



SATURDAY, NOVEMBER 1, 2025 – 3 PM ET - via Zoom



Rev. Dr. Sharon Kiesel

on her new book:

“WE REACT TO EVERYTHING!”

**A guide to avoid toxic triggers, manage chronic inflammation,
and embrace healthy living.”**

Rev. Dr. Sharon Kiesel, an ordained Disciples of Christ minister and early FaCT member who turned full-time RV'er, has faced Mast Cell Activation Syndrome (MCAS) head-on—and now she's sharing her journey and that of many others like her. In her groundbreaking new book, Sharon reveals powerful coping strategies for the millions worldwide battling this condition, where the body's mast cells overreact to perceived toxins, sparking chronic inflammation and social isolation. But this isn't just a survival guide—it's an inspiring call to action, showing readers how to reclaim their lives and embrace their full potential. Sharon also sounds the alarm on the urgent need to create a safer, healthier environment for all.



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