

THE TRIFECTA PASSPORT



*A Workbook for Patients with
MCAS, POTS, EDS
& Other Chronic Conditions*

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Origin
Wellness

1

WELLNESS PASSPORT



The vision

Create your own vision board:

Who are you?

What makes you unique?

What are you passionate about?

What brings you joy?

What will you do when you are healed?



DEMOGRAPHICS

What does your stable baseline look like today?

What are the medications, supplements and other treatments that you have found helpful to manage symptoms up to this point?

Take a picture of yourself to document your baseline.

This page is all about the starting point.

INSERT
PHOTO
HERE

NAME: _____

DATE OF BIRTH: _____

ALLERGIES: _____

Today's Date: _____

MEDICAL CONDITIONS:

CURRENT MEDICATIONS:

CURRENT SUPPLEMENTS:

WE THE PEOPLE

My Care Team:

Who are the people you currently visit for healthcare providers and holistic healers?
Who are the people you would, in a perfect world, like to connect with for your care?

MY CORE TEAM:

ADDITIONAL VALUED PROVIDERS:

ADDITIONAL DISCIPLINES TO TRY:

TRACKING PROGRESS



TODAY'S DATE: _____

FROM 0-10, RATE YOUR CURRENT:

1. Stress level

(0 is completely calm, 10 is the maximum stress imaginable)

2. Overall feeling of wellness (0 is poor, 10 is excellent)

3. Physical health (0 is terrible, 10 is excellent)

4. Mental/emotional health (0 is terrible, 10 is excellent)

5. Energy level (0 is none, 10 is the maximum)

Notes:

TRACKING PROGRESS



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Notes:

5

EMERGENCY PLAN

WORK WITH YOUR CARE TEAM TO WRITE OUT:

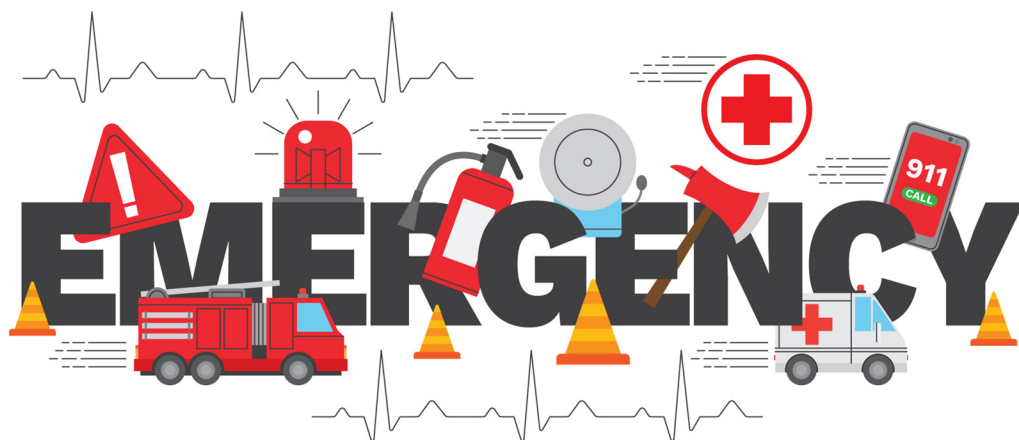
- 1) An action plan that you can follow when having anaphylaxis vs. non-anaphylaxis flares at home
- 2) A customized emergency plan for the event that you are in the emergency room or hospitalized
- 3) A customized plan for the event that you may need surgery

Include: your medical history and conditions, medications/supplements, allergies, and suggestions from your care team

Prepare a “go bag” with some essentials for the event of an emergency

Check out these resources from The Mastocytosis Society:

<https://tmsforcure.org/emergency-room-support-info/>



BE PREPARED: ANAPHYLAXIS GUIDELINES (2020)

Anaphylaxis is likely to occur in any of the following three scenarios:

1. Acute onset of an illness (minutes to hours) with involvement of:

- skin, mucosal tissue or both
- and at least one of the following: respiratory compromise (shortness of breath, wheezing, stridor, coughing, hypoxemia) or decreased blood pressure or end organ dysfunction (such as collapse, incontinence, or fainting)

2. Two or more of the following occur suddenly after exposure to a likely allergen or other trigger for that patient (minutes to several hours):

- symptoms in skin/mucosa (generalized hives, itch-flush, swollen lips-tongue-uvula), respiratory compromise, sudden gastrointestinal symptoms (crampy abdominal pain, vomiting), decreased blood pressure/end organ dysfunction (such as collapse, incontinence or fainting)

3. After exposure to known allergen for that patient (minutes to several hours): low blood pressure (BP)

- Infants and children: low systolic BP (age specific) or greater than 30% decrease in systolic BP.
- Age 1 month to 1 year: systolic BP less than 70 mmHg
- Age 1-10 years: systolic BP less than (70 mmHg+ [2 x age])
- Age 11-17 years: systolic BP less than 90 mmHg
- Adults: systolic BP of less than 90 mmHg or greater than 30% decrease from patient's baseline

Know the signs and don't hesitate to use your emergency meds!

IMPORTANT INFORMATION

- 1.** This process is all about trial and error. Do not expect overnight change, do not expect healing to be linear, and do not expect it to be easy.
- 2.** Make sure that you start with a healthy mindset. When negative thoughts come, replace them with your positive motto.
- 3.** Never lose sight of your goals, your vision, and your identity outside of illness.
- 4.** Surround yourself with like-minded and positive individuals and reassess toxic relationships in your life.
- 5.** Don't try to do everything at once. It's tempting to dive into every avenue simultaneously, but that can make it difficult to discern which treatment is actually helping. Patients who are sensitive often need to adjust protocols and plans to smaller steps, lower doses and a slower pace, and this is important.
- 6.** Keep in mind that what works for so-and-so may not work for you. Try to avoid comparison.
- 7.** Accept that there will be setbacks and bumps in the road, but also keep in mind that with the right tools, many symptoms are reversible. This too shall pass.
- 8.** Remember that seeking help is empowerment, not weakness. Do not put off getting the mental health help you may need. Anxiety and depression are extremely common in chronic illness. They are not the cause, but they are a nearly universal outcome, and they need to be addressed to find full healing.
- 9.** Stay in tune with your body and listen to those "gut" feelings. Honor your perspective and experiences. You know your body best!
- 10.** Be compassionate toward yourself. Work on self-love. Believe that your healing is not a matter of if, but when.

What wisdom do you think is most relevant for your own situation? Create a list of important points and refer to them often.

RESOURCES

Use this space to keep a list of books, documentaries/movies, podcasts, websites, groups, community resources, and other tools that you would like to tap into.

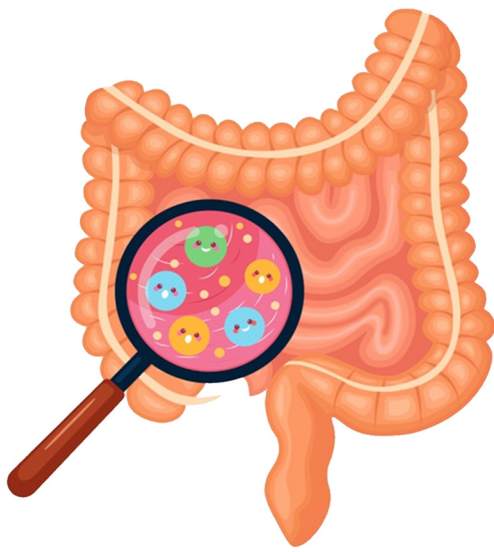
Books

Movies

Podcasts

Websites

(Other)



8

IMMIGRATION & VISA STAMPS

INTERNAL HEALTH STRESSORS

Use this space to keep track of the **internal root issues** you have investigated, been diagnosed with, and ruled out, as well as what treatment responses you've had.

Already confirmed:

Already ruled out:

Want to investigate:

Treatment notes:



8

IMMIGRATION & VISA STAMPS

EXTERNAL HEALTH STRESSORS

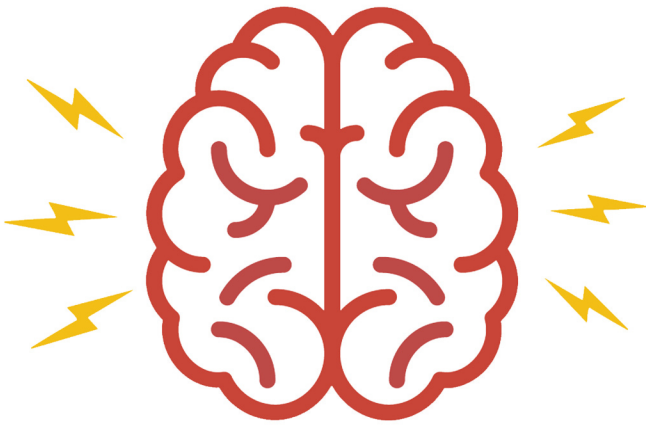
Use this space to keep track of the **external root issues** you have investigated, any strategies to reduce them, and what you still want to address.

Already confirmed:

Already ruled out:

Want to investigate:

Treatment notes:



IMMIGRATION & VISA STAMPS

NERVOUS SYSTEM RETRAINING

Use this space to keep track of the **nervous system retraining** you have tried and what you'd like to try in the future.

Already explored—helpful:

Already explored—not helpful:

Want to investigate:

Treatment notes:

IMMIGRATION & VISA STAMPS

NUTRITION

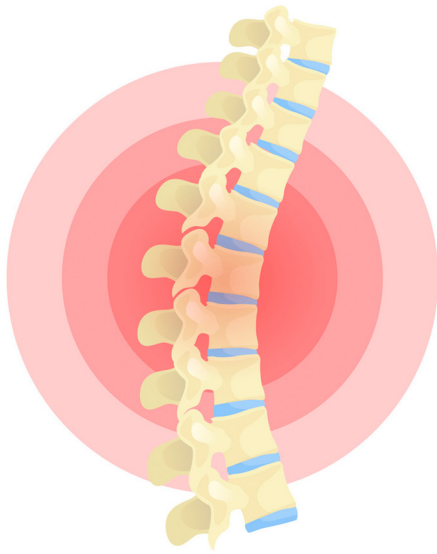
Use this space to keep track of the **nutritional approaches** you have investigated, the responses you've had, and what you'd like to try in the future.

Already explored—helpful:

Already explored—not helpful:

Want to investigate:

Notes:



8

IMMIGRATION & VISA STAMPS

STRUCTURAL AND MUSCULOSKELETAL ISSUES

Use this space to keep track of the **structural and musculoskeletal issues** you would like to prioritize in your healing plan, and who can help you address them.

Already confirmed:

Already ruled out:

Want to investigate:

Treatment notes:



IMMIGRATION & VISA STAMPS

PHYSICAL ACTIVITY

Use this space to describe your current **movement and exercise** habits. Create short- and long-term goals in this area and describe any additional resources you may need.

“Flare day” options:

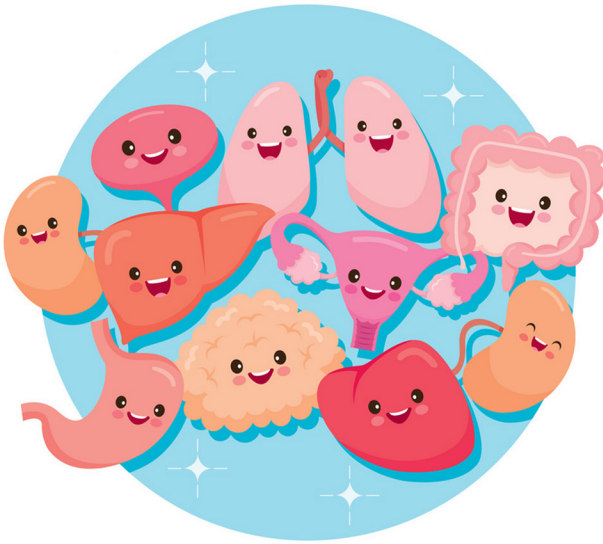
“Good day” options:

Short-term goals:

Long-term goals:

IMMIGRATION & VISA STAMPS

DETOXIFICATION



Use this space to brainstorm the **physical detoxification** strategies that you'd like to add or continue in the future.

Already explored—helpful:

Already explored—not helpful:

Want to investigate:

Treatment notes:



IMMIGRATION & VISA STAMPS

MENTAL HEALTH

Use this space to brainstorm the **mental health** strategies that you'd like to add or continue in the future.

Already explored—helpful:

Already explored—not helpful:

Want to investigate:

Treatment notes: