



NewAutismPath: Mast Cells and Autism - Understanding Triggers

When mast cells are overactive, they can drive allergy-like and neurological symptoms. Reducing triggers and coordinating care can help.

Common clues

- Flushing, itching, hives, rashes.
- Runny nose, congestion, sneezing.
- Headaches, fatigue, brain fog.
- Palpitations or lightheadedness.

Environmental/product triggers

- Fragrances, air fresheners, scented detergents.
- Cleaning chemicals, paints; ventilate well.
- Temperature swings, stress, poor sleep.

Food considerations (with your clinician)

- Track reactions; brief structured trials.
- Favor whole foods; avoid dyes/additives.
- Keep a simple symptom log.

Clinical conversation starters

- Ask about antihistamines or mast-cell stabilizers.
- Discuss sleep, gut health, stress supports.