

# Haywire Mast Cell Quiz

Check the box to answer Yes. Then, tally up how many boxes you checked.

- Do you have trouble falling asleep or staying asleep?
- Do you get lightning bolt or ice pick type pains?
- Do you have constipation or diarrhea?
- Do you get stressed with changes?
- Do you have high or low blood pressure?
- Do lights or sounds bother you?
- Do you feel wired or tired after too much conversation?
- Do you feel wired and tired on a daily basis?
- Do you have anxiety or depression?
- Are you sensitive to EMFs?
- Are you sensitive to mold or have Mold Toxicity?
- Have you had Lyme disease or coinfections (Babesia, Bartonella)?
- Does the smell of perfume or cologne bother you?
- Does the smell of paint or gasoline bother you?
- Have you had reactions to more than 3 foods?
- Have you had reactions to more than 3 supplements?
- Do you startle easily?
- Do you have a weak gag reflex or gag too easily?
- Do you have chronic ear ringing (tinnitus)?
- Do you have any form of Autoimmunity?

# Haywire Mast Cell Scoring

Tally up how many you checked "yes" to.   
Then, read the description for your answer.

## 0-4: Mildly Haywire Mast Cells

Your mast cells are Mildly Haywire. You may need some light Mast Cell Nervous System Rebooting to recover.

## 5-10: Moderately Haywire Mast Cells

Your mast cells are Moderately Haywire. You could definitely benefit from some Mast Cell Nervous System Rebooting.

## 11-15: Strongly Haywire Mast Cells

Your Mast Cells are Strongly Haywire. This is really blocking your healing! You will need to Reboot your Mast Cell Nervous System to recover. But you CAN get unblocked and start healing!

## 15-20: Severely Haywire Mast Cells

Your Mast Cells are Severely Haywire. This is majorly blocking your healing! You need to do a major Reboot of your Mast Cell Nervous System to recover. But you CAN get unstuck and get on with your healing!

**Check Out the Mast Cell  
Nervous System Reboot**