

COULD IT BE

Mold Toxicity?

Struggling with unexplained symptoms, sensitivities, or complex chronic illness?

Mold exposure might be your missing piece.

Self-Assessment

Take the FREE Quiz Inside

Clarity in under 10 minutes

MAST CELL **360**[®]



1

STEP ONE

FREE QUIZ!

COULD MOLD BE THE HIDDEN CAUSE BEHIND YOUR CHRONIC ILLNESS?

Directions: Check all that apply to you. (Even if it's just some of the time!)

- Have you struggled to get rid of chronic infections like Lyme, Bartonella, or Babesia?
- Do you suffer from chronic infections like EBV?
- Do you have Long Haul Syndrome?
- Do you have chronic fatigue?
- Do you struggle with Candida overgrowth in your GI tract, thrush on your tongue, frequent vaginal yeast infections, jock itch, athlete's foot, or toenail fungus?
- Are you unable to get rid of SIBO or any other gut issues?
- Do you suspect you have Oxalate or Salicylate Intolerance?
- Do you have sleep issues or insomnia?
- Are you struggling to balance your hormones?
- Do you react to high histamine foods?
- Do you react to any or many supplements?
- Do your ears ring (tinnitus)?
- Do you get sharp "ice pick" or "lightning bolt" pains?
- Do you get crawling or burning sensations on your skin?
- Are you extra sensitive to light and sounds?
- Do you have reactions to chemicals?
- Do you have multiple chemical sensitivities?
- Do you have brain fog?
- Do you have unexplained nausea?
- Do you have unexplained dizziness?
- Do you feel thirsty all the time?
- Do you have postnasal drip, sinus congestion, or coughing?
- Do you have unrefreshing sleep and wake up tired?
- Do you have a bad reaction any time you try to detox?
- Have you ever lived or worked in a building with any kind of roof leak, window leak, basement water, or any other water intrusion?

HOW MANY BOXES DID YOU CHECK?

Directions: Tally up each box you checked and write your score in the box below. You'll use this score to help determine your next steps.

My Score

2 STEP TWO

QUIZ RESULTS

YOUR DETOX ROADMAP

My Score

2 - 5: POSSIBLE MOLD TOXICITY

6 - 10: LIKELY MOLD TOXICITY

11+: HIGHLY LIKELY MOLD

TOXICITY

SCORE 2 TO 5: POSSIBLE YOU HAVE MOLD TOXICITY

- 1 Start by running an **ERMI** on your home – use code **MC360** for 5% off Run an ERMI even if you've had an inspection in the past! Standard mold inspectors often only run air tests and miss a lot.
- 2 When you get the results, **consult with a good indoor environmental professional** who understands Mold Toxicity. Don't rely on the misleading interpretation guides that come with the test.
- 3 Test your body for mold toxins with a simple urine test. For accuracy, we prefer **RealTime Labs Urine Mycotoxin Test**. If you have any level of mycotoxins show up at all, move forward with the following steps. That's because even if your test results show low or 'equivocal' levels, you may just be seeing the tip of the iceberg. The test only shows what you are detoxing now, which is often stalled or weak with mold illness.
- 4 Reboot your limbic system and vagal signaling while working on all the other pieces. Mold and mycotoxins are dysregulating.
- 5 If you are sensitive, work to stabilize mast cells with supplements and medications, and reduce triggers. Some people need months for this step.
- 6 Resolve any constipation (aim for daily bowel movements!) + stay hydrated with at least ½ your body weight in ounces of filtered water a day.
- 7 Start targeted binders that best address the mycotoxin results on your test.

SCORE OF 6 OR MORE? YOU WILL LIKELY REQUIRE ADDITIONAL SUPPORT

You can start on the same steps above, **but you'll also want to find a skilled Mold Toxicity and/or MCAS practitioner to help you through detox**. At this stage you'll likely face challenges that need a knowledgeable guide.

FOR THOSE WHO ARE SENSITIVE:

If you're sensitive, you'll need to make a stop at stabilization first. **You can still do the home and body testing while you clean up your environment and work on stabilizing!**



[Click for Tips on Managing Mold When You Can't Get Out Right Away.](#)

WHERE TO BEGIN

QUICK ACTION STEPS USING OUR RECOMMENDED PRODUCTS FROM



EC3 Air Purification Candles are a simple way to control mold spore levels in the indoor air. Heat from the burning wick aerosolizes the natural botanical embedded in the soy wax. The wax has no added fragrances to avoid inflaming chemical sensitivities common in sinusitis sufferers.

Use these to lower mold spores and mycotoxins in the air.



EC3 Head-to-Toe Cleanser is a refreshing, multi-purpose shampoo and body wash formulated for those who want a clean that is effective and exceptionally gentle. Designed to help rinse away mold, mycotoxins, and environmental contaminants.

We recommend the unscented version for those who are hypersensitive.



EC3 Mold Solution concentrate is a natural botanical that removes mold spores, mycotoxins, bacteria, and musty smells from hard and soft surfaces with no harmful chemicals. It can be used to decrease the overall mold load in your indoor environments.

Ideal for cleaning and fogging or misting your home to reduce mold spores.

NOW YOU CAN GET THESE 3 PRODUCTS IN THE MC360 BUNDLE!
SAVE 10% ON YOUR BUNDLE WITH CODE MC360



3 STEP THREE

LEARN MORE

READY TO DO YOUR DEEP DIVE INTO DETOX?

We created the **Precision Mold Master Class** so you can access the same information, strategies, and tools we use with our clients, without the wait.



[CLICK TO ENROLL TODAY](#)

COURSE INCLUDES

- **Step-by-step information**
- 5+ hours of videos
- **Lifetime access**
- Printable Roadmap Guide
- Printable Detox Workbook
- **Printable PDF “What to Do When Still Exposed to Mold”**
- Exclusive Interviews with our favorite Mold Inspectors
- **Resource lists**
- Dog Module
- And much more!

SAVE 15% ON OUR COURSES WITH CODE MICROBALANCE 15

TODAY IS THE FIRST DAY OF YOUR HEALING JOURNEY.

✨ **Not ready for detox yet? That’s okay!**

It’s still the perfect time to buy because you’ll get:

- **A special PDF** on what to do if you can’t move or remediate right away - practical tips you can use today
- **Lifetime access** — you can watch (and re-watch) the course at your own pace whenever you’re ready
- **All future updates** included with purchase

✨ Even if you’re focusing on stabilization and cleaning up your environment today, you’ll be setting yourself up with the knowledge you’ll need when the time is right. Plus get valuable tools and tips you can use NOW!

WATCH A COURSE ‘SNEAK PEEK’ HERE

