

Histamine, MCAS and Hormone Balance

Patient Information

Some of your symptoms suggest there may be a histamine component involved. If mast cells are contributing, the attached information will help you understand how to stabilise them and improve your symptoms.

Menopause and perimenopause symptoms often overlap with MCAS (mast cell activation syndrome). However, recognising potential triggers can help differentiate between hormonal changes and mast cell-related reactions.

MCAS or Histamine Intolerance (HIT) requires a tailored hormone replacement therapy (HRT) management plan. Excess estrogen can activate mast cells and may cause symptoms to persist or worsen in sensitive individuals.

As part of your treatment plan, we will address sex hormone balance carefully. When prescribed appropriately, hormone therapy can help stabilise mast cells while also managing the fluctuating hormone levels of perimenopause and the eventual hormone deficiency of menopause.

Treatment must be individualised to ensure symptom control while avoiding unnecessary mast cell activation.

Educational Resources

Short MCAS Overview (YouTube Short):

<https://youtube.com/shorts/H-P5LKJ1HAw?si=FbMKQYg4pLrzQqhM>

Detailed MCAS Explanation:

https://youtu.be/n4h_gQzcCKc

Please note: Not all symptoms discussed may apply to you, but these videos provide a helpful explanation of mast cells and the immune system.

Histamine Class

You are welcome to join our histamine class via the following link:
<https://www.purity.health/groups>

HRT Basics Video

Please ensure you have watched the HRT Basics video:

1. Go to: <https://www.purity.health/groups>
2. Select **Dr Purity Menopause Class**
3. Click on the **Media** tab
4. Watch the **HRT Basics Video**

Kind regards,

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Menopause and Hormone Health

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 www.purity.health

 www.menopausemomentumnetwork.com