a difference.

Oxalates Overview and Sensitivity Risks

It may not be 100% of all your steps, but it can help. Now let's do a brief intro to oxalates. So this is an image of oxalates. Types of oxalate stones.

This is a type of oxalate kidney stone. But kidney stones are just a very tiny percentage of oxalate issues. Contributors to high oxalates or mold toxicity.

Leaky gut eating a lot of high oxalate foods. Antibiotic overuse, especially really high doses of vitamin C for just some people. Not everybody, but some people who have genetic issues and they can overproduce oxalate.

Their body and actually antifreeze poisoning, antifreeze poisons through oxalates, oxalate. So these defense molecules and plants to keep animals from eating them.

And they can under microscope look like little shards of glass. No razor blades are really sharp. And they can lodge in different tissues like muscle joint, and we can excrete them through the urine.

They can scrape the urethra as they come out. So symptoms include things like fibromyalgia, vulvodynia, interstitial situs, joint pains, osteoporosis or osteopenia.

C oxalates take the minerals and bind with minerals, arthritis, kidney stones. Again, just a rare or small percentage of people get kidney stones, cataracts, PCOS, thyroid dysfunction or algae as is pains and ear crystals and vertigo.

These have all been linked in one way or another in the research with oxalates. Highest oxalate foods include beets, Swiss chard. Rhubarb. Sweet potatoes. Spinach. Almonds.

Now here's the thing. And Julie Matthews is going to talk to you about this. Do not stop oxalate. It's cold turkey. It's a very important thing to if you're going to stop oxalates, listen to her talk about how to do it safely so that you can avoid what's called oxalate dumping, and that can make you kind of sick.

So, check out her talk. If you're thinking about oxalates. Now, let's talk about salicylates. So salicylates are another compound down in plants that are also protective against insects, bacteria, and fungal diseases.

But they happen to be the polyphenols that make fruits and vegetables colorful and that have a lot of antioxidants. So many herbs and spices are high, and so things like rosemary, basil, thyme and these can be found in certain fruits, vegetables, nuts, seeds and oils, some surprising places that they can be found, as well as cosmetics, personal care products, aspirin, creams, cleaners, toothpaste, perfumes and even some essential oils.

Salicylates and Common Triggers

Now, before I go further, I do want to say not everyone. Mast cell activation has issues with salicylates or oxalates or even histamine, so don't cut all of these foods out.

Only consider this if you're pretty certain that you have an issue that highly recommend you work with a practitioner's skill in this. And so just don't.

Don't put yourself on a low everything diet. It's too limiting. Make sure you know what you're specifically looking at. But symptoms and things that are associated solicit intolerance or aspirin allergy hearing tinnitus.

And there's other things that can cause these symptoms. But these can be salicylates intolerance nasal congestion sinus infection, inflammation, nasal or sinus polyps, chronic cough asthma.

Itchy skin, hives, rashes, abdominal pain, gas, diarrhea, inflammation of the GI tract including colitis and tissue swelling and fatigue. So salicylates can also affect mast cell activation syndrome.

Not everyone has the lowest intolerance and and the mast cell 360 practice. We work with extremely sensitive people and still only about 20% have salicylate intolerance for solicits can trigger mast cells of people aren't breaking them down.

It's kind of like histamine. You also have salicylate degrading pathways and then you can develop mast cell inflammation. Signs. And some common causes of salicylate intolerance or taking in too many salicylates or foods or supplements and things like especially mold toxins a big trigger clogging the detox pathways, rid of the salicylates and lacking some of the needed nutrients for reducing salicylates in your body.

Things like, sulfur is very important and issues with oxalates oxalate solicitor issues are related and like I said, lack of sulfur in the diet. Too many inflammatory mast cell mediators can also contribute.

Finally, let's look at lectins. So what are lectins there some common food group select and so many grains corn, wheat, rice oats. Rye all the legumes.

So those beans, lentils, soy, peanuts, plants and the cucumber family. So it includes melons, squashes, cucumbers, nightshade plants like tomatoes, potatoes, eggplants, peppers.

Genetically modified foods can include lectins and cashews and some seeds chia, quinoa, pumpkin and sunflower. Now, this doesn't mean these are bad for everybody.

They are not real.

Lectins and Immune Reactivity

But some people are sensitive to lectins, and what can make people sensitive to lectins include genetic predisposition, actually stress or limbic system issues, nutrient deficiencies and the immune system, particularly if there's mold toxicity or certain infections, can make us more susceptible to having trouble with lectins.

So why can lectins be harmful for sensitive people? They can break down the gut barrier, contribute to our immunity, interfere with communication between cells, contribute to inflammation, and they can trigger mast cells.

The link with mold toxins is mold can lead to a leaky gut with those lectin and other food compounds can get into the bloodstream. Overall immune activation, including the mast cells, can make you more reactive to lectins.

Nervous system problems can make you more reactive to lectins, and if you have information for mold toxicity, lectins can make everything worse, like worsen leaky gut, activate immune cells, worsen leaky brain.

Now let's wrap up with these three levels of sensitivities. We started talking about these already three levels. Three levels of sensitivity. As we see in our practice.

And the easy level where you can take most anything. You don't really struggle too much with foods. The sensitive level where you're tolerating some supplements and medications, but you have to onboard them carefully and

some can really backfire for you.

And you may have some food intolerances. And that's most people on this summit. And then super sensitive, where you're tolerating less than five supplements or medications or none at all.

And you Stirling with a lot of food sensitivities. So I know I said we think you know which category you're in. So go ahead and decide which one of these categories describes you.

So I want you to have some steps coming off of this summit. A lot of people listen to summit and they either are so overwhelmed they don't take any steps, or they try a dozen things at one time and things start backfiring.

They can't tell what's happening. And then they just want to throw up their hands. And I don't want this for you. So I've laid out a roadmap for you to be thinking about, and we've still got a few days of the summit left and I'll talk with you about this a little bit more tomorrow as well.

Three Sensitivity Levels and Next Steps

But if you're super sensitive, be thinking about your next step off of this summit. May be the Mast Cell Nervous System reboot, and you can find it here at Mast cell 366.

Common mast cell hyphen reboot. So you might want to check that out. If you're super sensitive. You're not me. You're not tolerating supplements right now.

This course is a roadmap for you to help you, to help you reboot your nervous system so you can tolerate things again. Now, if you're sensitive or you're an easy category or your practitioner, we consider the MK 360 Precision Mold Master class and Infinite Mass Cell 360 Common Mold Course.

So if you've ever had any water damage in your home, any history of more exposure in your life, go straight there. If you can, take at least a few supplements.

If you have a limited budget, there's a basic course that'll get you started and if you are ready to dive in, then there is the advanced course and that's the one you want.

Or if you're a practitioner, you want the advanced course. Also, if you're thinking about applying to our practice, but you don't want to wait, as we do have a little bit of a waiting list, you don't want to wait to get started.

This will give you a head start, and both of these courses will give you a head start. In a practice. And there's a special summit discount 25% off these courses.

It's only through the end of the summit, but I wanted to make sure you're already thinking about your next steps. And let's get you to the talks. A reminder again where to find your Summit Resources page for all your discounts or downloads.

Your links have a wonderful day and I will see you tomorrow.