Mast Cells and Endometriosis

Estrogen raises histamine, histamine raises estrogen: break the loop at every node.

1. Four weeks low-histamine, and notice what your period does.
2. Cruciferous vegetables and fiber every day, because that is how estrogen leaves the body.
3. Magnesium, then apigenin at night, then PEA, then NAC, in that order. All four have real data in endometriosis or mast cells or both.
4. Clear estrogen properly: spare your methylation budget (creatine and phosphatidylcholine) and fix your gut so estrogen is not recycled.
5. Melatonin at bedtime, 3 to 10 mg, which has a real trial for endometriosis pain.
6. Get the right tests: plasma heparin and urinary prostaglandin metabolites for the mast cells, an estrogen metabolite panel, and a stool test for the enzyme that recycles estrogen.
7. If you are bendy, know that hypermobility, mast cells, and endometriosis come as a set, and address the set.

What to track. Cycle-mapped symptom log; mast cell markers and an estrogen metabolite panel at three months.

Educational content written from a research perspective, not medical advice. Katelin Hubbard, PhD is a scientist, not a physician, and does not diagnose, treat, cure, or prevent disease. Take anything you want to try to your own healthcare provider, especially if you take prescription medication.