

Healing from Hidden Toxins: Your Guide to Mold & CIRS

What is CIRS?

Chronic Inflammatory Response Syndrome (CIRS) is a condition where your body's "fire alarm" gets stuck in the "on" position. For most people, when they breathe in mold toxins, their immune system clears them out. However, for about 25% of people, their bodies don't recognize these toxins. Instead of being removed, the toxins stay inside, causing the body to stay in a constant state of inflammation. This is why you may feel "sick all over" or have symptoms that doctors can't quite explain.

Why This Matters For You

- **It's Not "Just Aging":** The brain fog, exhaustion, and aches you feel aren't just part of getting older; they are signs your body is overwhelmed by its environment.
- **Answers for "Mystery" Symptoms:** If you've been told you have fibromyalgia or "just stress," finding the root cause (like mold) can finally provide a path to real recovery.
- **Reclaiming Your Energy:** By identifying these hidden toxins and safely removing them, you can turn off the internal "fire" and get your vitality back.

What You Can Do Today

1. **Check Your Environment:** Look for any signs of water damage in your home or office. This includes damp smells, water stains on ceilings, or leaks under the sink. You cannot heal in the same environment that made you sick.
2. **Watch for "Static Shocks":** Pay attention to how often you get a static shock from doorknobs or other people. This is a common "red flag" that your body is struggling with mineral balance due to mold toxins.
3. **Control Your Air:** Use a high-quality HEPA air purifier in your bedroom to give your immune system a break while you sleep. Keep your home's humidity below 50% to prevent new mold from growing.
4. **Support Your Flow:** Drink plenty of filtered water and ensure you are having regular bowel movements. This helps your body begin the process of moving toxins out.

Questions to Discuss with Your Practitioner

- **The "VCS" Test:** Can we do a simple vision test to see if toxins are affecting my neurological system?
- **Genetic Links:** Should we test to see if I am part of the 25% of the population that has trouble clearing mold naturally?
- **Binder Support:** Which "binders" (natural supplements that act like magnets for toxins) are right for my specific needs?
- **Nasal Health:** Could hidden bacteria in my nasal passages (MARCoNS) be keeping me tired?

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