

# Mast Cell Activation Syndrome and Histamine Intolerance

## Purity Health Patient Information

### *Purity Health Menopause & Wellbeing Centre*

*This information is for patients under the care of Purity Health. Please use it alongside advice from a knowledgeable practitioner.*

## Introduction

Mast Cell Activation Syndrome, also known as MCAS, and histamine intolerance are common patterns we see in women who experience symptoms that seem to affect many different body systems at once.

These symptoms may include flushing, headaches, migraines, sinus symptoms, bloating, nausea, food sensitivity, wine intolerance, itching, rashes, palpitations, anxiety, poor sleep and feeling generally inflamed or reactive.

This leaflet is designed as a brief introduction only. It is not intended to give all the information in one document, as MCAS and histamine intolerance can be complex and very individual.

## What is MCAS?

Mast cells are immune cells that help protect the body from infection, injury and foreign substances. They release chemical messengers, including histamine, as part of the body's normal immune response.

In MCAS, mast cells may become overactive and release these chemical messengers too easily. This can lead to symptoms in different parts of the body, including the skin, gut, nervous system, airways and cardiovascular system.

## What is Histamine Intolerance?

Histamine intolerance is slightly different. It occurs when the body struggles to break down histamine efficiently.

This may happen because of reduced DAO enzyme activity, gut issues, stress, hormonal changes or a high-histamine diet.

MCAS and histamine intolerance can overlap, which is why many patients benefit from learning how to reduce their histamine load and support the body more gently.

## Why This Matters in Perimenopause and Menopause

Hormonal changes can affect histamine sensitivity.

For some women, symptoms become worse in perimenopause or menopause because changing estrogen and progesterone levels can influence immune reactivity, sleep, mood, gut function and inflammation.

This is why a histamine-aware approach can be helpful alongside hormone, metabolic and lifestyle support.

## Common Symptoms

You may notice symptoms such as:

- Flushing or feeling hot
- Headaches or migraines
- Sinus symptoms
- Palpitations
- Anxiety or internal agitation
- Poor sleep
- Bloating, reflux, nausea or digestive upset
- Itching, rashes or hives
- Wine intolerance
- Sensitivity to smells, foods or chemicals
- Brain fog
- Feeling inflamed or reactive

## The Aim of the Low Histamine Reset

The aim is not to restrict your diet forever.

The aim is to reduce the histamine load for a short period, calm the system, support the gut, improve symptom awareness and then reintroduce foods gradually.

This is best done with education and structure so that you understand what you are doing and why.

## Join the Low Histamine Class

For the full guidance, please join the **Histamine Intolerance / MCAS class** on the Purity Health website.

Go to:

<https://www.purity.health/groups>

Then:

1. Choose the **Histamine Intolerance / MCAS** class
2. Select **Posts**
3. Read the posts on how to complete the low histamine reset

The class explains the reset process in more detail and gives you the steps to follow in a structured way.

### Important Note

Please do not stop prescribed medication or make major treatment changes without medical advice.

This information is for education only and should be used alongside personalised care from a qualified health professional.

### Best Wishes

**Dr Purity Carr**

**General Practitioner**


**Menopause and Hormone Health**

Purity Health Menopause and Well-being Centre

**Founder:**

10:10 Metabolic Reset


Menopause Momentum Network Author:

 No. 1 Best seller - *Low Histamine Living* – [Available on Kindle](#)


 *Stop Smoking in 5 Days* – [Available on Amazon](#)

 [www.purity.health](http://www.purity.health)

 [www.menopausemomentumnetwork.com](http://www.menopausemomentumnetwork.com)

 [Instagram – @drpuritycarr](#)



 [Facebook – Dr Purity Carr](#)

Dr Purity Carr  
Dr Purity Carr (Dr Menopause Doctor) 10:10 Metabolic Reset  
Health & Wellbeing: A Transformative reset for Weight, Hormones, MCAS, Inflammation & Mindset.  
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**Skool:** <https://www.skool.com/menopause-momentum-network-3083/about>