Day 6 Mini Presentation - Reversing Mast Cell Activation and Histamine Intolerance Summit Transcript

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Mini Presentation Overview

Here's what we're going to cover today in our mini presentation. Estrogen and progesterone. And. I'm going to talk about the three types of estrogen dominance cortisol in mast cells and the GI tract and mast cell activation syndrome.

So I'll set you up for the talks for today. So just a reminder we saw this image on day one. Let me remind you here this great simplified model of Marcel from the 2017 paper by David Spiral. All.

Mast Cell Hormone Receptors

And in this model, what we're seeing, mast cells have these different receptors on the outside of them that can register different things happening both outside and inside of our body.

And what we're talking about today is particularly these receptors for different hormones. So you can see down here this one for estrogen and androgens different types of sex hormones.

But there are receptors for DHEA for for testosterone there's a type of androgen. Both of those are for estrogen for progesterone for cortisol. And generally a relative excess of estrogen and testosterone tend to be a little more mast cell activating.

Whereas generally progesterone and DHEA and cortisol it, when they're in the right balance tend to be more mass or calming. But the key is balance. This is also true for thyroid hormones.

Bath salts have receptors for thyroid hormones, and there are a lot of muscles in the thyroid. But people with mast activation syndrome do tend to tolerate bioidentical hormones better than synthetic.

Not everybody's ready for hormones. So again, that's part of the right order at the right time. And I'm going to talk with you about that tomorrow. So I really hope you can join me for our mini presentation.

And I'll help you think about how you start to how you start to lay out for yourself what you're learning in this summit and do it in the right order to set you up for success.

Let's talk a little bit more about estrogen. So help you with your talk on the estrogen dominance.

Estrogen Types and Dominance

There's three main types of estrogen. Each one is called estrogen. So weaker estrogen it's dominant usually during menopause. Then we have E2 as true diol.

This is the strongest estrogen plays a lot of important roles in the body. But it's also called dirty estrogen. And it can contribute to estrogen dominance.

And then E3 estrogen. This is the protech active form of estrogen. So when you listen to the talk on estrogen dominance we're going to talk about balancing these and having good balance between them and the three main types of estrogen dominance.

If you have more of that E2 estradiol than progesterone. Or those three estrogen metabolites are out of balance, where you don't have enough of the protective E3, or the estrogen is getting broken down into damaging molecules

in your body.

Now let's shift over to mast cells in the GI tract. So just some brief introduction to this for the tech that talks today on the GI tract. Mast cells do line your entire GI tract from your mouth down yourself I guess, where you swallow food to your stomach and the entire intestines, and they line this in high numbers and they have a lot of a type of receptor called an H2 or histamine two receptor, along with other types of mast cell receptors that are sensing every thing you swallow, every particle of food, every drop of liquid.

Mast Cells in the GI Tract

And they're also sensing bacteria, fungal species, parasites, anything in the gut. So major triggers of the GI mast cells, low stomach acid, low digestive enzymes and low Dao.

So you'll hear more about stomach acid in the digestive enzymes. In Steve Wright's talk. And also about something interesting called para probiotics. Other bigger triggers are CFR, which is small intestine fungal overgrowth and Sibo, small intestinal bacterial overgrowth.

And she didn't in I'll talk with you about the Sibo stress and food triggers waterborne chemicals viruses sometimes parasites can also be triggers and we should add here mold toxins.

And we should add the mold colonization as part of that CFL. So these are some of the biggest triggers of the, mast cells in the GI tract. There's three types of Sibo that you're going to hear about.

The named after the gas is produced hydrogen, which more often causes diarrhea. Methane more often causes constipation. However, you can have a mix of these and you could have constipation due to vagal nerve issues or diarrhea due to other issues.

So it's not definitive whether you have diarrhea, constipation, and hydrogen sulfide. Sibo produces a really pungent, rotten egg kind of smell, gas and usually diarrhea, and often an increase of symptoms with high sulfur foods.

So just want to talk a little about the interactions between Sibo, CFO, mast activation and histamine intolerance. Sibo can cause gut inflammation, which amps up the immune system, which activates mast cells, which causes more histamine release, which increases the overall histamine load, and that can contribute to histamine intolerance of the histamine degrading enzymes.

Can't keep up more toxins are big trigger Sibo, and if you have mold toxicity, it's almost impossible to get rid of Sibo long term to you. Deal with mold.

Make mold toxins can worsen it by disrupting the gut bacteria and the microbiome in general, affecting the ability of the immune system to keep gut bacteria levels in check.

Contributing to leaky gut and affecting the entire immune system. Again, keeping and the entire immune system that keeps those bacteria levels in balance.

SIBO, SIFO, and Histamine Intolerance

Now, CFO stands for small intestinal fungal overgrowth. Or we could say fungal imbalance. And the two most common culprits behind C4 candy and mold colonization in the gut.

So mold breaks down your body's tissues and decomposes you tissues to get nutrients out of your tissues. The slime mold colonization is such a big deal, and mast cells respond to mold, and the injury from that decomposing of the tissues that leads to more mast cell activation.

So that's where Sibo and CFO combine can cause a lot of mast cell problems in the GI tract. And these often co-

occur in people with mold toxicity. Mold toxins weaken that part of the immune system that should be keeping these organisms from overgrowing and disrupts your system so that it can't even recognize the mold spores to attack them anymore.

And then mold can. Also, certain molds can produce oxalates, molds, and Candida feed off of oxalates. Aspergillus can actually produce oxalates and Sibo C for mold toxicity are all major marcil triggers.

And we have today and tomorrow left in the summit. We've been talking about our three levels of sensitivities easy, sensitive and super sensitive. I want you to be identifying what is your commitment to your next step after this summit.

So hopefully you've purchased the Summit Recordings. So you're going to have those to go back to. I'm going to show you tomorrow how to start to order things.

And I don't want you to make this summit to be just another one that you have sitting on your hard drive. You don't go back to and you feel overwhelmed, and then it doesn't really change your life.

What I want for you is that you learned some tidbits in the summit, and you take them, and they're going to fuel you into your next steps and really inspire you and encourage you and give you hope to keep moving on healing.

Because if you've listened to my talk, you heard how horribly ill I was, how I overcame my nasal activation syndrome, a histamine intolerance, the tick borne infections, and neural inflammation.

Next Steps and Summit Resources

All of that got my life back. I want this for you too. So here are some options to consider if you're in a super sensitive category. We've been talking about looking at the mass on nervous system reboot, because this doesn't require you to take any supplements.

You can work on your nervous system, and that's usually the biggest things. Holding you back if you're super sensitive is limbic vagal dysregulation and mold exposure.

Now, if you're ready to take a few supplements, you know you don't have to be able to take much. And even if you're still on sprinkles of supplements, but you're tolerating some things or you're in the easy category or you're a practitioner to want to look at is the Mk3 60 Precision Meal Masterclass.

So again, I talked about yesterday, if you're not tolerating hardly anything, you're having trouble tolerating foods. You can't take the things that you need to heal.

Then you should start with the mast cell nervous system reboot. But if you're not super sensitive and you are ready to get to the root triggers, particularly this big heavy hitter that I showed a few days ago at the bottom of the the pile of issues that pile up mold was right there at that bottom blog.

Then you want to look at the MSI 360 precision Mold Masterclass. If you have a limited budget, you can get started at the basic level. And if you're practitioner or you are good at stepping yourself through things, then you want to go to the advanced level.

There's a special discount 25% off only through the end of the summit. So we just have a couple days left here. Then, if you're ready for an experienced practitioner to walk you through, reversing your mask activation has to be intolerance.

You might want to consider applying to the massage 360 clinic today so you can do that. Massage 360 the Common application. This is for people who you failed many practices you've tried protocol after protocol.

Nothing's making sense. You're still slipping through the cracks. But you have the time. You have the budget and

you have the willpower to keep going to get healthy.

Then do please apply to the clinic. If you're just starting out, though, you can talk. You can work through the things and the talk. The summit. If you've not training protocols for massage activation syndrome before, see where you get with the information.

The summit talks first. If you're getting stuck now that the clinic is here and can you summit resources page here Masshealth three 60.com/summit. Let's get you on to the talks.

Have a wonderful day and be sure to join me tomorrow. So for the last day of our summit and many presentation where I'm going to show you how to put everything together in the right order of operation for your optimal success.