

Mast Cell - Nervous System Reboot

Mast Cell – Nervous System Reboot: This course focuses on techniques and strategies for balancing the nervous system and managing mast cell activation syndrome (MCAS). It includes practical exercises, dietary recommendations, and stress management methods to reduce symptoms and promote overall well-being. The program aims to help individuals reboot their nervous system, alleviate MCAS symptoms, and achieve better health and vitality.

Feeling desperate that you can't do what experts are telling you to do to heal?

After 20 years of studying and healing, today I'm here to say it doesn't have to be this way....

See, I never gave up... And I've tried it all.

From the wacky to the weird.

I saw **over 50 different health care practitioners**. And **spent well over \$150,000**. Just to **still be stuck in the same place**.

Then, I became a Functional Naturopath and Mast Cell | Histamine Specialist.

I've spent **over 20 years** of studying and practicing in this area.

In fact, my **master's thesis** was on this very thing that was holding me and probably you back...

And here's what I've learned...

99% of health care practitioners are missing the #1 step in addressing Mast Cell Activation Syndrome recovery....without it...almost anything will be a struggle.

But this **#1 step can change your life in a matter of weeks**...or in a matter of months for the most extremely sensitive people.

So, if you want to recover your health from Mast Cell Activation Syndrome, **what do you think you need to do first?**

No, put down the supplements, back away from the blender...

It's not another doctor's visit. Or a new diet.

Instead, you need to tune in and think about the one thing that has never changed despite all your healthy tries...

It's your body...

And specifically, it's how your body is wired...

If that sounds weird, don't worry. In a few more minutes, you'll fully understand the science.

And also why I'm now presenting at conferences to teach other practitioners on why this is the missing piece.

What I've discovered is that how your body is wired ... **is at least 50% of the healing process!**

So what does that mean?

Have you **ever had butterflies in your stomach** before you had to speak in front of people?

Or felt how your heart sank when you got the news that a loved one passed away?

Or how your **body got excited when you fell in love** for the first time?

What I'm saying is that your body has a brain and has wiring that work together...

Sometimes, **this wiring is really loud** – like when you ride a rollercoaster or your heart bursts with pride at your kid's graduation.

And sometimes, it's **more quiet**. Like when you feel tired and need to go to bed.

But that same wiring is there every single day.

Every single moment.

And it's **THIS wiring that needs to be supported**. Before you even try another supplement or a new diet or a drug.

Because if you are **anywhere near as sensitive** as Shelly or I was...

Then your **body's wiring is HAYWIRE**.

How is this, you ask?

Your body's wiring is directly connected to your mast cells.

Get this...the wiring in your body does a lot more than make you feel things. This wiring is directly connected to your mast cells.

And so, **if this wiring is haywire...the mast cells go haywire!**

Think of it this way...

There's a **chain of chemical messages** that are sent from your brain and wiring in your body **to your mast cells** on a minute by minute basis.

And **your wiring and mast cells are there to sense everything** going on around you.

Like when you come in contact with a new smell...

Or start to eat a food...

Or open a supplement...

These chemical messages are **priming your mast cells** before you can even think.

And **if the messages are HAYWIRE** like most sensitive people's messages are...

Then the message your mast cells get is **DANGER DANGER...**

In other words, you are doomed before you even start...

And you're **going to react** no matter what...

Until your body stops sending HAYWIRE signals...

So, how can you know if your body's messages and mast cells are haywire?

What are the tell tale signs your body's wiring is haywire?

The scientific term for a HAYWIRE body is called Nervous System Dysregulation...

Here are the **top signs and symptoms of Nervous System Dysregulation**. Just 1 or 2 of these is a strong sign:

- Startling easily
- Weak gag reflex
- Overly strong gag reflex
- Trouble sleeping
- Waking up tired
- Trouble handling change
- Feeling wired after too much conversation
- Loss of intestinal motility
- Any type of Immune Disorder
- Supplement and medication reactions
- Constant food reactions
- Nothing you do works...
- All the healthy things hurt you

Even **just one of these signs** suggests your **nervous system is out of whack...** and supporting it will make a difference.

If you have 3 or more, you are HAYWIRE.