

Healing after exposure to toxic mold:

- **Firstly – stop feeding fungus in the body!**
 - Avoid the following:
 - Unhealthy fats:
 - Factory farmed (non-organic/pasture raised) animal fats, lard
 - Peanuts (high in mold)
 - Refined vegetable oils and processed synthetic spreads like safflower, soybean, sunflower, corn, and cottonseed oils, hydrogenated or partially hydrogenated oils, margarine and shortening.
 - Unhealthy Meats:
 - Farmed fish and shellfish
 - Highly processed meats with preservatives like hot dogs, salami, canned meat, and conventional jerky.
 - Pork
 - Refined sugar and refined grains:
 - Common sources of sugar and processed grains to avoid include:
 - Breakfast cereals
 - Bread
 - Crackers
 - Pasta
 - Cake
 - Candy
 - Pastries
 - Flour
 - High-Fructose Corn Syrup
 - Syrups and Sauces in general
- **Homeopathics** - It's important to take these a minimum of 30 minutes before after any food, drink or teeth brushing.
 - Colloidal silver - 1 teaspoon / 3 times a day
 - Camphora 200

- Nat sulph 6X between 2 to 4 times daily.
- Arsenicum album 30C, dose as 2 pills, twice daily especially if there is sneezing and itching.

- **Herbal Supplementation:**

- Recipe: ½ dropper of each of these in 2 ounces of Concord Grape juice (organic) – take 3 times a day:
 - Milk thistle
 - Usnea
 - Pau D Arco
- Oreganol p73 – 1 drop under tongue – morning and evening
- Hanna Kroeger FNG Care and Blood Toner are also very effective options.
- Coconut Charcoal OR Intestinal Drawing Formula by HealthForce Nutritionals – 3 capsules in the evening before bed.
- L-Glutathione
- Probiotics – make sure your probiotic is ‘Guaranteed potency’ at the time of Expiration!

- **Food Cures:**

- Using fresh, organic steamed asparagus – blend at high speed until smooth. Eat **four** full tablespoons, **two** times a day. Can be eaten hot or cold.

Wishing all of you good health!