

# Understanding the "Triad of Chronic Fatigue": Why You Feel Stuck and How We Get You Moving Again

## What is the "Triad of Dysfunction"?

Have you been told your labs are "normal," yet you still feel exhausted, foggy, and sensitive to everything? You aren't "difficult," and it isn't in your head. You are likely dealing with three hidden issues that team up to keep you sick:

1. **CIRS (Mold/Toxin Illness):** This happens when your body's "cleaning system" doesn't recognize certain toxins (like mold). Instead of clearing them out, your body stays in a state of constant inflammation.
2. **MCAS (The Overactive Alarm):** Your immune cells act like a hyper-sensitive smoke detector. They set off "alarms" (histamine) in response to normal things like smells, stress, or even healthy foods.
3. **Stealth Infections:** These are "hidden germs" (like Lyme or old viruses) that hide from your immune system, draining your energy behind the scenes.

## Why This Matters For You

- **Validation:** You finally have a reason why you react to everything. It's not a lack of willpower; your body is stuck in "Defense Mode" instead of "Energy Mode."
- **A Clear Map:** We stop guessing. By understanding how these three things interact, we can stop chasing symptoms and start addressing the root cause.
- **Safety First:** We prioritize making you feel stable. We don't "attack" infections until your body feels safe enough to handle the cleanup.

## What You Can Do Today

1. **Check Your Space:** Your environment is your foundation. Look for signs of past or present water damage (leaks, musty smells) in your home or workplace. If you are still breathing in mold, your body can't fully turn off the alarm.
2. **Calm the "Smoke Detector":** Help your immune system relax. Practice deep breathing, prioritize 8 hours of sleep, and try to reduce exposure to harsh chemicals, perfumes, and high-stress situations.
3. **Keep the "Drains" Open:** Your body needs to flush out toxins. Support your natural drainage by drinking plenty of filtered water, moving your body gently (if you have the

energy), and ensuring you are having regular bowel movements.

## Questions to Discuss with Your Practitioner

- Based on my history, which part of the "Triad" (Mold, Immune Alarms, or Hidden Germs) seems to be my "Lead Domino"?
  - Are my current supplements helping to calm my system down, or are they accidentally triggering my "alarms"?
  - What is the first step we should take to make my home and body feel like a "safe zone" again?
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