



Top Tests to Identify

Mast Cell Triggers

Intestinal Barrier Function: This test looks at histamine levels, the immune function of the gut, as DAO production. One of the easier tests to identify histamine overload.

GI MAP: This test uses PCR technology to check for parasites, bacterial imbalances and infections, yeast overgrowth, and overall gut health; all of which can be mast cell triggers

SIBO: Small intestinal bacterial overgrowth can really cause a flare for individuals with MCAS and is often treated right away

Mycotoxin Testing: While this test alone is not enough to identify mold illness, it can be a big piece of the puzzle. Mold is a major trigger for MCAS

Pyrrole Disorder: Pyrrole disorder will lead to imbalances in zinc/copper leading to extreme anxiety. It is also impacted by oxidative stress and therefore a good indirect indicator of overall stress in the body.

Neural Zoomer: Find out if there is a leaky brain barrier, autoimmunity to the brain or other infections causes brain-based inflammation

To learn more about running these tests contact Jodie Ellenor
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