

# MOLD

**A COMPREHENSIVE GUIDE TO  
EVERYTHING YOU NEED TO KNOW  
ABOUT MOLD, HOW TO DETOX,  
AND HEAL**

# Medical Disclaimer

## MEDICAL DISCLAIMER

This document is for informational purposes only and is **not medical advice**. The information provided is based on personal experiences and research, but it should not be used as a substitute for professional medical guidance, diagnosis, or treatment.

Consult a **qualified healthcare professional** before making any health-related decisions, starting any new treatments, supplements, or discontinuing existing medical care.

Individual results may vary, and any actions you take based on the content of this document are **at your own risk**.

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# Quick-Start Guide

## **Step 1: Identify Your Exposure**

- ✓ Check your home, office, car, and frequent environments for mold sources.
- ✓ If you suspect exposure, test your environment and body for mold (ERMI, urine mycotoxin test).

## **Step 2: Reduce Further Exposure**

- ✓ If possible, leave the moldy environment or remediate properly.
- ✓ Use air purifiers, HEPA filters, and moisture control to minimize exposure.

## **Step 3: Prepare Your Body for Detox**

- ✓ Support drainage pathways (bowel movements, liver, lymphatic system, kidneys).
- ✓ Hydrate with electrolytes, eat a detox-supporting diet, and start sweating regularly.

## **Step 4: Start Detoxing Safely**

- ✓ Introduce binders slowly (Cholestyramine, activated charcoal, etc.).
- ✓ Start antifungals only after drainage pathways are open.
- ✓ Monitor symptoms and adjust your detox pace accordingly.

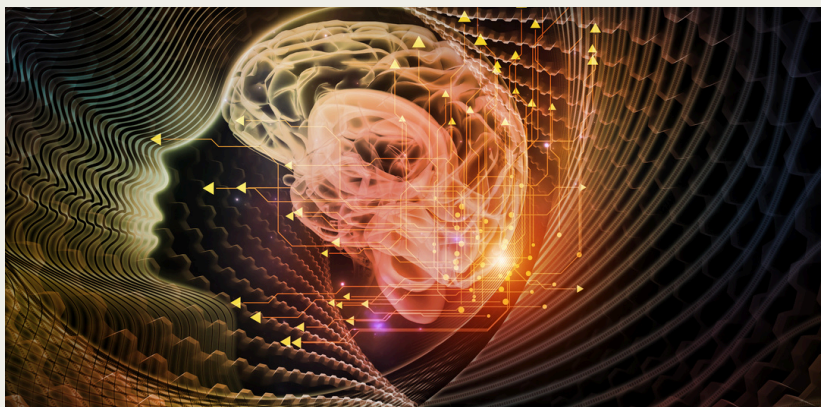
## **Step 5: Maintain Long-Term Prevention**

- ✓ Regularly test your environment and body to avoid re-exposure.
- ✓ Continue sauna therapy, clean diet, and home air filtration.
- ✓ Track progress and retest mycotoxin levels after 3-6 months.

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# Introduction



This protocol is for anyone who has been exposed to mold, lived in mold, tested positive for mycotoxins, and now feels completely overwhelmed by the flood of conflicting advice from doctors, naturopaths, and the internet.

**I've been there.** I unknowingly spent a significant amount of my time in a house filled with mold. And before that, I lived in several apartments, that I found out later, were also likely mold-infested. Looking back, I suspect I had been exposed for years before my symptoms became impossible to ignore.

**It started slowly.** I felt more tired than usual. Then came the brain fog, vertigo, and skin rashes. My anxiety skyrocketed, I gained weight, I had memory lapse, I was exhausted no matter how much I slept. My hormones were completely out of balance. At first, I thought it was maybe just stress, diet, or something I could fix with lifestyle changes. But nothing worked. **Doctors had no real answers, and I was left searching for solutions on my own.**

That's when I started digging deeper. I took a mycotoxin test, which confirmed what I suspected—my body was loaded with mold toxins. Through trial and error, I discovered what actually works. **This guide cuts through the confusion and provides a straightforward, practical approach to mold detox.**

# Symptoms



Mold exposure affects multiple systems, leading to a wide range of symptoms. If you experience several of these with no clear cause, you may be dealing with mold toxicity.



# How to Suspect You've Been Exposed to Mold

## YOU MAY HAVE BEEN EXPOSED TO MOLD IF:



You recently spent time in a water-damaged building (home, office, school, hotel).



You have past water damage (leaky pipes, roof leaks, past flooding).



You notice symptoms worsen in certain locations (at home but improve when traveling).



Your HVAC system or air vents smell musty or release dust that worsens symptoms.



You smell a musty, earthy odor in your environment.



Other people in the same environment also have similar symptoms.



You see visible mold on walls, ceilings, vents, or furniture.



Your symptoms worsen in humid conditions or after a rainstorm.

## MOLD IN WATER-DAMAGED BUILDINGS



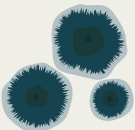
Nearly 47% of U.S. homes show signs of dampness or mold, with water damage being a primary contributor.



Water damage from exterior sources (roof leaks, flooding) affects 10% of homes, interior sources (plumbing leaks, poor ventilation) impacts 8%.



Mold can start growing within 24–48 hours after water exposure and spread rapidly if moisture isn't controlled.



**Black Mold** (*Stachybotrys chartarum*) – Thrives on water-damaged materials like drywall and wood.

**Aspergillus** – Common on dust, HVAC systems, and building materials.

**Alternaria & Penicillium** – Frequently found in damp areas like basements, carpets, and insulation.

# Most Common Sources of Mold Exposure:

Place	Common Sources
Home (most likely culprit)	Mold thrives in HVAC systems, bathrooms (showers, sinks), kitchens (under sinks, behind appliances), basements (poor ventilation, foundation leaks), attics (roof leaks, poor airflow), windows (condensation), and on porous materials like carpets and furniture.
Workplace/Public	Office buildings, schools, gyms, locker rooms, hotels, and rental properties often have hidden mold due to old buildings, poor maintenance, and water damage from leaks or flooding. HVAC systems can spread spores.
Car	Mold can grow in air conditioning vents, wet carpets, and trunk storage areas due to spills, humidity, or leaks. A musty smell often indicates contamination.
Outdoor Environments	High-risk areas include damp/flooded zones, gardens with decaying leaves, compost piles, and construction sites with dust and moisture buildup.

## Moldy Foods

Mold can grow on many foods, often **without visible signs**. Consuming moldy foods or inhaling mold spores from spoiled items can cause **digestive issues, allergic reactions, and illness** from mycotoxins (toxins produced by mold).

### Fresh Foods

- **Fruits & Vegetables** – Berries (strawberries, raspberries, blueberries), grapes, tomatoes, avocados, peaches, apples, and leafy greens.
- **Nuts & Seeds** – Peanuts, cashews, walnuts, pistachios, and sunflower seeds.
- **Grains** – Corn, wheat, oats, and rice can develop mold, especially if improperly stored.
- **Coffee Beans** – Cheap, low-quality coffee often contains mold or mycotoxins.

### Dairy & Fermented Foods

- **Cheese** – Soft cheeses like brie, blue cheese, ricotta, and cream cheese are highly susceptible.
- **Milk & Yogurt** – Spoiled dairy products may contain harmful mold.
- **Fermented Foods** – Kombucha, sauerkraut, and kimchi can sometimes harbor mold if not properly prepared.

### Baked Goods & Processed Foods

- **Bread & Pastries** – Mold grows quickly on moist baked goods, especially in humid conditions.
- **Dried Fruits** – Raisins, dates, figs, and prunes can carry mold spores if improperly stored.
- **Chocolate** – Low-quality chocolate may contain mold from contaminated cacao beans.

### Alcohol & Beverages

- **Wine & Beer** – Can contain mold from fermented grapes or grains.
- **Fruit Juices** – Unpasteurized juices can grow mold if not stored properly.

### How to Reduce Mold Exposure from Food

- **Store dry goods in airtight containers** to prevent moisture buildup.
- **Buy fresh, high-quality foods** and avoid heavily processed items.
- **Check for signs of spoilage** (fuzziness, sour smell, sliminess).
- **Avoid eating partially moldy foods**, as mold can spread deeper than visible areas.



# Action Plan

## STEP 1:

### IDENTIFY WHERE YOU WERE EXPOSED TO MOLD

The first step in addressing mold-related health issues is identifying where you were exposed. Pinpointing the source is critical because mold is difficult and expensive to remediate, even with professional help. The best course of action is to remove yourself from the environment whenever possible.

I understand that moving may not be an option for everyone, but minimizing your time in a mold-infested space is crucial. Do whatever you can to reduce exposure until you can leave permanently.

### Why Identifying Mold Exposure is Important

Living or working in a moldy environment can prevent healing, even if you're following detox protocols.



### CHECK ALL FREQUENT ENVIRONMENTS



Home – Where you sleep and live daily.

Workplace – Does your health improve on weekends or vacations? If so, your office may be a problem

Other Regular Spaces – Gym, library, car, or anywhere you frequent.

# Step 2: Test for Mold

Once you've identified potential mold exposure sources, the next step is to test for mold in your **environment** and **body**. Proper testing helps determine whether mold is affecting your health and where it's coming from.

## TYPES OF MOLD TESTING

### ENVIRONMENTAL

### MEDICAL

(test for mycotoxins in body)

## Environmental Testing

If you suspect mold in your surroundings, testing can confirm its presence and severity. One of the most effective ways to test for mold in your home is by using an **ERMI (Environmental Relative Moldiness Index)** or **HERTSMI-2 test**. These tests provide a clear picture of mold contamination levels and deliver results quickly (within **2-3 days** with expedited processing).


#### Recommended Mold Test Thresholds:

- **ERMI Score:** Less than 2
- **HERTSMI-2 Score:** Less than 10

#### 1. DIY Mold Test Kits

Available online and in hardware stores, these kits allow you to collect samples yourself:

- **Air Sampling Kits** – Capture airborne mold spores for lab analysis.
- **Surface Swab Tests** – Collect samples from suspect areas (walls, vents, furniture).
- **Petri Dish Settling Tests** – Detect mold spores that settle over time.

 *Note: DIY tests can confirm mold presence but don't identify specific mold species or toxicity levels.*

#### 2. Professional Mold Inspection

A mold inspector uses advanced tools to detect mold, including:

- **Air Quality Tests** – Measure airborne spore levels.
- **Infrared Cameras** – Detect hidden moisture sources.
- **Moisture Meters** – Identify damp areas prone to mold growth.

Hiring a professional is recommended if you suspect hidden mold, black mold, or widespread contamination. 🛠️ **Recommended Resource:** [Yes We Inspect](#)



ex: petri dish pillow swab after 3 days

# Step 2: Test for Mold Continued...

## Where to Buy Home Mold Test Kits

 **Retailers:** Home Depot, Lowe's, Amazon

Tests I personally used:

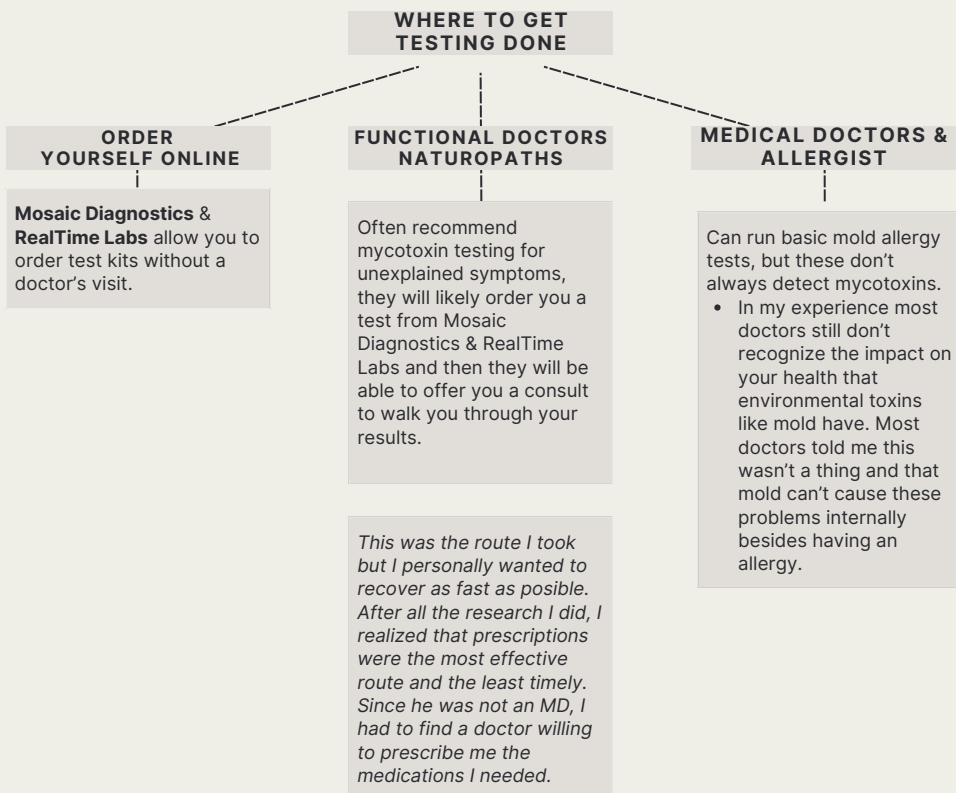
1. **Amazon:** Diy at home test with petri dish [HERE](#). Diy test you send off to a lab [HERE](#).
2. **Professional Environment Testing:** <https://yesweinspect.com>
3. **Petri dishes:** I swabbed all my furniture and did air samples.
  - a. [HERE](#) is a good guide to how to test with petri dishes on your own for environmental mold. Be aware of mold on your pillows from sleeping with wet or damp hair.
  - b. You should change your pillows out regularly or buy pillow protectors [HERE](#).

## 2 Options if Mold is Found:

1. Hire a Certified Mold Remediation Service – Professional removal while living elsewhere. Be aware that even hiring professionals wont ensure entire removal.
2. Move to a New Location – In many cases, this is the safest and most effective solution.



## Medical Testing (most important imo)



If you've been exposed to mold, testing for mycotoxins (toxic mold byproducts) can help determine its impact on your health.

# Types of Mold Testing

Type	Description	How It Works	Why It Matters	Cost	Best For
Urine Mycotoxin Testing*	One of the most reliable ways to measure mold toxins in your system. Used by Mosaic Diagnostics & RealTime Labs.	Purchase a Mycotoxin Panel Test, collect a urine sample at home, send it to the lab, and receive results on mycotoxin levels.	Each mycotoxin requires a different detox method, so identifying specific toxins is key for treatment.	Varies (\$200-\$400)	Detecting mold toxins in the body for accurate detox planning.
Blood Test	Detects IgE, IgG, and IgA antibodies to different mold species and inflammation markers linked to mold exposure.	Blood sample is taken and analyzed for immune system responses to mold exposure.	Useful for identifying chronic immune reactions caused by mold exposure.	Varies (\$150-\$300)	Assessing immune response and chronic mold exposure.
Mycotoxin DNA Testing	Advanced DNA-based test that detects mold exposure at a cellular level, helpful for chronic unexplained symptoms.	Uses DNA sequencing to detect mold exposure at a cellular level.	Helpful for cases where mold exposure is suspected but difficult to confirm through other methods.	Advanced, typically more expensive (\$300-\$600)	Chronic unexplained symptoms without visible mold exposure.
VCS Test	Online screening tool that detects neurological and visual impairments caused by mold-related toxins.	Measures ability to distinguish shades of gray, which can be affected by mold-related neurotoxins.	92% sensitivity in detecting mold-related biotoxin illness (CIRS); quick and affordable first step before lab tests.	\$10-\$15	Initial screening before expensive lab tests, tracking progress over time.
Skin Prick Test	A test that detects allergic reactions to mold by placing diluted mold allergens on the skin and observing reactions.	Small amounts of mold allergens are applied to the skin; reactions indicate an allergy.	Determines if symptoms are due to mold allergies rather than toxic exposure.	\$50-\$100	Confirming mold allergies rather than mycotoxin exposure.
Sputum Culture	If there's lung involvement, a sputum sample might be cultured to check for fungal growth, used more for infections.	A sputum sample is collected and cultured to check for fungal infections.	Used to confirm fungal infections rather than just mold exposure.	\$100-\$200	Checking for fungal infections in individuals with respiratory symptoms.
Imaging Tests (X-ray/CT Scan)	Chest X-ray or CT scan to identify lung abnormalities related to mold exposure, particularly for chronic respiratory conditions.	Uses imaging to detect lung abnormalities that could be linked to mold exposure.	Can detect structural lung damage caused by long-term mold exposure or infections.	Varies based on insurance (\$100-\$500)	People with lung issues suspected to be linked to mold exposure.

\*I recommend Urine Mycotoxin Testing

### Next Steps: Interpreting Your Results & Taking Action

- ➔ If Home Mold Testing is Positive: Address the **source of mold** through **remediation** or **relocating**.
- ➔ If Medical Tests Show Mycotoxin Levels: Begin **detox protocols** and **treatment** (covered in **Step 3**)

# Step 3: Identify Which Mycotoxins Are Present

Detoxing from mold exposure is a multi-step process that involves identifying the toxins in your body, using the right treatments, and supporting your system to remove them effectively. Below is a structured approach I used to detox safely and efficiently.

## Identify the Type of Mycotoxins in Your Body

Before starting detox protocols, you need to know which mycotoxins are in your system. Your results from the Mycotoxin Panel will identify which are present and determine how to treat and remove them.

### WHAT IS A MYCOTOXIN

A toxic chemical produced by certain types of mold (fungi). These toxins can enter the body through inhalation, skin contact, or contaminated food and water. While not all mold is harmful, some molds release mycotoxins, which can accumulate in the body over time and cause serious health issues, including brain fog, fatigue, digestive problems, and immune dysfunction.

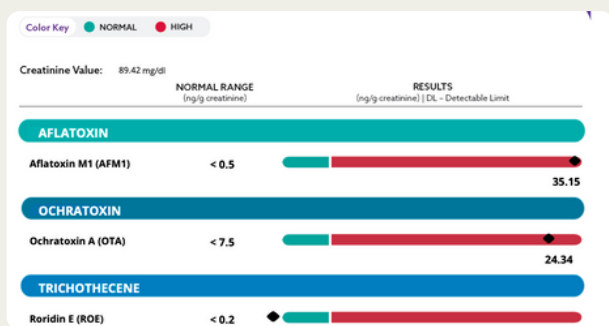
### HOW TO REMOVE MYCOTOXINS

Since mycotoxins are stored in fat cells, the liver, and the brain, detoxing requires a strategic approach.

see the chart below for more on the proper removal agents


## NEXT review your urine mycotoxin panel test results

They'll show you the values present. For example, if you used Mosaic Diagnostics it will provide you a value range like this one:



Aflatoxin present

Ochratoxin present

Once you have your results, refer to the Mycotoxin Detox Guide on the next page  to match your specific toxins with the best detox strategies.

# Step 3: Identify Which Mycotoxins Are Present continued...

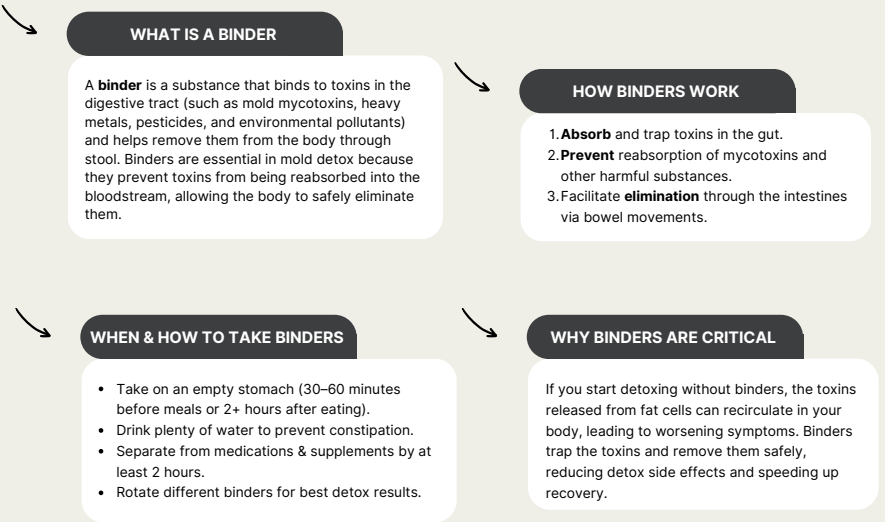
The chart below shows which binders work best for removing specific mycotoxins found in your urine test. This is important because using the right binder ensures an effective detox.

## The Mycotoxin Detox Guide

Research-Backed Effective Binder Agents by Mycotoxin

Mycotoxin	Cholestyramine (CSM)	Charcoal	Clays	Glucmannan	Chlorella	Humic Acid (HA)	Okra and Fiber	Peach Stone	Micro Chitosan (MC)	Probiotics	N-Acetyl Cysteine (NAC)
Aflatoxins			✓	✓	✓	✓			✓	✓	
Ochratoxin A	✓	✓	✓	✓		✓	✓	✓	✓	✓	
Zearalenone			✓			✓	✓	✓	✓	✓	
Gilotoxin			✓							✓	✓
Trichothecenes		✓	✓	✓	✓	✓	✓	✓	✓	✓	
Sterigmatocystin										✓	
Enniatin B										✓	
Citrinin										✓	

✓ = Effective for binding the specific mycotoxin.



# Step 4: Open Drainage Pathways

## Open Detox Pathways Before Starting Detox

Before you begin actively detoxing mold from your body, it's **critical** to first open your **drainage pathways**—the body's natural detoxification routes. If these pathways are sluggish or blocked, releasing mold toxins too quickly can cause severe detox reactions (also known as **Herxheimer reactions**), making symptoms worse instead of better.

### WHY DRAINAGE PATHWAYS MATTER

Mold toxins are stored in fat cells and deep tissues. As you introduce binders, antifungals, and detox supplements, these toxins are released into circulation. Without proper drainage, they can **reabsorb into your body instead of being eliminated**, leading to increased inflammation, fatigue, brain fog, and other symptoms.

To avoid this, you need to **ensure all drainage pathways are open and functioning optimally before starting detox protocols**.

### WHEN TO OPEN DRAINAGE PATHWAYS

You should focus on drainage support for at least 2-4 weeks before starting mold detox (prescriptions, binders, or antifungals).

## Here's what to do:

### 1. Support Bowel Movements (Primary Exit Route)

👶 **Ensure 1-3 bowel movements per day** – if you are constipated, mold toxins will recirculate in your system.

- Drink **half your body weight in ounces of filtered water daily**
- Increase **fiber intake** (inulin, organic vegetables, chia/flax seeds if tolerated)
- Take **magnesium citrate** or **Vitamin C powder** for gentle relief
- Consider **digestive bitters** or a **castor oil pack** over the liver
- **CellCore** has a Jump Start Kit [\[HERE\]](#) to gently ease into your mold detox, I did not use this because I knew my drainage pathways were already open but some may need to start here.

*!!!If you are not having daily bowel movements, do NOT start binders yet—fix constipation first!*

### 2. Optimize Liver & Gallbladder Function (Toxin Processing)

The liver **filters toxins from the blood** and **packages them for elimination** through bile. If bile flow is sluggish, detox can feel unbearable.

- **Increase bile flow with bitter foods** (dandelion greens, artichokes, arugula)
- Take **ox bile, taurine, or milk thistle** to support the liver detox
- Use a **castor oil pack** over the liver for 20-30 minutes daily
- Avoid alcohol, seed oils, and processed foods

### 3. Stimulate the Lymphatic System (Waste Transport System)

The lymphatic system **transports toxins from tissues to drainage organs**, but unlike blood circulation, it **doesn't have a pump**—it relies on movement.

- Do **gentle movement or rebounding** (light bouncing on a trampoline)
- Try **dry brushing** (2-3 minutes before showering) [\[HERE\]](#)
- Get a **lymphatic drainage massage** or use a vibration plate

*!!!If your lymph system is stagnant, toxins can get "stuck" and cause swelling, fatigue, or flu-like symptoms.*

# Step 4: Open Drainage Pathways

## Continued...

### 4. Support Kidneys (Filter & Flush Toxins)

Your kidneys filter out mold toxins **through urine**. If you are dehydrated, toxins won't be excreted properly.

- Drink **electrolyte-rich filtered water** (add a pinch of sea salt or electrolytes)
- Herbal teas like **dandelion, nettle, or parsley tea** help flush toxins
- Avoid excessive caffeine, alcohol, and excessive protein if kidney function is sluggish

*!! If you're not urinating regularly, hydration must be a priority before detoxing.*

### 5. Sweat Out Toxins (Skin as a Detox Organ)

Your skin is an **important detox organ**, and sweating helps eliminate mycotoxins.

- Use an **infrared sauna** (start with 5 min and work up to 45 min, 3-5x per week)
- Exercise **regularly** (strength training + cardio to promote circulation)
- Take **detox baths** with **Epsom salt and baking soda**

*!!!If you don't sweat easily, your detox pathways may be blocked—work on this before starting binders or antifungals.*

**6. Once you're sweating, hydrated, and having bowel movements once per day you're ready to start the next phase.**



# Step 5: Introduce Binders

## It's Time to Begin Binders

Congrats! It's time to start introducing **mold detox protocols** in this order:

### Weeks 1-4: Open Drainage Pathways (Required Before Detoxing Mold)

- **Ensure daily bowel movements**
- **Support liver, kidneys, lymph, and sweating**
- **Hydrate with minerals & electrolytes**

*!! Once you have consistent drainage (pooping, sweating, peeing daily), move to binders*

### Weeks 5-8: Introduce Binders (Pull Toxins Out)

- Start **low and slow** with binders (Cholestyramine, Cellcore protocol, Activated Charcoal, Chlorella, Ultra Binder)
- Take **binders 1-2 hours away from food, supplements, and medications**
- **Continue drainage support** to avoid detox reactions

*!! If you tolerate binders well and symptoms don't worsen, add in Antifungals*

### Weeks 9-12: Introduce Antifungals (Kill Off Fungus in the Body)

- Start prescription antifungals (**Itraconazole**) or natural antifungals (**Neem, Biopure O3**)
- Support liver & detox pathways **heavily** during this phase
- Expect **die-off reactions**—slow down if symptoms become too intense

## Prescription Medications – The Fastest & Most Effective Detox

From my personal experience, **prescription medications were the turning point in my recovery**—they provided the fastest and most effective detox. This was when I truly started to feel better and saw the biggest improvements. The supplements alone weren't making enough of a difference for me.

As someone who used to avoid Western medicine whenever possible (I can't even remember the last time I took a Tylenol), I was hesitant to go this route. But looking back, I am **so glad I did**. Unlike everything else I had tried—where I couldn't tell what was working—these medications brought noticeable relief. My naturopath had told me it could take a year to see improvement, yet within a week of starting these prescriptions, my symptoms were **dissipating**. This is why I'm sharing this information—I wish I had known about these medications sooner. If I had stuck with supplements alone, I have no idea if or when I would have seen real progress. I am **so grateful** for what these medications did for me. That said, I **had to advocate for myself**. I met with telehealth doctors, presented my lab results, and specifically requested these prescriptions. I sent the telehealth doctor the research from **Dr. Shoemaker** (linked below) and explained my case. Fortunately, I found a doctor willing to prescribe **cholestyramine** for off-label use and itraconazole. If this is the route you want to take, be prepared to stand your ground and advocate for your health.

  **Telehealth Website I used:** [Push Health](#)

# Step 5: Detox: Introducing Binders

## Prescription Medications Needed

### A. Cholestyramine (CSM) – The Primary Binder

What it is	How I got it	Dosing I used	Side Effects
A prescription bile acid sequestrant that binds mycotoxins in the gut, preventing reabsorption and allowing elimination through stool.	CSM is typically prescribed for high cholesterol, I used my elevated cholesterol levels from my bloodwork to justify the prescription. However, providing your doctor with the <b>Richie Shoemaker Protocol</b> and relevant research may help you get a prescription for off label use. I used a Telehealth doctor I found via Google and they prescribed it after reviewing my test results and this information.	<b>Protocol:</b> <b>Take 1 packet (4g) on an empty stomach mixed with water or juice, 4 times per day for 30 days. Then took 2 (4g) packets per day for 2 more weeks.</b> <ul style="list-style-type: none"><li>Take 30 minutes before eating or 1 hr before taking medications (some meds require a 2-hour gap).</li><li>Drink extra water after each dose to help flush out toxins.- Take fat-soluble vitamins (A, D, E, K) as CSM can deplete them.</li></ul>	Reflux, constipation, bloating—taking fiber can help.

🔗 Find certified practitioners who use this protocol: [Surviving Mold Practitioner List](#)

### CSM treatment dosing from Survivingmold.com

Adults: >120 lbs or > 18 yrs old

#### 1. Rx Questran (brand name cholestyramine):

- a. 9 grams (1 scoop = 4 grams of cholestyramine + 5 grams of other ingredients for taste) mixed with 6 oz. water 4x per day.
- b. 30 minutes before food, followed by extra 4-6 oz. water.
- c. Take for at least 30 days (track symptom and labs for improvement).

#### 2. Rx Compounded Cholestyramine: 4 grams mixed with 6 oz. water 4x per day. 30 minutes before meals for 30 days.

Pediatrics: (<120 lbs or <18 yo).

#### 1. Rx Cholestyramine

- a. 60 mg/kg/dose mixed with 6 oz. water 30 minutes before food.

## Things to Consider Before Taking Cholestyramine (CSM) or Welchol

### 1. Tolerance & Side Effects

- **CSM may not be well tolerated** due to gastrointestinal issues.
- If **CSM is not tolerated, Dr. Shoemaker recommends Welchol** as an alternative.
  - Welchol has **fewer side effects** but only **25%** of the binding capacity of CSM (may result in a longer detox)

### 2. Combining CSM & Welchol for Better Tolerance

A combination may improve efficacy while minimizing side effects:

- **CSM** → Take in the **morning and at bedtime**      **Welchol** → Take **with lunch and dinner**

### 3. Special Considerations

- **Chemically sensitive patients or those with food allergies** → Consider **Welchol** instead of CSM.
- **Aspartame sensitivity** → Avoid aspartame-containing CSM in patients w/ **anxiety or depression**.
- **Candida overgrowth or food sensitivities** → Use **compounded CSM**, which contains only Stevia.

### 4. Preventing Intensification Reactions

- If you have **Lyme** → To prevent detox reactions, **pretreat** with:
  - **Low-Amylose diet + Actos (45 mg) for 5 days before starting CSM**
  - **Alternatively**, if **Leptin <7**, use: **2.4g EPA + 1.8g DHA (high-dose fish oil)** instead of Actos
  - **For sicker patients**, titrate Welchol **slowly**.

### 5. Drug & Nutrient Interactions

- **CSM can reduce the efficacy of:**
  - Coumadin (Warfarin) | Thyroid hormones | Thiazide diuretics
  - Solution → Administer these drugs 1 hour before or 2 hours after taking CSM.
- **CSM can interfere with fat-soluble vitamins (A, D, E, K).**
  - Solution → Dose these vitamins separately to prevent deficiencies.

### 6. Dosing Strategy

- **Titrate slowly to a full dose, if necessary** to improve tolerance and reduce side effects.

# Step 5: Introducing Binders continued...

## Prescription Medications Needed

### B. Itraconazole – The Antifungal Medication

What it is	How I got it	Dosing I used	Side Effects
a prescription antifungal medication that is effective against a variety of mold-related infections and fungal overgrowth. It works by inhibiting the growth of fungal cells, preventing mold from colonizing in the body.	I used a Telehealth doctor and they had no issue prescribing me this after providing my test results of mold and telling them I needed an anti-fungal.	<b>100mg pill, taken twice daily</b>  <b>Duration: Up to 2 months, if liver enzyme levels are normal / monitored</b>	Nausea Diarrhea Stomach pain Headache Dizziness Fatigue Skin rash or itching Taste disturbances

#### What Mold-Related Issues Is Itraconazole Effective For?

Itraconazole is commonly prescribed for:

- ✔ **Aspergillus-related infections** – Aspergillus mold is a common environmental mold that can cause lung and sinus issues.
- ✔ **Systemic fungal infections** – If mold toxins have weakened the immune system, secondary fungal infections (like Candida overgrowth) can occur.
- ✔ **Mycotoxin-associated illness** – Itraconazole helps **reduce fungal load in the body**, preventing further toxin production.
- ✔ **Chronic Inflammatory Response Syndrome (CIRS)** – Often caused by mold exposure, Itraconazole can assist in fungal detox.
- ✔ **Mold-related skin, nail, and respiratory infections** – Useful for infections caused by mold exposure in immunocompromised individuals.

#### How Itraconazole Works for Mold Detox

- **Disrupts fungal cell membranes** – Stops mold and fungi from growing in the body.
- **Reduces fungal colonization** – Prevents mold from multiplying in the sinuses, gut, and lungs.

#### Dosage & Duration

Typical dosing varies, but for mold-related illness:

💊 **100–200 mg per day** (divided into one or two doses)

📅 **Duration:** 2–4 weeks (sometimes longer for chronic cases)

#### Things to Consider Before Taking Itraconazole

- ⚠ **Liver Monitoring** – Itraconazole can impact liver function, so **regular bloodwork is recommended**.
- ⚠ **Absorption is better with food** – Take with a meal for best results.
- ⚠ **Not a standalone cure** – It should be used **alongside detox strategies** (binders, drainage support, sauna therapy).

Itraconazole is **especially effective when mold has colonized the body**, making it a valuable tool for **those with ongoing fungal infections due to mold exposure**. However, it should be used **under medical supervision** and paired with a full mold detox protocol for best results.

# Step 5: Introducing Binders continued...

## Alternative Options If You Can't Get a Prescription:

If you're unable to get prescription medications, there are **natural alternatives** that can still be effective. However for ME, these methods were not strong enough and I saw the most improvement in my symptoms when I took the Cellcore Supplements, Cholestyramine, and Itraconazole together.

- **Cellcore Mold Protocol** – A mold detox protocol [[HERE](#)]
  - Register an account
  - Practioner Code: **AQWXV4Cs**
- **Neem Powder** – A natural antifungal [[HERE](#)]
- **Biopure O3** – An ozone-based supplement that helps eliminate mold [[HERE](#)]
- **Charcoal** – Binder [[HERE](#)]
- **Chlorella** – Binder [[HERE](#)]
- **Quick Silver** – Ultra Binder use as directed [[HERE](#)]
- **Quick Silver** – Binder sensitive formula use as directed [[HERE](#)]
- **NAC** – 2x per day morning and night [[HERE](#)]
- **Liposomal Glutathione** – [[HERE](#)]
- **Melatonin** – Detoxing the Brain/ Glymphatic System Support [[HERE](#)]
- **Milk Thistle** – Protects liver function [[HERE](#)]
- **Broccoli Sprouts (Sulforaphane)** – Activates detox pathways [[HERE](#)]
- **Dandelion Tea Nettle Tea** – Supports kidney detox [[HERE](#)]
- **Nettle Tea** – Supports kidney detox [[HERE](#)]
- **Calcium D-Glucarate** – Detoxes estrogenic mycotoxins [[HERE](#)]
- **DIM (Diindolylmethane)** – Balances hormones during detox [[HERE](#)]

# Step 7: Managing Detox Symptoms (Herxheimer Reaction)

When mold toxins are released from fat cells and start circulating in your system, you may experience **temporary worsening of symptoms** (called a **Herxheimer reaction**).

## Common Herx Symptoms:

- ✓ Fatigue
- ✓ Brain fog
- ✓ Joint pain
- ✓ Flu-like symptoms

## How to Reduce Herx Reactions:

- **Start Slowly** – Introduce binders and detox treatments gradually. Don't go all in at once start slowly and gradually increase as you watch your symptoms. Talk to a doctor.
- **Support Drainage Pathways** – Keep your bowels moving, sweat regularly, and stay hydrated.
- **Use Binders** – Cholestyramine, bentonite clay, and activated charcoal help absorb toxins.
- **Rest & Recover** – Overloading detox too quickly can make symptoms worse.

# Step 7: Add in Other Detox Modalities

## Sauna Therapy for Mycotoxin Detox

Sweating is a powerful way to remove stored mold toxins. **Infrared sauna therapy** is especially effective.

### How to Use a Sauna Safely:

- **Start with 5-10 minutes** at low heat (**110-130°F**), gradually increasing over time.
- Work up to **30-45 minutes, 3-5 times per week**.
- **Hydrate before & after** with electrolytes to prevent dehydration.
- **Shower immediately after** to remove toxins from your skin.

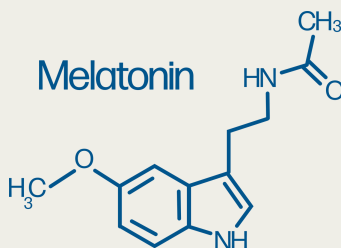


## Melatonin for Mycotoxin Detox – it's role in your brain

Mold can cross the **blood-brain barrier**, leading to **brain fog, memory issues, and cognitive dysfunction**. The **glymphatic system** (the brain's detox system) flushes out toxins during sleep.

### Why Take Melatonin?

- ✓ Supports **glymphatic drainage** to remove mold toxins from the brain.
- ✓ **Improves deep sleep**, which is essential for detox.
- ✓ **Recommended Dose:** 1-3 mg nightly (adjust as needed).

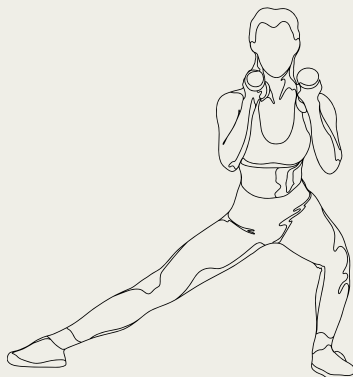


## Strength Training for Detox

### Why strength training helps with mold detox:

🔥 **Releases Toxins** – Mold toxins accumulate in fat cells. Strength training promotes **fat burning**, releasing stored toxins for elimination.

⚡ **Boosts Mitochondria** – Increases energy production and helps the body handle toxic stress.



# Estimated Timeline

## PHASE 1

Weeks 1-4:  
Preparation &  
Drainage  
Support

## PHASE 2

Weeks 5-8:  
Active Detox  
(Binders &  
Antifungals  
Introduced)

## PHASE 3

Weeks 9-10:  
Continued  
Detox &  
Monitoring

## PHASE 4

Months 3-6:  
Long-Term  
Recovery &  
Prevention

## PHASE 5

Prevent Re-  
exposure

### Weeks 1-4: Preparation & Drainage Support

- Focus on **Cellcore Advanced MYC Support Kit** to **prep detox pathways**.
- **No binders or antifungals yet** to prevent toxin buildup in the body.
- Ease into sauna, strength training, grounding, and hydration support detox.

### Weeks 5-8: Active Detox (Binders & Antifungals Introduced)

- **Cholestyramine (CSM)** starts at **Week 5** to bind mycotoxins in the gut.
- **Itraconazole** begins at **Week 7** to clear fungal overgrowth in the body.
- Continue sauna, ozone therapy, and gut support (probiotics, diet, etc.).
- **First signs of improvement often appear here** but detox symptoms (fatigue, headaches) may temporarily increase.

### Weeks 9-10: Continued Detox & Monitoring

- **Second round of Itraconazole & Cholestyramine** (if tolerated well).
- **Most people feel significantly better by this point**, but full detox isn't complete.
- Maintain sauna, strength training, hydration, and clean diet.

### Months 3-6: Long-Term Recovery & Prevention

- **Residual mycotoxins** may take **months** to fully clear.
- Continue **binders as needed** for re-exposure.
- **Air purification, mold-free diet, and regular detox habits prevent relapse.**
- Healing the **gut, brain, and immune system takes time**, so ongoing support (probiotics, omega-3s, vitamin D, melatonin) is recommended.

### Total Duration: ~3 to 6 Months (Varies by Individual Response & Severity of Exposure).

This protocol follows a structured detox approach that lasts at least 10 weeks, but full recovery can take 3-6 months or longer depending on:

- ✓ Severity of mold exposure (length of time exposed, types of mycotoxins)
- ✓ Toxic load & individual detox capacity (some people need longer to clear toxins)
- ✓ Immune function & gut health before starting detox
- ✓ Consistency with drainage support, binders, antifungals, and lifestyle changes

# Tracking Your Progress



☐☐☐☐☐☐☐

## Retesting Again After Detox

I recommend conducting a follow-up test using the **VCS Test** (affordable and easily accessible) after 3 months to assess your progress, and again after 4 to 7 months via **Urine Analysis** to make so you are on the right track.

After following this protocol, I retested **7 months later** using the same Mosaic Diagnostics Mycotoxin Test, and the results were nearly **mold-free**. The remaining mycotoxins were present only in **low "normal rage" amounts**, a dramatic improvement from my initial test, where my levels were **off the charts** for:

- ✓ **Aflatoxin**
- ✓ **Ochratoxins**
- ✓ **Citrinin**
- ✓ **Glutotoxin**

This was a complete **180-degree turnaround** for me. I could clearly tell the difference in the way I felt but seeing it on the results confirmed that the detox protocol **worked**, and my body was finally clearing out what had made me so sick.

Retesting is crucial to track progress and ensure that you're eliminating mycotoxins effectively.



Retest urine mycotoxin levels every 3-6 months to track improvement.



Work with a doctor to monitor liver enzymes and adjust your detox plan.



Listen to your body – detoxing is a process; push through but don't overdo it.



# My Exact Protocol

## What Worked for Me

**\*Consult your doctor, this is just what worked for me.\***

To accelerate my recovery I combined multiple strategies at once, this was my step by step.

### 1. TESTED

### 2. OPEN DRAINAGE PATHWAYS

### 3. STARTED CELLCORE KIT

CS Results	1e	2e	3e
BC-ATP	1e	2e	3e
Advanced TBCA	1e	2e	3e
Cellcore	1e	2e	3e
CS Biotin	1e	2e	3e

### 4. STARTED TAKING CSM



### 5. STARTED TAKING SPORONOX



#### 1. Mosaic Diagnostics Urine Test

- Ordered by my **naturopathic doctor**, but you can order it directly [HERE](#).
- **VCS Test (Visual Contrast Sensitivity Test)** – I took this 3 times over the course of 9 months until I passed.
- [Take the VCS Test HERE](#)

#### Weeks 1-4: Started Cellcore Advanced MYC Support Kit

I started this protocol first for 4 weeks and then started the CSM & Itraconazole while continuing to finish the entire protocol. This protocol comes with detailed instructions on what to take and the timing.

#### Weeks: 5-8 Cholestyramine (CSM) – Prescription

Binder 4 times per day for 30 days then went down to 2 packets per day (upon waking and before bed) for 2 more weeks. While taking Vitamin D,A,K & E.

#### Weeks 7-11: Itraconazole/ Brand name: Sporonox –

Prescription Antifungal – 100mg 2x per day for weeks, took 1 week off and then did for 2 more weeks 100mg 2x per day.

I also continued to finish the CellCore Protocol.

## MEANWHILE

1. **Infrared Sauna 4x per week** – 40 minutes per day 4x per week. Join a gym that has a sauna.
2. **Strength Training 4x per week** – consistent sweating through this process
3. **Ozone Therapy + Ozone machine in home** – (Intravenous) 1x per month
4. **Air Filters always running** – change filters periodically
5. **Eliminated Mold-Contaminated Foods & Followed a Strict Gluten Free Diet**
6. **Melatonin at night before sleep for Brain Detox (2-3 mg per night)**
7. **Daily Supplements** (see more below in the resources section)
  - a. 5,000 IU's of Vitamin D per day [\[HERE\]](#)
  - b. Probiotic in Cellcore + this one [\[HERE\]](#) 2x per day after I ran out of Cellcore
  - c. Omegas 1x per day [\[HERE\]](#)
  - d. 1,000mg of Vitamin C 3x per day = 3,000mg / day
  - e. Bpc-157
8. **Xlear Nasal Spray** [\[Here\]](#)
9. **Filtered drinking water – in glass spring water or Reverse Osmosis**
10. **Filtered Shower water** [\[HERE\]](#)
11. **Daily Outdoor Grounding and grounding sheet on my bed** [\[HERE\]](#)
12. **Home Audit** – I washed all clothes with special detergent [\[HERE\]](#) & got rid of porous furniture.

still use both **cholestyramine** and **itraconazole** when I think I have been re-exposed.

# Other Miscellaneous Modalities to Support Removal


## Nasal Spray

Xlear Nasal Spray is a natural saline spray infused with xylitol, which has antimicrobial and antifungal properties that help clear mold, bacteria, and biofilm from the nasal passages. Since mold spores can colonize the sinuses, Xlear can be an effective part of a mold detox protocol.

### How Xlear Helps with Mold Detox

- ✓ Breaks Down Biofilm – Xylitol disrupts biofilm, allowing mold and toxins to be cleared.
- ✓ Flushes Out Mold Spores – Helps remove mold from nasal passages.
- ✓ Moisturizes & Soothes Sinuses – Reduces inflammation and irritation caused by mold.
- ✓ Antifungal & Antimicrobial Properties – Xylitol inhibits fungal and bacterial growth in the sinuses.

### How to Use Xlear for Mold Detox

 Use 2–4 times per day to flush out mold spores.

Dave Asprey has a great nasal rinse protocol [\[HERE\]](#)

## Hyperbaric Oxygen Therapy (HBOT) for Mold Detox

HBOT is a powerful tool for mold recovery that helps speed up detox, reduce inflammation, and repair damage caused by mycotoxins. By delivering high-pressure oxygen to your body, it supports cellular healing, improves brain function, and enhances the body's ability to eliminate toxins.

### How HBOT Helps with Mold Detox:

- ✓ Increases oxygenation – Helps repair tissues affected by mold.
- ✓ Boosts mitochondria – Supports energy production, which mold toxins disrupt.
- ✓ Reduces brain fog & inflammation – Supports cognitive function and neurological repair.

How to Use HBOT for Mold Detox:

- Session Length: 60–90 minutes
- Pressure: 1.3–2.0 ATA
- Frequency: 3–5 sessions per week for 4–6 weeks, 1–2 times per week if symptoms persist
- Best Time to Start HBOT: After opening drainage pathways (bowels, liver, lymph, kidneys)

HBOT is not a standalone cure, but when used alongside a full mold detox protocol, it can help you feel better faster

## KPV Peptide

KPV, a fragment of  $\alpha$ -MSH, is a powerful anti-inflammatory and immune-modulating peptide that supports recovery from mold exposure and mycotoxin illness by reducing symptoms and promoting healing.


### How KPV Aids Mold Detox

- ✓ Reduces Inflammation – Calms systemic inflammation
- ✓ Balances Immune Response – Helps regulate overactive or suppressed immunity.
- ✓ Stabilizes Mast Cells – Reduces allergy symptoms, sinus congestion, and skin irritation.
- ✓ Supports Gut Healing – Repairs leaky gut and reduces bloating and food sensitivities.
- ✓ Antimicrobial Effects – Helps control bacterial and fungal growth often seen with mold toxicity.

### How to Use KPV for Mold Detox

#### 🔴 Methods of Administration:

- Oral – Best for systemic inflammation & gut healing.
- Subcutaneous Injection – Faster absorption into the bloodstream.

 Note: Always consult a healthcare provider before starting KPV, especially if using other immune or anti-inflammatory therapies.

# Other Miscellaneous Modalities to Support Removal...

## Thymosin Alpha-1 (TA-1) Peptide

TA-1 enhances immune function, reduces inflammation, and supports detoxification from mold exposure. It helps the body clear mycotoxins, fight infections, and restore immune balance.

- ✓ Boosts Immunity – Increases T-cell activity for toxin clearance.
- ✓ Reduces Inflammation – Controls cytokine overactivation linked to fatigue & brain fog.
- ✓ Fights Infections – Eliminates bacterial, viral & fungal mold-related infections.
- ✓ Supports Detox – Aids liver & lymphatic system in clearing mold toxins.
- ✓ Regulates Autoimmunity – Prevents immune dysregulation from mold exposure.

📌 Best Use: Subcutaneous Injection for systemic immune support.

⚠️ Note: Consult a healthcare provider if you have autoimmune conditions.

## LL-37 Peptide

LL-37 is a potent antimicrobial peptide that breaks down mold biofilms, eliminates infections, and supports immunity.

- ✓ Destroys Biofilms – Disrupts mold and bacterial biofilms for better clearance.
- ✓ Fights Infections – Targets mold-related sinusitis, gut dysbiosis & candida.
- ✓ Enhances Immunity – Strengthens innate defense against lingering infections.
- ✓ Reduces Inflammation – Controls immune responses from mycotoxins.
- ✓ Repairs Tissues – Heals gut lining, skin & respiratory system.

📌 Best Use: Subcutaneous Injection for full-body antimicrobial effects.

⚠️ Note: Start with low doses to monitor tolerance.

## BPC-157 Peptide

BPC-157 is a tissue-repair peptide that reverses mold-induced damage in the gut, brain, and joints.

- ✓ Heals Leaky Gut – Reduces bloating, food sensitivities & GI inflammation.
- ✓ Reduces Neuroinflammation – Helps brain fog, headaches & mood issues.
- ✓ Accelerates Tissue Repair – Restores joints, muscles & nervous system.
- ✓ Enhances Detox Pathways – Supports liver & kidney function.

📌 Best Use: Oral Capsules for gut healing, Subcutaneous Injection for tissue & brain repair.

⚠️ Note: Work with a provider for safe use.

## Cleaning Mold

Why Using Bleach on Mold Can Make It Worse

Bleach is often recommended for mold removal, but it's one of the worst methods for mold remediation. Here's why:

- ✗ Ineffective on Porous Surfaces – Bleach only removes surface mold but leaves the roots intact, especially on drywall and wood.
- ✗ Can Make Mold Worse – The high water content in bleach can feed mold growth, making it return even stronger.
- ✗ Releases More Mold Spores – Bleach triggers mold to release spores into the air, spreading contamination and increasing health risks.
- ✗ Produces Toxic Fumes – The chemicals in bleach can irritate the lungs, especially for mold-sensitive individuals.

Best Mold Removal Alternatives

- ✓ Hydrogen Peroxide (3-6%) – Penetrates porous surfaces and kills mold at its roots.
- ✓ Undiluted Vinegar – Natural antifungal that kills mold and prevents regrowth.
- ✓ Concrobium or EC3 Mold Spray – Botanical, non-toxic mold cleaners that help prevent mold regrowth.
- ✓ HEPA Vacuuming & Air Filtration – Helps remove airborne mold spores from your environment.

# Mold Detox Diet (Gluten-Free & Anti-Inflammatory)

This diet helps **eliminate mycotoxins, reduce inflammation, and support detox pathways.**

💡 **Tip:** Always **wash produce thoroughly** to remove mold spores. Soaking in **vinegar and water** or **baking soda** for a few minutes can help.

## Key Diet Principles for Mold Detox

- ✅ **No Gluten & No Amylose** – Reduces inflammation and supports immune regulation.
- ✅ **High in Antioxidants** – Aids **cellular repair and toxin elimination.**
- ✅ **Supports Liver & Gut Detox** – Prioritize **glutathione-boosting** and **fiber-rich** foods.
- ✅ **Hydration & Electrolyte Balance** – Helps flush toxins and supports nerve function.
- ✅ **Limit Processed Foods & No Sugar** – Starves mold and prevents toxin buildup.

## Foods to Include in a Mold Detox Diet

### 🥩 Protein (Grass-Fed & Wild-Caught)

- Grass-fed beef & bison (*high in glutathione*)
- Organic pasture-raised chicken & turkey
- Wild-caught salmon, sardines, and mackerel (*rich in omega-3s*)
- Pasture-raised eggs (*avoid if sensitive*)

### 🥬 Vegetables (Low-Amylose & Mold-Safe)

- Cruciferous veggies (broccoli, cauliflower, cabbage, Brussels sprouts – support liver detox)
- Leafy greens (spinach, arugula, kale, Swiss chard – rich in antioxidants)
- Asparagus & artichokes (support gut and liver function)
- Garlic & onions (antifungal, sulfur compounds aid detox)

### 🍓 Low-Sugar Fruits (Antioxidants & Fiber-Rich)

- Blueberries, raspberries, blackberries (*high in polyphenols*)
- Lemons & limes (*alkalizing, vitamin C boost*)
- Avocados (*healthy fats, glutathione precursor*)
- Pomegranates & cranberries (*support urinary detox*)

### 🥑 Healthy Fats (Supports Detox & Brain Health)

- Organic extra virgin olive oil
- Avocado oil
- Coconut oil (*antifungal properties*)
- Grass-fed butter or ghee

### 🍠 Mold-Free Carbohydrate Sources

- Japanese sweet potatoes (*lower in amylose, easier to digest*)
- Quinoa (*low-mold alternative to grains*)
- Sprouted pumpkin & sunflower seeds

### 🥛 Dairy Alternatives (Avoid Moldy Cheeses)

- Organic unsweetened coconut milk
- Almond milk (*check for no gums or fillers*)

### 🌰 Nuts & Seeds (Mold-Safe Options)

- Sprouted pumpkin & sunflower seeds
- Chia & flax seeds (*avoid if personally reactive*)
- 🚫 Avoid peanuts, cashews, and pistachios (*high-mold risk*)

### 💧 Hydration & Detox Support

- Spring or filtered water (*avoid tap water due to contaminants*)
- Dandelion or nettle tea (*supports kidney & liver detox*)
- Electrolytes (*without sugar or artificial sweeteners*)

# Resources

## Things to Consider Buying for Mold Detox & Home Protection

### Air Purifiers & Home Protection

- **Levoit Air Purifiers**
  - For Bigger Spaces – [\[HERE\]](#)
  - For Smaller Spaces – [\[HERE\]](#)
- **Winix Carbon Filter** – [\[HERE\]](#)
- **Ozone Home Machine** – [\[HERE\]](#) (*Run when not home; makes the environment unstable for mold & bacteria*)

### Mold Cleaning & Household Products

- **Home Biotic** — [\[HERE\]](#)
- **Mold Wipes** – [\[HERE\]](#)
- **Household Cleaner** – [\[HERE\]](#)
- **Laundry Detergent for Mold** – [\[HERE\]](#)
- **Pillow Protectors** – [\[HERE\]](#)
- **Grounding Sheet** (Supports detox & reduces inflammation) – [\[HERE\]](#)
- **Shower Filter** [\[HERE\]](#)
- **Sink Filter** [\[HERE\]](#)

### Mold Testing Supplies

- **DIY At-Home Petri Dish Test** – [\[HERE\]](#)
- **DIY Lab Test (Send to Lab)** – [\[HERE\]](#)
- **RealTime Labs Mycotoxin Test** – [\[HERE\]](#)
- **Mosaic Diagnostics Mycotoxin Test** (The exact test I took) – [\[HERE\]](#)
  - Order it yourself without a practitioner from MyMedLab [\[HERE\]](#)

### Nasal & Respiratory Support

- **Xlear Nasal Spray** – [\[HERE\]](#)
- **Neti Pot** — [\[HERE\]](#)
- Dave Asprey **Sinus Rinse** Protocol — [\[HERE\]](#) <https://daveasprey.com/chronic-sinus-problems/>

### Supplements for Detox Support

- **Cellcore Mold Protocol** – A comprehensive mold detox protocol. [Find it [\[HERE\]](#)]
  - Register an account
  - Practitioner Code: **AQWXV4Cs**
- **Neem Powder** – A natural antifungal [\[HERE\]](#)
- **Biopure O3** – An ozone-based supplement that helps eliminate mold. [\[HERE\]](#)
- **Charcoal** – Binder [\[HERE\]](#)
- **Chlorella** – Binder [\[HERE\]](#)
- **Probiotic** – [\[HERE\]](#)
- **Quick Silver** – Ultra Binder [\[HERE\]](#)
- **Quick Silver** – Binder sensitive formula [\[HERE\]](#)
- **NAC** – [\[HERE\]](#)
- **Omegas** – [\[HERE\]](#)
- **Liposomal Glutathione** – [\[HERE\]](#)
- **Melatonin** – Detoxing the Brain/ Glymphatic System Support [\[HERE\]](#)
- **Milk Thistle** – Protects liver function. [\[HERE\]](#)
- **Broccoli Sprouts (Sulforaphane)** – Activates detox pathways. [\[HERE\]](#)
- **Dandelion Tea Nettle Tea** – Supports kidney detox. [\[HERE\]](#)
- **Nettle Tea** – Supports kidney detox. [\[HERE\]](#)
- **Calcium D-Glucarate** – Detoxes estrogenic mycotoxins. [\[HERE\]](#)
- **DIM (Diindolylmethane)** – Balances hormones during detox. [\[HERE\]](#)
- **Mold Tested Coffee** (also remineralized) [\[HERE\]](#)

# Frequently Asked Questions



## 1. How do I know if my symptoms are from mold exposure?

Symptoms often worsen in suspected moldy environments and improve when leaving. Test options: ERMI, urine mycotoxin test.

## 2. Who is Dr. Ritchie Shoemaker, and how did he develop his mold protocol?

Dr. Shoemaker identified Chronic Inflammatory Response Syndrome (CIRS) in 1997 after patients became sick from toxic algae. He developed a step-by-step detox protocol after discovering how mycotoxins trigger chronic immune reactions.

## 3. What is cholestyramine, and how does it work?

A binder that removes mycotoxins via bile, preventing reabsorption. Standard dose: 4g, 4x daily before meals. Side effects: Constipation, bloating, vitamin depletion.

## 4. What does a failed Visual Contrast Screening (VCS) mean?

A failed VCS test **suggests** biotoxin illness. The test measures contrast sensitivity, which is often impaired in those exposed to mold and other biotoxins. Key areas to check: Columns C & D show neurological deficits, while row E failing before row D can indicate hyperacute exposure. If row E & D fail + MMP-9 is elevated, this suggests intensification (worsening inflammatory response).

**VCS is not a standalone diagnosis** but a valuable screening tool to determine if mold toxicity is affecting brain function.

## 5. How long do you need to take cholestyramine in the Shoemaker Protocol?

Minimum: 30 days, then reassess. Typical: 3-6 months. Severe cases: 6-12+ months. CSM is discontinued once symptoms improve and labs normalize. Retesting urine mycotoxin levels helps track progress.

## 6. How should I titrate up my cholestyramine dose?

Start slowly to avoid detox reactions: Week 1: ¼ scoop (or serving) daily. Week 2: ½ scoop 1-2x daily. Week 3+: Full dose (4x daily). Stay hydrated and supplement vitamins A, D, E, K.

## 7. What is Sporanox (itraconazole), and when is it needed?

An antifungal used for lung, sinus, and gut mold infections. Dose: 100mg 2x daily for 2-4 weeks. Side effects: Liver toxicity, nausea, dizziness.

## 8. Can I start Sporanox sooner if I tolerate cholestyramine well?

Yes. If you feel good after Week 1 of CSM, you can begin Sporanox sooner. Monitor for detox reactions.

## 9. How should I titrate up my Sporanox dose?

Week 1: 100mg once daily. Week 2: Increase to 100mg twice daily. Monitor liver enzymes every 2-4 weeks.

## 10. What is the Ritchie Shoemaker Protocol?

A step-by-step detox plan:

1) Remove exposure, 2) Use binders (CSM/Welchol), 3) Reduce inflammation, 4) Treat infections (antifungals if needed).

## 11. How can I prevent re-exposure to mold?

Test your home (ERMI/HERTSMI-2), HEPA filters & dehumidifiers, avoid moldy foods (grains, peanuts, coffee), clean HVAC.

## 12. What are the most mold-prone cities in the U.S.?

High-risk cities: New Orleans, Houston, Tampa, Miami, San Antonio.

## 13. What percentage of buildings have mold?

47% of U.S. homes and 85% of commercial buildings have mold or water damage. Mold can grow within 24-48 hours of moisture exposure.

## 14. How do I manage detox reactions (Herxheimer)?

Stay hydrated, sweat (sauna, exercise), and use binders (charcoal, CSM).

## 15. Can mold cause long-term neurological issues?

Yes, mold toxins cause brain inflammation, anxiety, memory loss, depression, and fatigue. Solutions: Melatonin, omega-3s, sauna.

## 16. How does sauna therapy help with mold detox?

Sweats out mycotoxins stored in fat. Start at 110-130°F for 10 min, work up to 30-45 min, 3-5x per week. Hydrate before & after.

## 17. Can mold exposure trigger autoimmune diseases?

Some research suggest this. Mold overactivates the immune system, worsening conditions like Hashimoto's, lupus, rheumatoid arthritis, and chronic fatigue.

## 18. How does mold impact hormones?

Mold disrupts thyroid function, cortisol, testosterone, and estrogen. This can cause fatigue, weight gain, insomnia.

## 19. How do I know if I need antifungals like Sporanox?

Needed if you have persistent sinus/lung infections, bloating, worsened symptoms in humidity or after eating carbs, or positive Aspergillus/mold tests.

## 20. Do I need prescriptions or can I go the holistic route?

You should do what you feel most comfortable with. However in my personal experience I didn't feel better until I took CSM and sporanox.

## Final Thoughts

Mold detox is a journey, but **you can heal**. Stay consistent, track your progress, and don't get discouraged. Your body is designed to recover—you just need to give it the right tools. By following this protocol and remaining vigilant about mold exposure, you'll not only feel better but also **regain control of your health for good**.

# Sources

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