



THE SOLINGER METHOD

by Root Health L.L.C.

Mast Cell Activation

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Mast Cell Activation

Root Health L.L.C, The Solinger Method

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What Is Mast Cell Activation

Mast Cell Activation refers to a state in which mast cells release inflammatory mediators **inappropriately or excessively**, either spontaneously or in response to otherwise benign stimuli. This can occur with or without classic allergy markers and does not always meet criteria for mastocytosis.

Mast cells are immune sentinels. When regulated, they protect. When dysregulated, they become **amplifiers of inflammation, neurologic symptoms, and systemic reactivity**.

Common mediators released include histamine, tryptase, prostaglandins, leukotrienes, cytokines, and heparin.

Symptoms are often multisystem and fluctuating:

- flushing
- itching or hives
- GI cramping, diarrhea, bloating
- headaches or migraines
- anxiety, panic, or air hunger
- tachycardia or palpitations

- brain fog
 - food and supplement sensitivity
- Mast cell activation is rarely “random.” It is usually context driven.
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Conventional Medicine Perspective

Conventional medicine often approaches mast cell disorders through an allergy or immunology lens, focusing on symptom control with antihistamines, mast cell stabilizers, or leukotriene inhibitors.

While this can be helpful for acute control, this model often overlooks:

- why mast cells became reactive
- metabolic and mitochondrial stress
- gut permeability and dysbiosis
- nutrient depletion affecting histamine metabolism
- hormonal and nervous system influences

Patients are frequently told testing is normal despite persistent symptoms.

Naturopathic Medicine Perspective

Naturopathic medicine views mast cell activation as a **state of immune hypersensitivity driven by loss of tolerance**, often secondary to metabolic stress, gut dysfunction, chronic inflammation, infections, hormone imbalance, or nervous system dysregulation.

Key systems involved include:

- mast cell stabilization and mediator clearance
- histamine degradation pathways
- gut barrier integrity
- mitochondrial resilience
- autonomic nervous system tone
- hormonal modulation of immune activity

The goal is to **reduce triggers, stabilize mast cells, and restore degradation capacity**, not merely block histamine receptors.

Core Pathophysiologic Mechanisms



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Impaired Histamine Degradation

Low diamine oxidase (DAO) activity or impaired methylation reduces histamine clearance, increasing symptom burden.

Gut Barrier Dysfunction

Increased intestinal permeability exposes immune cells to antigens, triggering mast cell activation.

Mitochondrial Stress

Energy depletion lowers immune tolerance and increases reactivity.

Estrogen and Progesterone Influence

Estrogen promotes mast cell activation, while progesterone is stabilizing. Hormonal imbalance worsens symptoms.

Nervous System Dysregulation

Sympathetic overactivation directly stimulates mast cell degranulation.

Nutrient Deficiencies

Deficiencies in B6, copper, magnesium, vitamin C, and zinc impair histamine metabolism and mast cell stability.

Nutritional Strategy

Nutrition for mast cell activation focuses on **reducing histamine burden, supporting degradation pathways, and stabilizing the nervous system**, not overly restrictive diets without strategy.

Core Nutritional Priorities

- Fresh, minimally processed foods
- Adequate protein intake
- Stable blood sugar
- Reduced histamine load when indicated
- Gut supportive nutrition



Therapeutic Foods to Emphasize

Freshly cooked meats and fish. Mechanism, lower histamine formation compared to aged or leftover foods.

Low histamine vegetables such as zucchini, carrots, squash, and leafy greens. Mechanism, reduce histamine exposure.

Vitamin C rich foods. Mechanism, supports histamine degradation and mast cell stabilization.

Healthy fats. Mechanism, stabilize blood sugar and nervous system tone.

Adequate carbohydrates. Mechanism, prevent cortisol driven mast cell activation.

Reduce or Modify When Indicated

Aged cheeses, fermented foods, alcohol, smoked meats, vinegar, leftovers, and long stored foods when symptoms correlate.

Excess caffeine. Mechanism, increases mast cell activation.

Very low carbohydrate intake. Mechanism, increases cortisol and histamine release.

Targeted Supplement Support

Therapeutic Adult Dosing

Quercetin

Mechanism, stabilizes mast cell membranes and reduces histamine release.

Dose: 500 to 1,000 mg daily, divided

Vitamin C

Mechanism, degrades histamine and reduces mast cell degranulation.

Dose: 1,000 to 2,000 mg daily, divided

Magnesium Glycinate

Mechanism, stabilizes nervous system signaling and reduces mast cell reactivity.

Dose: 400 to 600 mg daily



Vitamin B6 (P5P)

Mechanism, required for histamine metabolism via DAO pathways.

Dose: 25 to 50 mg daily

Copper (When Deficient)

Mechanism, cofactor for DAO enzyme activity. Dose:

individualized, food first when possible

Omega 3 Fatty Acids

Mechanism, reduce inflammatory mediator production.

Dose: 3 to 4 grams daily combined EPA and DHA

Vitamin D3 + K2

Adult dosing, 5,000 IU daily, adjust based on labs.

Mechanism, immune modulation and mast cell regulation.

Targeted Herbal Support

Nettle Leaf

Mechanism, natural antihistamine effects and mast cell stabilization.

Dose: 300 to 600 mg daily or tea

Butterbur (PA Free)

Mechanism, reduces leukotriene mediated inflammation.

Dose: 50 to 75 mg twice daily

Tulsi (Holy Basil)

Mechanism, supports stress resilience and immune modulation.

Dose: 300 to 600 mg daily or tea

Chamomile

Mechanism, calms mast cell activity and nervous system tone.

Dose: tea or 300 to 600 mg daily

Herbal selection is individualized based on symptom pattern and tolerance.



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Celery Juice Support for Mast Cell Activation

Celery juice may support mast cell activation by improving hydration, mineral balance, and nervous system regulation, particularly in individuals with low blood pressure patterns or adrenal stress.

Suggested use is 6 to 8 oz fresh celery juice daily, taken earlier in the day.

Supplement Access

A complete supplement protocol for Adult Mast Cell Activation is available in Fullscript under Protocols, listed by the matching condition name. Individuals can create a free account to access the full recommended list of professional grade supplements and therapeutic adult dosing.

Lifestyle Support That Matters

Stress reduction is essential, sympathetic activation directly triggers mast cell degranulation.

Regular meals prevent hypoglycemia driven histamine release.

Gentle movement improves autonomic balance.

Environmental exposure reduction matters when triggers are identified.

When to Dig Deeper

Further evaluation is warranted:

- Serum tryptase when indicated
- DAO activity
- B vitamin and mineral status
- Thyroid function
- Hormone balance
- Gut permeability and dysbiosis



Mast cell activation stabilizes when **immune tolerance improves, degradation pathways are supported, metabolic stress is reduced, and nervous system safety is restored**, not when histamine is blocked in isolation.



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