

Patient Name:

Date:

Mold Illness

Mycotoxin illnesses can range from simple fungal infections to life-threatening black mold exposure. Because of the ubiquitous nature of mold, the spectrum of severity, and the global symptomatology, mold illness tends to be overlooked. Once diagnosed, emphasis is placed on the removal of exposure, which could be anywhere from your home, work environment, or car. Once the source of exposure is removed, treating the physiological byproducts of exposure can be addressed. Some examples of physiological responses to exposure include:



fatigue



joint pain



inflammation



neurologic issues



headaches



sinus congestion

Mold Exposure

Step 1: Remove exposure

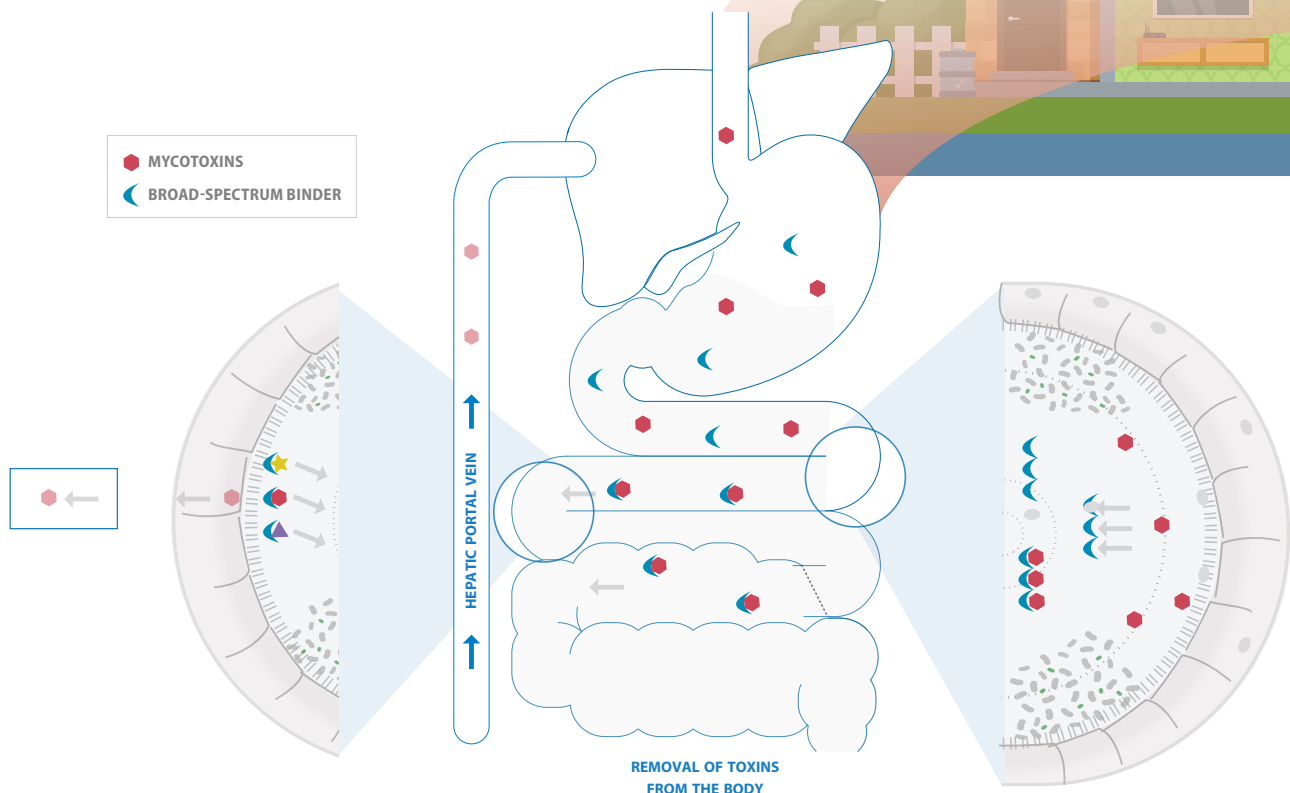
Test environment for mold with an ERMI test and implement any necessary remediation (check ceilings, crawl spaces, under sinks, and anywhere with visible signs of water damage).

Step 2: Support liver and bile function

Step 3: Support gut and toxin elimination

Step 4: Address chronic sinus involvement

Step 5: Address fungal overgrowth, if necessary



Lifestyle Recommendations



Limit Dietary Consumption of Mold

Consuming fewer foods and drinks that contain high levels of mold, such as peanuts, grains, wine, cheese and dried fruits, will reduce mold load.



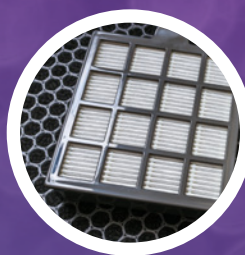
Increase Dietary Fiber

Fiber acts as a binder that removes a variety of unwanted organisms and toxins from the body. Aim for 30 g per day.



Reduce Humidity in Your Home

Keep the humidity level below 60% indoors by installing a dehumidifier.



Invest in Air Filters

HEPA air filters can remove mold spores.



Use a Sauna

Sweating helps the body remove toxins.



Exercise

Exercise supports lymphatic drainage and toxin removal.

Nutrient Recommendations

Binders	Bitter Herbs	Oxbile	Phosphatidylcholine	Mitochondrial Support
A broad spectrum of binders can reduce toxin load on the immune system.	Bitter herbs stimulate bile flow and toxin excretion.	Oxbile aids in motility and toxin elimination.	Phospholipids aid in cell signaling and the resolution of the inflammatory cycle.	N-acetyl cysteine, acetyl-L-carnitine, alpha lipoic acid and glutathione support the mitochondria and cellular detoxification.
Fiber, zeolite, activated charcoal, shilajit	Gentian root, ginger, artichoke	120 mg per meal	10 g/day	ALC: 500 mg NAC: 600 mg ALA: 200 mg GSH: 500 mg

Baseline doses can be increased as needed

Recommendations:
