

## **Mold Detoxification Protocol**

1. Remove yourself from the mold infested environment and/or have the mold remediated. Healing cannot begin to occur until this happens.

Our natural antifungal treatment consists of natural botanicals that are effective against mold. The botanicals that seem to be the most effective so far include:

- a) Grapefruit Seed Extract
  - b) Caprylic Acid formulations such as Candida Formula for adults and Candida Yeast Formula for children.
  - c) These should be used 2-3x daily away from probiotics and binders.
  - d) Probiotics with specific immune support additives.
  - e) Antifungal treatment is recommended for 3-4 months before retesting.
  - f) Liposomal Glutathione or some high quality glutathione with high absorption is necessary.
  - g) *It may be necessary to start low and slow with some very sick and sensitive people so consult Dr. D for specific help with your case.*
2. Add a binder to eliminate mycotoxins such as Activated Charcoal or G.I. Detox products; 1 to 2x daily. (G.I. Detox contains charcoal and zeolite clay that are known to bind mycotoxins). Another binder option is chlorella. Binders must be given on an empty stomach 1 hour before or 2 hours after food or administration of any supplements or medications because they will bind these as well. (Suggestions: Immediately upon waking, prior to going to bed or when waking during the night). With some patients, this may be difficult and getting a binder in once daily may be all that is possible and will still be helpful. If constipation occurs, add enough Magnesium Citrate or Buffered Vitamin C to keep the bowels moving, which is very important while detoxifying.
  3. A daily, high quality containing multivitamin/mineral formulation with sufficient B complex can be beneficial. Dosing antioxidants such as Buffered Vitamin C, Liposomal Vitamin C, Vitamin E, or Antioxidant Formula given 2x daily is also needed to reduce levels of oxidative stress.
  4. To address mold colonization in the nasal and sinus passages, see Nasal Spray Protocol may be necessary.

## **Contact our office for customization and specifically targeted Mold Support Program,**

**434-481-2012 or email [nutrition@doctorsays.com](mailto:nutrition@doctorsays.com)**

We have **Telehealth and In-Office Patient Programs** so we can help you no matter where you are. All our programs use our specific product lines of nationally proven whole-food, non-GMO, Organic supplement manufacturers. The doctor has used and tested these company products is confident in their ability to help you get well. We cannot use other supplement lines that you may personally have even though they may be good ones since the doctor is not personally familiar with them.

***As counterfeit products are all over the internet these days for product quality and security all supplements used to help patients under an active care plan in our clinic must be purchased from us so the doctor can assure you are getting exactly what he recommends, no exceptions.***