

★ **Free Summary articles.** Other articles & resources are available with the [Three-Month Support Plan](#).

[Client Dashboard](#)

★ [Introduction](#)

★ [Mindset](#)

[Calm Mindset](#)

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

[Mindful Habits](#)

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

[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

[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

★ [Diet Expansion Plan](#)

[Food Tolerance Inventory](#)

[Approaches to Reintroducing Food](#)

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

[Experimenting with Dietary Patterns](#)

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

[Nutrition Repletion](#)

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

[Following Through with the Plan](#)

Expect Symptoms when You Expand Your Diet
Plans are Meant to Be Changed

[Detecting Food Triggers](#)

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

★ [Nutrition](#)

[Enjoy Your Meals](#)

[Balanced Meal Plans](#)

[Calcium and Vitamin D](#)

Calcium and Vitamin D Requirements
Milk Substitutes
Supplements

[Multi-vitamin and Mineral Supplement](#)

★ [Communicating with Others](#)

[Eating Out](#)

[Talk with Your Doctor](#)

Organize Your Medical History
Bring Objective Information about Your Symptoms

[Friends and Family](#)

★ [Meal & Snack Preparation](#)

[Meal Planning](#)

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

[Freezing Meals](#)

Benefits
What to Freeze
How to Freeze
Organize Your Freezer

[Vacuum Sealing](#)

[Portable Meals and Snacks](#)

Travelling
Day Trips

[Simple - Flexible Recipes](#)

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

★ [Systematic Experimentation](#)

[Decide What Changes to Try](#)

Potential Benefits & Disadvantages
Think Critically about Information

[Write an Action Plan](#)

Write the Plan
Evaluate and Make Decisions