Mandarin Wellness Center Shirley Hartman, M.D.  
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**Mast Cell Activation Treatment**

**For Mast Cell / Histamine Activation:**

**-Doxepin** 10 mg near bedtime

**-Singular** 10 mg near bedtime

**-Benadryl or Atarax** 25 – 50 mg at bedtime

**-Allegra, Claritin, Carinex, Xyzal, or Zyrtec** (Non-sedating Antihistamine)1 – 2x/in day

**-Quercetin & Bromelain** 1 – 2 caps 2x/d

**H1 Antihistamines:** **Second Generation Antihistamines:**

Atarax /Hydroxyzine Allegra/Fexfenadine

Bendryl/ Diphenhydramine Claritin /Loratidine

Chlortrimeton/ Chlorpheniramine Clarinex /Deloratidine

Tavist/Clemastine Zyrtec / Cetirizine

Periactin/Cyproheptidine Xyzal / Levocetirizine

Zaditor / Ketotifen (cmpd)

**Brain H1 Antihistamines: (Antidepressants)**

Doxepin/Sinequan Elavil/Amitriptyline Tofranil/Imipramine Nortriptyline

**H2 Antihistamines**: **H2 Antihistamines/PPI's: (Also helps w/GERD)**

Axid / Nizatidine Aciphex / Rabeprazole Vravacid / Lansoprazole

Pepsid / Famotidine Dexilant / Dexlansoprazole Prilosec / Omeprazole

Tagamet / Cimetidine Nexium / Esomeprazole Protonix / Pantoprazole

Zantac / Raniditine

**Leukotriene Inhibitors:** **Mast Cell Stabilizers:** **Natural Mast Cell Stabilizers:**

-Singulair / Montelukast -Gastrocrom / Cromolyn -Quercitin, Luteolin

-Accolate / Zafirlukast -Zaditor / Ketotifen (cmpd) -NAC, Alpha lipoic acid

-Zyflo / Zileuton ($1800) -Hydroxyurea -Diamine oxidase enzymes (DAO)

-ASA -Omega-3’s, Riboflavin, SAMe

11/22