

# MY CRAZY LIFE: A HUMOROUS GUIDE TO UNDERSTANDING MAST CELL DISORDERS BY DANIEL & PAMELA HODGE



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A Humorous Guide to Understanding  
Mast Cell Disorders

By Daniel & Pamela Hodge



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Follow Pam through an intriguing tale of allergic reactions and anaphylaxis. At the age of 40 she developed many allergies to foods, medications and even her husband! She became salicylate sensitive and histamine intolerant overnight. Suddenly, she found herself unable to live in her home, and unable to eat most foods. Pam had severe reactions to many foods and medications and yet every allergy test came back negative. Mast cell disorder - the rare disorder that never follows the rules. She has created this guide for the patient by organizing and consolidating the relevant information that is scattered about the web. She has also created this guide for the family and friends of the patient, to help them to understand the bizarre symptoms and what they can do to help. It is a humorous look into the lives of the people who are the exception to the rule.

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Most helpful customer reviews

5 of 5 people found the following review helpful.

My Crazy Life: A Humorous Guide to Understanding Mast Cell Disorders' by Pamela Hodge, #MastCellDisease #MCAS #CIU

By ChancesR

Catastrophe, family crisis: but what is worse than a health crisis that brings down not only the person who is sick, but pretty much everyone else around them. Humor helps to get us through the worst of times, but only some of us are capable of resurrecting humor in a bad situation - when that situation is, a horrendous health problem belonging to us! She sensitively addresses the loss of friendships as well as the alienation of family members, and loss of the ability to work.

My Crazy Life: A Humorous Guide to Understanding Mast Cell Disorders' by Pamela Hodge covers all the bases and would be choice reading for anyone trying to help someone with their deadly illness, or just from the aspect of wanting to be the best of all possible friends to that person. Her husband weighs in with enthusiasm and frankness to all those partners - so that even that aspect of this struggle, is illuminated. Having MCAS and CIU myself (Mast Cell Activation Syndrome and Chronic Idiopathic Urticaria [hives]) for over five years, I can say from experience that this is a horribly debilitating disease.

Pam touches on all areas and provides readers with links to sites to locate not only more disease related information, but also information on hypoallergenic soaps or makeup. She does her best to be a wellspring of

minute by minute quips to help the person or family member, cope. Since there is no area of your life that does not require major change in an effort to hold this “disease” at bay (or condition - but I would call it a disease), she thoroughly and accurately depicts the necessary work that goes into redoing ones’ life during this process. Don’t overlook this book because it is written by a lay person - you would be missing out on very sound, and also very humorous, advice.

#MastCellDisease

#Mastocytosis

#MastCellActivationSyndrome

#ChronicIdiopathicUrticaria

#Angioedema

#Anaphylaxis

#Hives

#GastrointestinalDisorders

#GERD

#Acid Reflux

#Asthma

#Allergies

4 of 4 people found the following review helpful.

A must read for Mast Cell patients, their families, friends and physicians!

By A. Austin

I just finished reading a sample of this book from Amazon and am now placing my order for the paperback version. Having just been officially dx with a severe form of Mast Cell Disease, requiring lifelong chemotherapy, I was overjoyed to see this book. I love the writing style of the author, the quotes, helpful suggestions and a solid description of these dreaded disorders. I laughed and cried but more importantly thought 'finally, a book that my family, friends and physicians (Yes, even physicians) can understand. Thank you to the author for sharing your journey and knowledge on Mast Cell. I will be recommending this book to everyone! Great Job !!

3 of 3 people found the following review helpful.

Well done! An easy read

By Karen Oliphant

Pam Hodge has taken what was absolute and utter chaos for her and her family and transformed it into a well written and easy to understand book about a rare illness. She walks the reader through her life from discovery of the issues, to ultimate diagnosis, and treatment with amazing clarity. I'm in awe of her ability to still smile and inject humor into what would have brought most of us to our knees.

The reality is that most of us take our health for granted. Only when someone we love and deal with on a day to day basis do we stop and appreciate this gift. Pam helps us to savor the health we have with brutal honesty.

I hope she takes the time to let us, the reader, know how things are progressing and the new discoveries she will continue to make in the future. I'm anxious for the sequel!

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