Some tell-tale signs & symptoms of Mast Cell Activation Disorders (Mastocytosis or MCAS)

Mastocytosis: have increased numbers of mast (allergy) cells, which may also be over-active
MCAS: Mast Cell Activation Syndrome, diagnosed in absence of increased number of mast cells

Easy flushing (turn red easily from heat, stress, foods, more) from mid-chest up, inc. face & neck
Dermatographia (ability to "write" on skin with light scratch that turns red in a minute, try back side)
Anaphylaxis to wasp/bee stings and contrast dyes in hospitals (or severe sensitivity to same)
Reactions to some local and general anesthetics (may include abdominal pain, diarrhea, vomiting, hives)
Food and drug allergies or sensitivities (may be neg on IgE test but you still react, often increasing)
Sensitivity or allergy to alcohol, esp red wine
Hives
Angioedema (swelling around lips or eyes, eyes swell shut, can migrate, may have blue or purple tinge)
Bone pain, bone loss, osteoporosis, osteopenia, osteosclerosis
GI pain, bloating, cramping, gas, abdominal pain, gastroesophageal reflux
"IBS" with wet/dry mix (flips easily, depending on triggers)
Urticaria pigmentosa (reddish brown spots, like freckles or larger patches, not the same as hives)
Rashes (with or without itching)
Itching (pruritus) even in the absence of a rash
Brain fog and neuropsychiatric symptoms (irritability, impending sense of “doom”, lightheadedness)
Headaches
Esophageal spasms
Wheezing, coughing, sudden congestion or sneezing, difficulty breathing
Nighttime waking from histamine shedding (circa 3 a.m.)
Sensory processing disorders

Resources for more info:

http://www.tmsforacure.org
http://www.mastocytosis.ca
http://mastcellaware.com
http://iamast.com

Additional support for MCAD can be found at:

http://www.prettyill.com
http://www.murraywoodfoundation.org

Concise practical guide for diagnostic workup and therapeutic options for MCAD:

http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3069946/

This information provided by the Oregon Ehlers-Danlos Syndrome Support Group http://oreds.org 2012