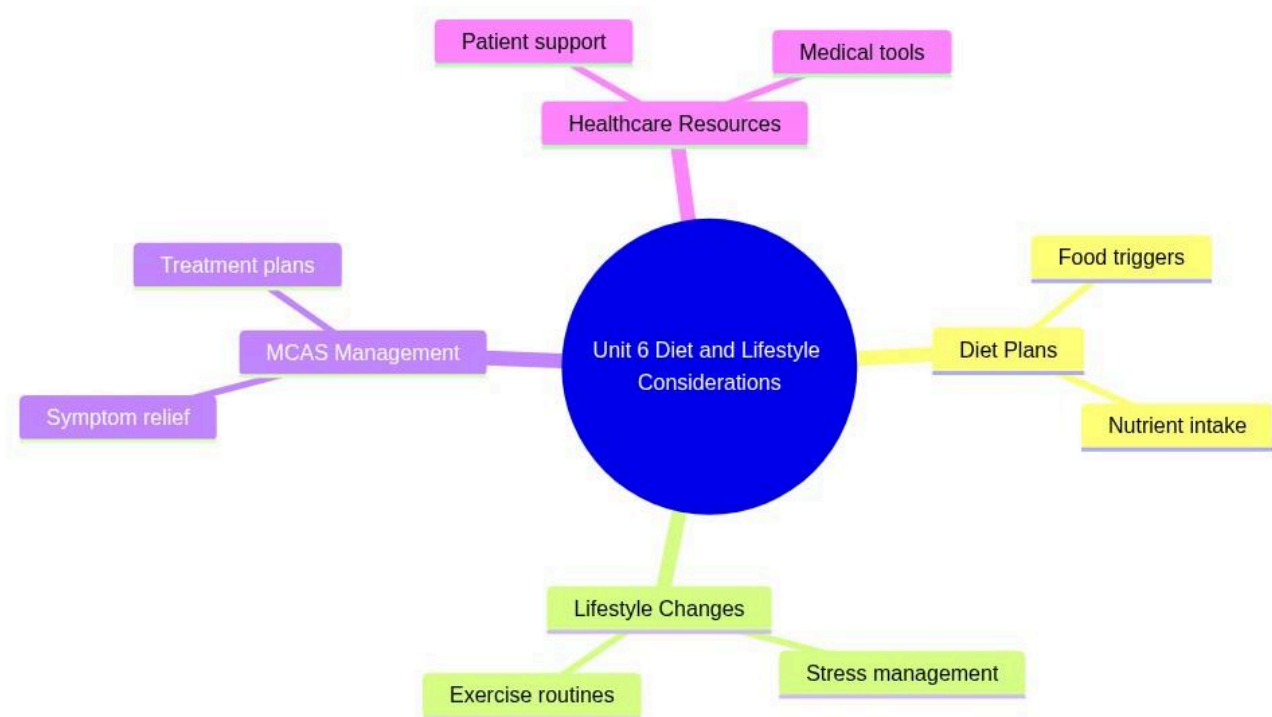


Certified Specialist Programme in Mast Cell Activation Syndrome

Unit 6: Diet and Lifestyle Considerations



mindmap

root((Unit 6 Diet and Lifestyle Considerations))

Diet Plans

Food triggers

Nutrient intake

Lifestyle Changes

Stress management

Exercise routines

MCAS Management

Symptom relief

Treatment plans

Healthcare Resources

Patient support

Medical tools