Mandarin Wellness Center Shirley Hartman, M.D.
9283 San Jose Blvd B-2, S-1 (904) 268-5826
Jacksonville, Fl. 32257 (904) 268-5873

**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