Day 7 Mini Presentation - Reversing Mast Cell Activation and Histamine Intolerance Summit Transcript

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Introduction to the NC 360 Method

All right. Here's what we're covering today. The order of operations of mass liquidation syndrome. How to order what you're learning on the summit. Deciding your next steps.

So what I'm going to show you is what I've developed called the NC 360 method. Now, again, so many people attend summits and listen to 1 or 2 talks or several talks, but then either feel really overwhelmed or can't figure out what steps to take next, or dive into a dozen things at once and still feel stuck because they're backfiring.

They're not getting anywhere. I don't want either of these things to happen to you. So this is why I'm going to share with you my MC 360 method that I've developed working with hundreds of clients and studying with some of the top mentors in these areas for years.

And this method has been thoroughly tested and refined with all three levels of sensitivities. We've been talking about. And we know it works because we see it every day in our practice.

For those who have come in after failing protocol after protocol, then they do this method and those that stick with it. We have about a 95% success rate of people.

Really getting great recoveries and getting their lives back.

Why Order of Operations Matters

So several thousand people now use this method to recover, to heal and reverse their own mass activation syndrome and histamine intolerance. This is a method that all of our practitioners use at our clinic.

So I want you to have this so you can decide on the right order of operations for you. So this is about the right things in the right order at the right time.

And that's what makes all the difference. And being someone who has seen 75 practitioners spent, I stopped counting at $350,000. But I know it's over 500,000.

And I just kept running into the brick wall around the brick wall. And this is why at the right things, the right order at the right time unraveled it all, and I was able to start, putting the pieces together and really healing.

So I went from bedridden, barely able to walk with a cane to I went on a several mile hike just recently. I travel, I can eat in restaurants. I went back to graduate school.

I got to graduate degrees. I built a specialty practice. And whatever your hopes and dreams are, I want you to be able to get back to them too. So I want to give to you this framework.

So remember the three categories of clients that we've been talking about, three categories of people with mass automation syndrome. Easy, sensitive or super sensitive.

So easy. You can take this about anything you need. Most suits order of operations. This may not actually affect you as much. You may be able to jump into methylation products.

You may want to do glutathione these. So this may not actually apply to you.

Sensitivity Levels and Who This Framework Helps

However, if you're in the sense that it's a super sensitive category, this this order of operations is going to be really critical for you. And this method was particularly developed for those who are sensitive and super sensitive.

So if you're sensitive, you're someone who can take some supplements, medications, but you have to onboard them carefully and at the right time, or it'll backfire on you.

And you're likely dealing with some food triggers as well. You often feel like you're just throwing darts at the board. Most of the time, nothing sticks and you're not sure what to do next.

It's the right order of operations. Implementing right things the right time based on your individual uniqueness is essential to your success. Now, if you're super sensitive, you're struggling to take just about anything.

You may have 1 or 2 supplements or medications you tolerate, or you may not tolerate any and all. You're struggling to find safe foods, and you find that most practitioners try their best, but throw up their hands that have no idea where to start with you.

You probably feel utterly lost, but you don't have to. And I was actually super sensitive. Or I was down to ten foods. Even those were triggering me. I couldn't tolerate even just the tiniest sprinkle of quercetin.

Tiny sprinkle of zinc, anything would ramp up my anxiety. I couldn't sleep, I was a mess. So this method that I'm about to show you changed my life. It's changed the lives of the thousands of people who used it now.

And it may very well help change your life. If you're sensitive or super sensitive. So here we go. There's five major steps. Stabilization, then gentle detox and cleanup.

Rebuilding and optimizing. So I'm going to break this down one by one. Now certainly is not the only way to work with mast cell activation syndrome. But this is what I've developed over ten years of working in this field with hundreds and hundreds of clients.

And Smith, it's been tested and refined, even with extremely sensitive clients and several thousand people. Like I said, I've now used this to recover, to heal and reverse their own mass activation syndrome and histamine intolerance.

Five-Step Mast Cell Recovery Framework

So let's break this down. So with the stabilization phase, this has some steps within it. Nervous system rebooting, mast cell calming support digestion and GI motility support.

Sleep, adrenals and hormones and then clean up environmental mold exposures. Cleanup other triggers and that clothes emfs water triggers, you know, water chemicals.

If it's not really good filtered water chemicals in the air, things like forest fire smoke, things like mycotoxins, pollens, pet dander, dust, food based chemicals and other chemicals and other triggers.

So going over that again, let's back it up here. Nervous system, mast cell calming, supporting digestion and motility so you can eliminate, especially with constipation.

Support sleep, adrenals and hormones. Then the environmental exposures and cleaning up the triggers. So people who are super sensitive have to work on that nervous system side and cleaning up the environmental triggers to start.

So gentle detox is the next step once the stabilization phase has really been in place, symptoms will come down a few notches and that's when somebody is ready for gentle detox.

So this is targeted binders lymph supports and movement. Gentle movement as tolerated. Kidney lymph supports methylation supports come in here. Very low dose if they're needed.

Anti-microbial supports if needed here like if there's colonization and then biofilm busters if needed. Now these slides you can get over the summit resources page Marcel three 60.com/summit.

You're welcome to use this for your own use.

Stabilization: Calm the System First

And, I just ask that if you would like to publish this, that you reach out to us for permission. Then we have the cleanup phase. So this is saying the mold toxins are cleaned up, CFR is handled.

Then you can start doing things like cleaning up Sibo, remaining hormonal imbalances, remaining sleep issues. This is where you can go after those bacterial, viral or parasitic loads and heavy metals.

Generally somewhat in this order. But the order in here can change person to person, and there may be some overlap with the previous step in this step, depending on what's going on.

This this gives you a big picture framework because there's always room for individualizing and everything needs to be individualized. Then you go in to rebuilding.

This is rebuilding like the gut microbiome and the GI lining. It's really hard to rebuild those when you've got toxins just trashing the gut every day.

They're getting dumped. And that's why we put it here. This is where you bring in. Mitochondrial supports are tolerated much better at this phase. Sometimes this will overlap some with some of the earlier phases.

But this is where you can really get these on board. You can really work a lot on bone health care. Even higher dose methylation support if needed. Right light and you won't need that once they get to this point.

But if it is needed, it come in here. Then finally we have the optimizing phase. This is where you do your genetic optimization. You think about what your long term maintenance plan is going to be coming off of the protocol from before, just putting together your maintenance for optimal health.

And this is where you address any other concerns. So hopefully you have the summit recordings.

Gentle Detox and Cleanup Phases

If you haven't, then consider picking that up because you can now use this framework. And as you're listening things and taking notes, you can kind of start to order where you are and take an assessment of what you've already done in your life and worked on.

So you can use this to think about what the missing pieces may have been for you. And then we've gone over this a few times, but one final time. If you're new to MCM, mix.

If you're super sensitive, think about the mass or nervous system reboot seesaw. That's step one in stabilization is nervous system rebooting nervous systems calming and stabilizing so you can find that at mass.

Cell three 60.com MSL life and reboot. Now if you're able to take a few supplements, you're ready to dive deeper. Consider the Mk3 60 Precision Mold Master Class.

And if you have limited budget, you can look at the basic version. However, if you're a frequent summit attendee or you like to have all the information your practitioner, you want to learn as much as you can, whether you're practitioner or not.

Then the NC 360 Mold Master class, the advanced level, it's going to have that level of detail you're looking for. Now some people are really struggling.

You are, even with this kind of information, having trouble figuring out the next steps. Things aren't making sense for you. You're reacting to things that seems like you shouldn't have.

You may need a guide to walk you through.

Rebuilding and Optimizing for Long-Term Health

And we do have a practice, a clinic. And so if you're ready for an experienced practitioner, walk you through reversing your own massage activation and histamine intolerance.

You can apply to the Mast Cell 360 clinic Mast cell three 60.com/application. Now I will tell you that our practice is not for people looking for easy fixes or magic pill reversing.

This takes a lot of work and patience, but working with practitioners with a high level of experienced skill who understand how to do the right things in the right order at the right time is absolutely key to success.

And why do we have an application? People have asked that. We asked for an application because integrity is at the core of our clinic, and we want to be as sure as we can upfront that we can help you before you spend any money.

So if your case is outside of the scope of our consulting practice, we will let you know. And that way you can find the help that you need. We do have a waiting list, so it's best to get your application in as soon as possible, because the applications are reviewed and the order received.

And if you apply, it doesn't commit you to anything. So do read the application page. If you're considering applying to the clinic, read it carefully.

Resources, Masterclass, and Clinic Application

For important details, reach out. Let us know if you have questions. Now all of that said, thank you so much for joining our summit. It's been a real pleasure and honor to have you with us, and I hope you enjoy the talks today.

I hope that you, if you're able to pick up a copy of the summit package and see how the recordings, the transcripts to refer back to, and then really hope you join our Facebook community.

So we can stay connected and keep supporting you and your journey with all of the resources that we put out, our Facebook lives and our blog posts and so on.

Have a wonderful day and I will see you at some point down the road. Hopefully in our community.