

Alpha-Gal Survival Guide

Your Quick Start Resource for Managing Alpha-Gal Syndrome, MCAS, and Histamine Intolerance

By Dette Avalon, FNP & Health Educator
www.AlphaGalSyndromeBooks.com

Welcome

If you or a loved one has been diagnosed with Alpha-Gal Syndrome (AGS), you're likely feeling confused, frustrated, and overwhelmed. This survival guide is designed to help you take back control of your health—starting today. We'll cover the basics of AGS, how it connects to MCAS (Mast Cell Activation Syndrome) and histamine intolerance, and offer simple, actionable steps you can take to begin healing.

What is Alpha-Gal Syndrome?

Alpha-Gal Syndrome is a delayed allergic reaction to red meat and other mammalian products, triggered by the bite of the Lone Star tick. The tick injects a carbohydrate molecule called alpha-gal (galactose-alpha-1,3-galactose) into the bloodstream, which the immune system may then target as a threat.

Common symptoms of AGS include:

- Hives or rash
- Stomach pain or nausea
- Shortness of breath
- Anaphylaxis (in severe cases)

The Connection to MCAS and Histamine

Many individuals with AGS also develop symptoms of MCAS and histamine intolerance. Both conditions involve an overactive immune response and can be triggered by foods, environmental factors, or stress. Histamine-rich foods or mast cell triggers can amplify AGS reactions.

Foods to Avoid & What You Can Eat

Avoid (may trigger Alpha-Gal or histamine reactions):

- Beef, pork, lamb, and venison
- Gelatin and dairy products
- Bone broth and organ meats
- Aged cheeses, alcohol, vinegar
- Fermented foods, tomatoes, spinach, avocado

Safe Foods:

- Most vegetables and leafy greens
- Fresh fruits (except high histamine types)
- Non-mammalian proteins (e.g., poultry, fish)
- Gluten-free grains
- Herbal teas and filtered water

Environmental and Lifestyle Tips

- Reduce tick exposure: wear protective clothing, check your skin after outdoor activities.
- Filter indoor air: use HEPA air purifiers and avoid VOC-containing products.
- Stay hydrated and get quality sleep.
- Avoid fragrances, plug-ins, and harsh cleaning agents.
- Work with an integrative provider to test for MCAS, histamine intolerance, and related conditions.

Testing & Resources

Recommended tests available through MyLabsForLife.com:

- IgG Food Sensitivity Testing
- IgE Allergy Testing
- Organic Acids Testing (OAT)
- GI MAP for gut health
- Mycotoxin Testing

You're Not Alone

Healing from Alpha-Gal and managing MCAS is a journey. Use this guide to get started and remember—you don't have to be perfect. Just DO WHAT YOU CAN DO. Every small step you take makes a difference.

Visit www.AlphaGalSyndromeBooks.com for more tools, books, and resources.

Deep Dive: Essential Lifestyle Practices for Alpha-Gal Survivors

Living with Alpha-Gal Syndrome (AGS), MCAS, or histamine intolerance means adopting strategies that minimize flare-ups, support your immune system, and reduce the overall

inflammatory load. Here are vital lifestyle practices to help safeguard your health and enhance quality of life.

Minimize EMF Exposure

Electromagnetic fields (EMFs) from Wi-Fi routers, cell phones, and other electronics may contribute to systemic stress and inflammation. Those with immune dysregulation or neurological sensitivity may be more affected. Limit exposure by:

- Turning off Wi-Fi at night
- Using wired internet connections
- Keeping phones on airplane mode when not in use
- Avoiding Bluetooth wearables during sleep

Eat Organic Whenever Possible

Pesticides and herbicides—especially glyphosate—can disrupt the gut microbiome, increase histamine response, and burden detox pathways. Prioritize organic produce, grass-fed poultry, and wild-caught fish to reduce chemical exposure and protect gut and immune health.

Wear Medical ID Jewelry

Alpha-Gal reactions can be delayed and severe. Wearing a medical ID bracelet or carrying an allergy alert card can be lifesaving in emergencies. Include known allergens like ‘Alpha-Gal Syndrome: allergic to red meat, gelatin, dairy’ and emergency contact information.

Keep Electrolytes Balanced

Electrolyte imbalances can increase fatigue, brain fog, and even histamine responses. Maintain hydration and replenish minerals with:

- Sea salt or Himalayan salt in water
- Electrolyte supplements free from artificial additives or sweeteners
- Coconut water (if tolerated)

Reduce or Eliminate Sugar Intake

Refined sugar increases inflammation, feeds gut dysbiosis, and can aggravate MCAS symptoms. Replace processed sweets with naturally low-sugar fruits like berries, and avoid sugary beverages and baked goods. Balanced blood sugar is critical for managing immune reactivity.

Learn Emotional Freedom Techniques (EFT)

EFT, or ‘tapping,’ is a proven mind-body technique to calm the nervous system, reduce stress hormones, and stabilize immune reactivity. Daily practice of tapping can help regulate histamine release, improve sleep, and promote emotional resilience.

Stay Aware of Your Environment

Be proactive about your surroundings. Mold, VOCs, perfumes, chemical cleaners, and synthetic fabrics may all act as environmental triggers. Choose clean products, natural

materials, ventilate indoor spaces, and monitor for changes in symptoms with new exposures.

Essential Emergency Precautions

In the event of accidental exposure or unexpected reaction, preparedness is key. Here are two vital steps to always take:

- Keep H1 and H2 antihistamines (e.g., Benadryl and Pepcid) on hand and ready to use if symptoms begin. These can help manage both skin and gut histamine responses.
- Always carry an EpiPen (epinephrine auto-injector) in case of anaphylaxis. Make sure it is not expired and that you understand how to use it properly. It's also wise to carry a backup pen if possible.