Mast Cell Stabilization: What Most People Miss (MCAS Guide) Transcript

(Transcripts are generated by AI and may contain errors)

The case for stabilization

If you're someone with unexplained If you're someone with unexplained reactions, flushing, food sensitivities, reactions, flushing, food sensitivities, anxiety, brain fog, palpitations, or anxiety, brain fog, palpitations, or feeling like your body is constantly on feeling like your body is constantly on edge, here's what I would do differently edge, here's what I would do differently today. I would stop chasing symptoms and today. I would stop chasing symptoms and start stabilizing mast cell behavior start stabilizing mast cell behavior first, because when you understand that first, because when you understand that this layer, outcomes change this layer, outcomes change dramatically. What fails in the old dramatically. What fails in the old approach is treating mast cell approach is treating mast cell activation like an allergy instead of a activation like an allergy instead of a systems problem. After years of seeing systems problem. After years of seeing the same patterns repeat, especially in the same patterns repeat, especially in patients who were dismissed or told it patients who were dismissed or told it was just anxiety, I now recognize this was just anxiety, I now recognize this earlier. And this matters now, not earlier. And this matters now, not later, because the longer mast cells later, because the longer mast cells stay unstable, the harder the body stay unstable, the harder the body becomes to treat. Let me walk you becomes to treat.

Understanding mast cells

Let me walk you through how my thinking evolved. If through how my thinking evolved. If you're new here, I'm Dr. Fred Bloom. I'm you're new here, I'm Dr. Fred Bloom. I'm an integrative and holistic physician an integrative and holistic physician and much of my work is with people who and much of my work is with people who have been sick for years despite doing have been sick for years despite doing everything right. If this resonates, everything right. If this resonates, feel free to like the video, subscribe feel free to like the video, subscribe to the channel, join the newsletter, and to the channel, join the newsletter, and leave comments, especially if parts of leave comments, especially if parts of this match your experience. One of the this match your experience. One of the most common things I hear from patients most common things I hear from patients with mast cell activation is confusion.

with mast cell activation is confusion.

Beyond histamine blocks

They're told their labs are normal, that They're told their labs are normal, that their reactions don't make sense, or their reactions don't make sense, or that stress and anxiety must be the that stress and anxiety must be the cause. But here's the reality. Mast cause. But here's the reality. Mast cells sit at the intersection of cells sit at the intersection of immunity, inflammation, hormones, immunity, inflammation, hormones, neurotransmitters, and detoxification.

neurotransmitters, and detoxification. When they're unstable, the body becomes When they're unstable, the body becomes reactive to everything. Early on, many reactive to everything. Early on, many patients are told just to block patients are told just to block histamine. And while that can help histamine. And while that can help symptoms temporarily, it rarely creates symptoms temporarily, it rarely creates stability. What gets missed is this.

stability. What gets missed is this. Mast cell activation isn't just about Mast cell activation isn't just about histamine. It's about how the body histamine. It's about how the body handles inflammatory chemistry. Earlier handles inflammatory chemistry. Earlier in my career, I thought that if we in my career, I thought that if we controlled histamine, symptoms would controlled histamine, symptoms would calm down, and sometimes they did, calm down, and sometimes they did, briefly.

briefly. briefly. What I didn't fully appreciate then was What I didn't fully appreciate then was how bottlenecked in metabolism keep mast how bottlenecked in metabolism keep mast cells reactive even when histamine cells reactive even when histamine intake is low. Experience taught me that intake is low. Experience taught me that

many patients weren't overproducing many patients weren't overproducing histamine. They were unable to clear it histamine.

Assessing the traffic jam

They were unable to clear it properly, and even worse, sometimes properly, and even worse, sometimes converting it into more irritating converting it into more irritating forms. That shifted everything. Now, forms. That shifted everything. Now, instead of asking, "How do we block this instead of asking, "How do we block this reaction?" I ask, "Where is the traffic reaction?" I ask, "Where is the traffic jam?" Here's the pattern I see jam?" Here's the pattern I see repeatedly. Histamine has multiple ways repeatedly. Histamine has multiple ways out of the body. If even one of those out of the body. If even one of those pathways is sluggish, histamine pathways is sluggish, histamine accumulates, mast cells stay activated, accumulates, mast cells stay activated, and symptoms spiral. I now look at three and symptoms spiral. I now look at three core questions early.

core questions early. How much histamine is coming in? How much histamine is coming in? How efficiently is histamine being How efficiently is histamine being broken down?

broken down? And what happens after it's modified? If And what happens after it's modified? If histamine is methylated but can't move histamine is methylated but can't move through the next steps, it becomes even through the next steps, it becomes even more irritating.

more irritating. That's when people say, "Every That's when people say, "Every supplement makes me worse," or "I can't supplement makes me worse," or "I can't tolerate methylated vitamins." tolerate methylated vitamins." This isn't random sensitivity. It's This isn't random sensitivity. It's biochemistry under strain.

biochemistry under strain. When I see this, I slow everything down When I see this, I slow everything down and stabilize the terrain before adding and stabilize the terrain before adding anything aggressive. This is often anything aggressive.

A systematic approach

This is often missed because medicine is siloed. One missed because medicine is siloed. One doctor looks at allergies, another looks doctor looks at allergies, another looks at hormones, another looks at mood. But at hormones, another looks at mood. But mast cells don't live in silos. They mast cells don't live in silos. They respond to estrogen, stress hormones, respond to estrogen, stress hormones, neurotransmitters, infections, and neurotransmitters, infections, and toxins all at once. Time-limited visits, toxins all at once. Time-limited visits, reference range thinking, and reference range thinking, and protocol-driven care make this easy to protocol-driven care make this easy to overlook, even with good intentions.

overlook, even with good intentions. This isn't about blame. It's It's This isn't about blame. It's It's recognizing complexity. When mast cell recognizing complexity. When mast cell stability becomes the first priority, stability becomes the first priority, everything else becomes easier. Patients everything else becomes easier. Patients tolerate treatment better, reactions tolerate treatment better, reactions decrease, progress stops stalling.

decrease, progress stops stalling. Instead of layering supplements and Instead of layering supplements and hoping something sticks, the sequence hoping something sticks, the sequence becomes intentional. We reduce incoming becomes intentional. We reduce incoming load, support clearance, calm immune load, support clearance, calm immune signaling, and only then move deeper.

signaling, and only then move deeper.

Signals over symptoms

That shift alone often restores trust That shift alone often restores trust both in the process and in the body. both in

the process and in the body. This is especially relevant if you have This is especially relevant if you have unpredictable reactions, food unpredictable reactions, food sensitivities that change daily, anxiety sensitivities that change daily, anxiety that feels physical, or worsening that feels physical, or worsening symptoms with helpful supplements. It symptoms with helpful supplements. It requires nuance. Not everyone needs the requires nuance. Not everyone needs the same approach, and this is never a same approach, and this is never a one-size-fits-all. When mast cell one-size-fits-all. When mast cell instability is part of the picture, instability is part of the picture, ignoring it usually delays healing. What ignoring it usually delays healing. What I want you to take away is this. Your I want you to take away is this. Your reactions are not imaginary, and they're reactions are not imaginary, and they're not random. They're signals. When mast not random. They're signals. When mast cells are understood and stabilized cells are understood and stabilized early, the body becomes cooperative early, the body becomes cooperative again.

again. again. If this was never explained to you this If this was never explained to you this way, you're not alone. I'm curious. Has way, you're not alone. I'm curious. Has anyone ever connected these dots for anyone ever connected these dots for you? Does this help explain why you? Does this help explain why treatments kept failing? And would you treatments kept failing? And would you want a deeper breakdown of how mast want a deeper breakdown of how mast cells interact with hormones, cells interact with hormones, infections, or detox pathways? Let me infections, or detox pathways? Let me