

MCAS



Mast Cell Activation Syndrome (MCAS)

Mast cells are part of your immune system. They release histamine and other chemicals to help the body respond to threats. With MCAS, mast cells become overactive and release these chemicals too often, leading to widespread symptoms like flushing, itching, hives, swelling, headaches, gut issues, low blood pressure, rapid heart rate, or brain fog.

Why It Matters

Because mast cells are found throughout the body, MCAS can impact multiple systems at once - skin, digestion, cardiovascular, respiratory, and neurological. This makes it tricky to diagnose and often leaves patients feeling dismissed or confused. Left unmanaged, MCAS can fuel chronic inflammation and worsen hormone imbalances, gut permeability ("leaky gut"), and autoimmune conditions.

What We're Doing About It

At NuBloom, we approach MCAS by calming the immune system and reducing triggers. That may include working on gut health, lowering inflammation, balancing hormones, and addressing histamine sensitivity in food or environment. From there, we tailor additional support based on your labs and symptoms, so your body feels more regulated and less reactive.