Day 5 Mini Presentation - Reversing Mast Cell Activation and Histamine Intolerance Summit Transcript

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Mast Cells and the Nervous System

So here's what we're going to cover today I want to talk about mast cells and the nervous system in our mini presentation. How to know if you have nervous system dysregulation.

The biggest triggers of nervous system dysregulation targeting the three key areas of the nervous system for mast cell activation syndrome. So these mast cell nervous system links can't really talk about mast cells without talking about the nervous system.

And this is because mast cells are found in the limbic system inside the brain. I'll tell you about the limbic system in a minute. They're found in all the nerve endings.

And along all of the nerve sheaths completely line the nervous system. And they affect behavior in avoiding toxins, avoiding allergens, responses to stress and mast cells are involved in anxiety, depression, pain, and migraines.

There's a huge role, and the mast cells are the interface between the nervous system and the rest of the body. So there's this field. This is what I did my master's research and called Psycho Neuro Endocrinol immunology.

But don't worry about that long word. I'm going to break it down for you. Psycho means our mind states our stress states or states of calm and peace. What's the activity of our mind like?

Is that an expression of our nervous system? And an interesting thing to watch is that the state of your mind will be reflected in your breath.

Psycho-Neuro-Endocrino-Immunology Explained

So if your breath is jittery or ragged or shallow, your mind will normally be fast. But if your breath is slow, that's usually reflecting. Your mind is really slowed down.

Neuro means nervous system, endocrine no means hormone system, immuno means immune system. All this is really about that. We can't separate these systems out.

That's what this field of study is about. The nervous system, hormone system, immune system, our state of mind. And it's really even bigger than all of that.

Everything is connected. And that's what this is telling us about. And this is a diagram, a really cool diagram from a 2019 paper called Mast Cells and Neural Immune Interactions.

And what this is showing us is that this is a mast cell here in the center. And the mast cells have are releasing mediators that the nerve cells register here with the nerve endings.

And then the nerve cells are releasing neurotransmitters, neuropeptides that the mast cells register. And there's this constant cross communication that happens between the mast cells and the nervous system continue.

And that's what I meant when I said on day one, your mast cells sense every thought you have. Every thought is amazing, every thought, and there's a stressful thought, but they also sense thoughts about calm and safety and joy and feeling healthy and being able to visualize in a healthy state.

And this is how the nervous system can be a powerful way to enter into working with mast cell activation. There's

two major parts of the nervous system that we find get the most dysregulated.

Limbic System and Vagus Nerve Basics

And also working with can have the biggest impact. And these are the limbic system and the vagal nerve system. So just want to touch on these briefly so that you have the background.

So these talks your limbic system is here in your brain and in the real center of your brain. In your limbic system our organs for fear, emotion and long term memory.

And the your nerve from your nose called your factory nerve goes straight into the limbic system to process smells. And this is how essential oils can also work on the limbic system.

But how things like mood, toxins, smelling those. Can this regulate the limbic system? And this is how we're regulating fear and emotion. There's a big role in sensitivities with the limbic system as well as with the vagus nerve.

And the vagal nerve comes out the very top of your neck, between the top of your neck and your skull. And then the longest nerve branch is actually big, complex.

It's, vagal nerve system, not just a single nerve, but there's a lot of nerves and dart and that branch off. And once the vagus nerve exits the neck, it has some branches that come around this way.

And then in a nervous everything from the to all of your organs, from the top of your neck and down to the bottom of your intestines. So it's involved in breathing in your heart rhythm.

It's involved in swallowing, it's involved in your liver, your spleen, your diaphragm and your stomach emptying. So stomach emptying issues if you have issues, one possibility is vagal nerve.

If you have any kind of motility issues of the GI tract, vagal nerve is a good thing to look into. So I call this we have Marcel the Marcel nervous system dysregulation of the communication here.

I call that haywire mast cells and common triggers of that. We've been talking a lot about mold toxicity and also Lyme and co-infections traumas, particularly early childhood traumas, abuse, witnessing abuse and medical traumas, challenging surgeries.

And these can be a historic or present day. Other common triggers can be things like too many life changes at once, chronic emotional stressors, even high EMF exposures like walking or Wi-Fi router, chronic chemical exposures.

So how do you know if you have nervous system dysregulation?

Common Triggers of Dysregulation

Things like startling easily somebody you don't realize somebody is behind you and they say your name, you jump a weak gag reflex or an overly strong gag reflex, like you're trying to brush the back of your teeth and you gag just brushing your teeth.

Or you can stick your finger all the way in your mouth and you don't gag. That would be a weak gag reflex. Trouble sleeping, waking up tired, feeling wired and tired or wired after two inch conversation easily.

Stress or changes. Anxiety. Depression. Loss of intestine mortality like with chronic constipation or diarrhea, and high or low blood pressure to smother signs.

Dysregulation of soft palate movement. And I talk about this more in my nervous system course. But if you stick out

your tongue and say, the uvula that hangs down should go up and down symmetrically.

It shouldn't go to the side. It shouldn't lift up and stay lifted or vibrate. It should be left in a staccato pattern. That's what that means. Lighter sound sensitivity, supplement or medication reactions.

History of those tickborne, pathogens, chemical sensitivities, constant food reactions, mast cell activation syndrome, EMF sensitivities, muscle sensitivities, sensitivity.

Perfumer Cologne autoimmunity. So all of these are signs that they're maybe nervous system dysregulation. So nervous system dysregulation is involved in a lot of things including parts autoimmune issues problems with gut motility, neuropathies tinnitus which is ear ringing complex regional pain syndrome, earlier stand low KDS, fibromyalgia, chronic fatigue, yellow bowel syndrome and the best outcomes and working is come when working on both the limbic and the vagal system.

In targeted ways, as well as looking at any structural issues that are affecting the nervous system, like, pressure here on the the vagus nerve or other cranial nerves because your neck has some, subluxation or something like that.

We also need to remember now, this is an image that comes from a 2017 paper called Psycho Neuro immunology of early life stress. Now, you know, I told you that word earlier. So we need to remember that many sensitive people have mast cell activation syndrome.

We've had early childhood traumas that may need to be addressed as part of healing. And these early traumas affect how the limbic system and the rest of the nervous system develop and can prime us for nervous system dysregulation and overactive mast cells.

But rebooting the nervous system can be up to 50% of the healing process for people with, without early childhood prom traumas.

Signs of Nervous System Dysregulation

And for those of us who've had a lot of early childhood stressors or traumas, rebooting the nervous system can sometimes even be up to 75% of the healing process in the beginning.

So this is incredibly key, and I hope that you will take a look at this in more depth. And I said, we talk about whether to know if you might have some, trauma or some chronic stress.

Let's look at chronic stress first. Stress factors to assess are things like divorce or a new relationship. Remember you can have stressors that heal negative.

But even positive things, if they're really exciting, can be stressors to the nervous system. A new addition to your family or death of a loved one. Witnessing violence, surgery, overworking a big one.

Moving. Retirement. Moving houses or homes. Retirement. Financial concerns. Toxic relationships. Losing a job. Starting a new job. New relationship. Feeling isolated.

Worries about political changes. Worries about safety. A lot of people are dealing with these things, especially in the last few years, these stress factors have gone way up for people.

And if how do you know if you have trauma? So if you've ever experienced or witnessed any kind of abuse now or as a child, childhood neglect, sudden loss of a loved one, witnessing a traumatic event, experiencing bullying, harassment or abuse in school or work or online.

Military trauma. Having a family member or a serious illness or injury. Significant childhood medical issues like surgeries. So if you have those, make sure you check out the talks on the trauma.

Now let's talk about this three levels of sensitivity again because I want you to know and identify which level you're at and be thinking about how you're going to take action after this summit to really get all of this in place, because I don't want you to just listen to the summit and then forget about it a week later.

I want this to have such an impact. My hope is, in any way, this has such an impact on your life as a real turning point in your health journey. So there's three levels of sensitivity.

Easy as you can take just about anything. You don't really struggle too much with foods sensitive tolerating some supplements and medications, but you may have to remember them carefully.

Some can really backfire and have some food intolerances, or they're super sensitive. For people that aren't tolerating hardly anything. Often there's not.

Or there might be just 1 or 2, maybe up to five.

Trauma, Stress, and Sensitivity Levels

Supplements or medications usually have to bring things on board a little, sprinkle something and water just the tiniest little sprinkle and struggling, usually with a lot of food sensitivities.

So the category that you're in determines what you want to do next here. So if you got your category all right. So these would be what I would suggest you start thinking about for next steps after a summit. And we're still at two days left.

But one should already be lining up. What you're going to do. So if you're super sensitive, I can highly recommend the Mast Cell Nervous System reboot.

This is my acclaimed course that has helped a lot of people reboot their sensitivities, so that they could get on to the protocols they needed to help themselves address the root triggers.

So that's the nervous system reboot. It helps you make your own roadmap to guide you through your nervous system rebooting. And there's some practices within that.

And then it helps you sort through all the various options that are out there and through answering a series of questions and, doing some self assessments, deciding, do you need to work on the structural side?

Do you need to work on the vagal side? Do you need to work more on the limbic side? And these are some of my top picks for those types of programs and where to go for them.

Then if you're in a sensitive, easy category or practitioner and can highly recommend my Mk3 60 Precision Mold Master class, that's at mast cell three 6.com/mold hyphen course.

And you should think about this. If you've lived in any of the coastal areas, the Mid East or the Midwest, really anywhere other than the desert.

Next Steps: Courses and Clinic Options

Because as you hearing on our mold today for the summit, that mold toxicity and environmental mold has become a major issue because of things like climate change, because of the effects of emfs on mold growth.

And it's one of the absolute, hands down, biggest triggers for mast cell activation syndrome. So that's why I put this course together. So if you're looking to get started or even if you're considering joining our practice and, there's a little bit of a wait few months wait that would get to going on first steps and also give you some big picture.

Either of these courses are really great to do. We've got a discount 25% off only through the end of the summit. So

you can find these links at your summit resources page, or you can go straight to the course pages.

Cell three 6.com/master hyphen reboot master three 60.com/mold. Hyphen. Course. Now let's say that you're not a DIY buyer, or you're somebody who's tried several things that have been mentioned in the summit, but you failed with a lot of practitioners, yet you're still committed to getting better, and you have the budget to invest in your health.

Then think about applying to our clinic. So if you want an experienced practitioner to walk you through reversing your mask activation, histamine intolerance, you can, look at applying to the clinic and the link.

There's cell three six ecommerce application. Now click reminder again. There's your Summit resources page. Let's get you on to the talks. Enjoy the day.

See if you can identify two tips for your nervous system. Make it manageable. Break it down into little chunks and just identify two things from the talks today that you can do and start to incorporate for your nervous system.

Have a wonderful day and I will see you tomorrow for day six.