

ANTECEDENTS

IMMUNE AND INFLAMMATORY BALANCE

Look for other factors of inflammation

ENVIRONMENTAL INPUTS

- More rainstorms
- Buildings built more "efficiently" to prevent leakage also restricts air flow
- wrong sized HVAC systems
- wall-to-wall carpets

SLEEP/RELAXATION

EXERCISE/MOVEMENT

- Breathing becomes difficult with mold toxicity and weight gain is common
- Over exercise can exacerbate the situation.
- Light exercise such as yoga, stretching, etc.

GASTROINTESTINAL

Negative gram bacteria tend to be higher with mold toxicity

Probiotics can help support and change the internal terrain  
Start low and slow with probiotics!

OXIDATIVE STRESS, ENERGY PRODUCTION

NUTRITION/HYDRATION

- Consider a low amylase diet for short term (reduce root veggies)
- Cut out the high sugar foods
- Probiotics can help tremendously

TRIGGERING EVENTS

Milk thistle to help support the liver

STRUCTURAL INTEGRITY

DETOXIFICATION

STRESS/RESILIENCE

- Lots of stress when big changes need to made

MEDIATORS

One has to become OK with their mold illness and feel comfortable about talking about it; Learning to speak up!

Re-exposure becomes a negative mediator

Journaling to help download all the problems, issues, etc.

Passion flower herb is great to help calm the mind down

High glucose common with mold toxicity

Busy mind and busy brain

- Helping one understand what is more important. The "thing" or your health

MIND, SPIRIT, EMOTIONS, COMMUNITY

HORMONES, NEUROTRANSMITTERS

RELATIONSHIPS/NETWORKS

- Relationships with others can become strained
- Learn to be advocate for self