

The Mixed Pathway

Purity Health Patient Information

Disclaimer

This information is provided for Purity Health patients only. It is intended for educational purposes and should not replace personalised medical advice. Please ensure you are guided by a knowledgeable and qualified practitioner when implementing any of the above recommendations.

What is the Mixed Pathway?

The Mixed Pathway refers to women who present with **overlapping features of hormonal imbalance, histamine dysregulation, metabolic dysfunction, and gut involvement**.

They do not fit neatly into one pathway.

Instead, they experience symptoms driven by the interaction between:

- the **immune system**
- the **hormonal system**
- the **nervous system**
- the **gastrointestinal system**

This is why symptoms can feel complex, fluctuating, and difficult to explain.

Why this matters

If you treat only one part of the system, improvement is often partial or short-lived.

The Mixed Pathway requires a **whole-system approach**.

Core Systems Involved

1. Immune System

The immune system becomes more reactive.

Many women show features of histamine dysregulation or patterns consistent with Mast Cell Activation Syndrome.

This leads to:

- increased histamine release
- inflammation
- heightened sensitivity to foods, stress, and environment

The immune system becomes a driver of symptoms rather than just a responder.

2. Hormonal System

Hormonal fluctuations, especially in perimenopause, directly influence:

- mast cell activity
- histamine release
- mood regulation
- sleep quality

Estrogen can increase histamine activity, while progesterone tends to have a calming effect.

When hormones fluctuate, symptoms become more unstable.

3. Nervous System

The nervous system becomes dysregulated.

This may present as:

- anxiety
- poor sleep
- heightened stress response
- overthinking or feeling “on edge”

The nervous system interacts closely with the immune system.

A heightened stress response can:

- activate mast cells
- increase inflammation
- worsen gut symptoms

4. Gastrointestinal System

The gut plays a central role.

Common features include:

- bloating
- reflux
- IBS-type symptoms
- food sensitivities

The gut contains a large proportion of the immune system.

When the gut barrier is compromised:

- histamine release increases
- inflammation rises
- symptoms become systemic

Common Symptoms in the Mixed Pathway

- fatigue
- brain fog
- anxiety or low mood
- poor sleep
- bloating or reflux
- sinus symptoms
- skin changes
- weight gain or resistance to weight loss
- palpitations

Symptoms often fluctuate and may not follow a clear pattern.

What Causes the Mixed Pathway?

The Mixed Pathway develops from a combination of factors:

1. Hormonal Transition

- perimenopause and menopause
- fluctuating estrogen and progesterone

2. Chronic Inflammation

- long-term stress
- poor sleep
- metabolic dysfunction

3. Immune Dysregulation

- histamine intolerance
- mast cell activation patterns
- post-viral changes (for example after infections)

4. Gut Dysfunction

- altered gut microbiome
- increased gut permeability
- food sensitivities

5. Nervous System Load

- chronic stress
- trauma
- persistent sympathetic activation

How the Systems Interact

This pathway is driven by a cycle:

- stress activates the nervous system
- the nervous system activates the immune system
- the immune system releases histamine
- histamine increases inflammation
- inflammation disrupts hormones and gut function
- disrupted gut further activates the immune system

This creates a **self-perpetuating loop**.

Management Approach

Management must be **layered and structured**.

1. Reduce the Load (Diet)

- simple, whole foods
- low histamine approach where needed
- reduce processed foods and excess sugar

Diet helps reduce the burden but is not the sole solution.

2. Calm the Immune System

- identify triggers (food, stress, environment)
- consider antihistamines where appropriate
- support mast cell stability

3. Support Hormonal Balance

- assess hormonal status
- consider hormone therapy where appropriate
- support natural hormone rhythm

4. Regulate the Nervous System

- improve sleep
- reduce stress load
- introduce simple daily structure

This is often one of the most powerful interventions.

5. Restore Gut Function

- support digestion
- address reflux or IBS symptoms
- simplify food patterns

6. Improve Metabolic Health

- structured eating
- avoid constant grazing
- consider intermittent fasting where appropriate

Key Principle

This is not a single-system problem.

It is a **network problem** involving:

- immune
- hormones
- nervous system
- gut

Remember

When you calm the system as a whole,
the body begins to regulate itself again.

Treat the whole, not the parts

Best Wishes

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 **Dr Purity Menopause Reset**
Dr Purity Carr MD Menopause Doctor 10:10 Women's
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