

MCAS + Mold Trigger Management Roadmap

Step-by-step path for people with mast cell activation triggered or worsened by mold exposure

≈ 12–18 min read [Print / Save as PDF](#)

Step 1: Identify Your Triggers

High-Probability Mold-Related Triggers

- Visible mold / musty smell in home or workplace
- Recent water damage (even small leaks)
- High ERMI / HERTSMI-2 score
- Positive mycotoxin urine test (RealTime Labs, Great Plains)
- Symptoms improve dramatically when away from home for 3+ days

Other Common MCAS Triggers (often overlap with mold)

- High-histamine foods (aged cheese, fermented items, leftovers)
- Stress / emotional triggers
- Medications / supplements (even "natural" ones)
- Heat / exercise / temperature changes
- Strong smells (perfume, cleaning products, VOCs)

Tip: Keep a simple trigger/symptom diary for 1–2 weeks — patterns become obvious fast.

atment Ladder

1. Tier 1 – Stabilize Mast Cells (first 4–8 weeks)

- H1 blockers: Cetirizine 10–20 mg + famotidine 20–40 mg twice daily
- Cromolyn sodium (oral or nebulized) – start low, titrate up
- Quercetin 500–1000 mg 2–3×/day (with food)
- Vitamin C 1–3 g/day (buffered or liposomal)
- Avoid all known triggers aggressively

2. Tier 2 – Address Root Triggers (after stabilization)

- Leave / remediate mold exposure (priority #1)
- Low-histamine / low-mold diet (Mast Cell 360 resources excellent)
- Binders: Welchol or cholestyramine (doctor-guided only)
- Support DAO / HNMT: copper, vitamin B6, methylation support if needed

3. Tier 3 – Advanced / Persistent Cases

- Ketotifen (compounded) or low-dose naltrexone
- Xolair (omalizumab) injections – game-changer for many
- Biologics or immunomodulators (under specialist)
- Consider MARCoNS / fungal sinus treatment if chronic sinus issues

Flare Rescue Kit (Keep Handy)

- Benadryl 25–50 mg (acute rescue – sedating but effective)
- EpiPen / Auvi-Q if history of anaphylaxis
- Cold pack / ice roller for flushing
- Electrolyte drink (LMNT or homemade)

- Quercetin + Vitamin C loading dose

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Quercetin + Vitamin C + vagus nerve reset (cold face dunk, 4-7-8 breathing)

Always have a plan with your doctor – never self-treat severe reactions.