

MCAS Crisis Stabilization & Trigger Tracker

Client Name: _____ Date: __ Cycle Day (if applicable): _____

Section 1: Crisis Assessment (The "Total Bucket" Check)

Identify if you are moving from "Compensated" to "Decompensated" MCAS. Check all that apply in the last 48 hours.

Physical Symptoms: - ☐ Hives, flushing, or unexplained itching - ☐ Sudden gastric distress or "heartburn" - ☐ Heart palpitations or dizziness upon standing (POTS-like) - ☐ Shortness of breath or "air hunger"

Neuro-MCAS Symptoms: - ☐ **Sense of Impending Doom** (Sudden, unexplained physiological panic) - ☐ "Cotton wool" brain fog or word-finding difficulty - ☐ Chemical anxiety (Anxiety with no psychological trigger) - ☐ Acute insomnia or "wired but tired" feeling

Section 2: The Low-Antigen Sanctuary Checklist

To stabilize a crisis, we must empty the bucket. Check off these environmental optimizations.

- ☐ **Air Quality:** HEPA filter running on high; windows closed to outdoor pollens/exhaust.
- ☐ **Fragrance Detox:** Removed all candles, perfumes, and "natural" essential oils from the room.
- ☐ **Low-Histamine Fuel:** Shifted to 0-1 SIGHI scale foods (Freshly cooked, no leftovers, no fermented foods).
- ☐ **The "Test Dose" Rule:** Any new supplement or food is tested with a tiny amount under the tongue first.

Section 3: Daily Stabilization & Trigger Diary

Use this table to track the "Target Hierarchy" and identify the "Final Drop" triggers.

Time	Food/Supplement/Exposure	Symptom Reaction (0-10)	Notes (Smells, Stress, Hormones)
AM	Target 1: H1/H2 Blockers		
Mid	Target 2: Natural Stabilizers		

Time	Food/Supplement/Exposure	Symptom Reaction (0-10)	Notes (Smells, Stress, Hormones)
PM	Target 3: DAO Enzyme		

Section 4: Reflection & Protocol Triage

Total Symptom Load (0-100): ____ (*Sum of daily reaction scores*)

Identify the "Final Drop": What changed right before this flare? (e.g., new detergent, high-stress event, ovulation/period, mold exposure, viral illness):

Neuro-Inflammation Check: Did the "Chemical Anxiety" subside after taking H1/H2 blockers or Luteolin/Quercetin? ☐ Yes ☐ No ☐ Partially

Next Steps:

- Maintain Sanctuary:** Stay in the Low-Antigen Sanctuary for _____ more days.
 - Diagnostic Timing:** If a severe flare occurs, attempt a Serum Tryptase draw within **1-2 hours** of onset.
 - Review:** Bring this tracker to our next coaching session to adjust your flavonoid stack.
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