

★ **Free Summary articles.** Other articles & resources are available to [private clients](#).

[Client Dashboard](#)

★ [Appointment Preparation](#)

★ 1) [Living with a Restricted Diet](#)

1a) [Common Strategies to Work On](#)

- Meal Planning
- Working on your Mindset
- Non-Food Nurturing

1b) [Eating Out](#)

1c) [Communicating with Others](#)

- Talk to Your Doctor
- Friends and Family

★ 2) [Mindset](#)

2a) [Calm Mindset](#)

- Fight-or-Flight vs. Rest-and-Digest
- Symptoms and Emotions are Connected
- How Does this Relate to Mast Cell Disease?

2b) [Mindful Habits](#)

- Breathing
- Checking-In/Body Scan
- Mindful Eating
- Mindful Moments
- Non-Judgement, Self-Compassion, and Acceptance
- Mindfully Experience Unpleasant Sensations (Emotions and Symptoms)
- Improve Brain Fog with Mindful Habits

2c) [Difficulty with Identifying Specific Food Triggers](#)

- Internal and External Triggers
- Overflowing Bucket Theory
- Natural Food Compounds
- Digestion can Lead to Symptoms (regardless of what is eaten)
- Food Sensitivity Co-Factors
- Sometimes it is Not a Specific Food Trigger

2d) [Move Past the Search for a Perfect Diet & Cure](#)

- The Burden of Searching
- Let Go of Labelling
- Symptom-Free May Not Be Realistic
- Extreme Information Increases Suspicion about Food
- There Isn't a Perfectly Healthy Diet

★ 3) [Meal & Snack Preparation](#)

3a) [Meal Planning](#)

- Potential Meal List
- Write the Meal Plan
- Cook for Two (or more) Meals

3b) [Freezing Meals](#)

- Benefits
- What to Freeze
- How to Freeze
- Organize Your Freezer

3c) [Vacuum Sealing](#)

3d) [Creative Preparation](#)

3e) [Portable Meals and Snacks](#)

- Travelling
- Day Trips

3f) [Simple - Flexible Recipes](#)

- Baking
- Soups & Stews
- Hot Meals
- Side Dishes & Salads
- Snacks
- Dehydrated
- Condiments & Flavorings
- Sweets & Treats

★ 4) [Nutrition](#)

4a) [Enjoy Your Meals](#)

4b) [Balanced Meal Plans](#)

4c) [Calcium and Vitamin D](#)

- Calcium and Vitamin D Requirements
- Milk Substitutes
- Supplements

4d) [Multi-vitamin and Mineral Supplement](#)

★ 5) [Diet Expansion Plan](#)

5a) [Approaches to Food Reintroduction](#)

- Food Challenge or Gradual Reintroduction
- Food Challenge Plans
- Reacting at Every Meal – You Need to Eat, Despite Symptoms

5b) [Experimenting with Dietary Patterns](#)

- Binge Eating
- Volume, frequency and Time of Day
- Drinking with Meals
- Eating Too Fast
- Rotating Foods
- Food/beverage Temperature

5c) [Nutrition Repletion](#)

- How much Damage Have I Done to Myself?
- Regaining Weight
- Other Nutrients

5d) [Detecting Food Triggers](#)

- Keep a Record of Suspected Foods
- Trigger and Symptom Journal
- Rotation Diet

★ 6) [Systematic Experimentation](#)

6a) [Decide What Changes to Try](#)

- Potential Benefits & Disadvantages
- Think Critically about Information

6b) [Write an Action Plan](#)

- Write the Plan
- Evaluate and Make Decisions