



MAST CELL 

**YOUR GUIDE TO UNDERSTANDING**

# Hypersensitivities & Mold Toxicity



# Welcome!



**Hi, I'm Beth O'Hara, FN!**

I'm so glad you are here.

I'm the founder and Clinical Director of Mast Cell 360®. We help clients struggling with challenging cases of Mast Cell Activation Syndrome (MCAS) and Mold Toxicity. I have a Doctorate in Naturopathy specializing in functional naturopathic and genetic approaches.

I found the root causes contributing to my own MCAS, including mold, and have been able to heal. Over 10 years of practice, I've used my own experience and education to develop the MC360™ Method that has helped even the most sensitive people recover their health, too.

And I want to help you, too.



# COULD MOLD BE MAKING YOU HYPERSENSITIVE?

Do you have debilitating reactions when you try new supplements or detox protocols? Many people with Mold Toxicity often have trouble detoxifying and are highly sensitive.

Here's why: Mold can clog up your detox pathways. If you try to detox when you can't eliminate toxins properly, you're going to feel terrible!

The other compounding factor is that mold can dysregulate your nervous system, your immune system, your digestive system, and so much more. This dysregulation can lead to overly reactive mast cells.

Mast cells are your frontline defender immune cells. They protect you from harmful substances like bacteria and viruses. But when they get dysregulated, they respond to things they shouldn't. Or they keep responding even when a real threat has cleared.

This can lead to a wide range of painful and even debilitating symptoms. Have regular protocols made you feel worse in the past? If so, you may have felt worse because your haywire mast cells see supplements, foods, and even medications as threats.

If mold detox protocols have failed for you before, you probably haven't made the improvements you want in your health. In fact, detox mistakes can make you feel worse for months or even years! And they can set back your healing process.

But there is a way to reclaim your health and get your life back from mold. I was once bedridden. Now I can work full time, enjoy hobbies, and travel again.

You can get there, too!

# WHY PRECISION MOLD DETOX IS ESSENTIAL

With MCAS, your mold detox protocol needs to be designed for your uniquely sensitive system. You'll likely need to go more slowly than many typical protocols call for. And you need to do the right thing at the right time.

## **DETOXIFYING MOLD IN THE WRONG ORDER OR TOO FAST IS USUALLY WHAT MAKES PEOPLE FEEL WORSE INSTEAD OF BETTER.**

But there is a way to avoid flares that make you feel awful and set you back.

I created the MC360™ Method just for people like you. It is science-based. It's been optimized through working with over 600 very sensitive clients with Mold Toxicity. I've taught hundreds of practitioners about this as well.

This method combines all the things I learned to get myself better. And it has been one of the biggest game changers for many of the clients I've worked with.

It's for people like you who want to get to the root of your health problems surrounding sensitivities, mast cell, and histamine issues.

The MC360™ Method starts with getting stabilized by calming your mast cells down. You'll do this through a combination of steps like nervous system support and gentle mast cell stabilizing supplements.

You'll also need to start addressing environmental mast cell triggers. These are just some of the initial steps to start getting your health back.

Then, you'll start addressing the #1 root trigger we see in the Mast Cell 360® Practice – mold.



# IS MOLD KEEPING YOU SICK?

Because mold disrupts your immune system, it is very hard to get the following conditions in check until you address mold:

- Oxalate Intolerance
- Histamine Intolerance
- Salicylate Intolerance
- Long Haulers
- Chronic infections like Lyme, EBV (Epstein Barr Virus), Candida, etc.
- SIBO (Small Intestinal Bacterial Overgrowth) and other gut issues
- Subclinical Porphyria / Heme Dysregulation
- POTS (Postural Orthostatic Tachycardia Syndrome)
- MCAS (Mast Cell Activation Syndrome)
- Chronic Urticaria (Hives)
- Hormone imbalances
- Sleep issues
- And more

Maybe you've tried to address these in the past without success. Mold may be the thing that's keeping you from recovering.

It may also be what's causing some of your worst "mystery" symptoms. I'm talking about the symptoms you and your doctor can't seem to get to the bottom of.

Has this happened for you? I've created this guide to help you determine your toxicity level. And you'll learn actionable steps so you can begin to detox mold gently.

## DETOXING MOLD IS POSSIBLE!

I want you to have hope that you can get back to your hopes and dreams.

# THIS GUIDE IS FOR YOU IF...

- ☑ You suspect mold has held you and your health captive
- ☑ You've tried detox protocols that made you terribly sick
- ☑ You want to finally address mold the right way
- ☑ You'd like an exclusive discount to the MC360™ Precision Mold Master Class
- ☑ You're a practitioner interested in becoming certified through Mast Cell 360®

## HAVE QUESTIONS?

My team and I are here to support you. You can reach out anytime at [support@mastcell360.com](mailto:support@mastcell360.com).

I hope you find this guide helpful.

Wishing you the best as you continue your healing journey,

*Beth*

## DISCLAIMER

*It's important you know that this resource is for informational and educational purposes. It's not meant to treat any health condition or to be prescriptive for anyone. If you have any medical conditions, it is critical you work under the care and guidance of a licensed medical provider.*

# HERE'S HOW TO USE THIS GUIDE:

## REVIEW THE ROAD MAP TO ADDRESS MOLD

In this section, you'll learn:

- The wrong way to address mold and why it's kept you sick for years
- The right supplements to start and the right order to start them in
- How to support your body's detox pathways so you can eliminate mold once and for all
- And more!



[CLICK HERE TO BUY THE MASTER CLASS](#)

## LEARN MORE — PLUS CLAIM YOUR MOLD WEEK DISCOUNT!

You can find this on pages 8 to 14. It will help you quickly and easily determine your sensitivity level.

1

2

3

## TAKE THE MOLD TOXICITY QUIZ

This guide is full of helpful tips, but it's only the beginning. My clinic practice has over a year waiting list...I know you can't wait a year! That's why I've created some resources to help you now.

**My MC360™ Precision Mold Master Class** will help you:

- Reduce your overall toxic load
- Feel confident in interpreting your mold test results so you can pick the best binder protocol for you
- Prep your body for detox by supporting the pathways that mold hurts the most
- Reclaim your life from haywire reactions and severe flares



# 1

## STEP ONE

# FREE QUIZ!

## HOW MOLD-TOXIC IS YOUR BODY?

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?
- ☐ Are you unable to get rid of SIBO or any other gut issues?
- ☐ 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?
- ☐ Do you have chronic fatigue?
- ☐ Do you have sleep issues or insomnia?
- ☐ Are you struggling to balance your hormones?
- ☐ Do you react to high histamine foods?
- ☐ Do you suspect you have Salicylate Intolerance?
- ☐ Do you react to any supplements?
- ☐ Do your ears ring (tinnitus)?
- ☐ Do you get sharp "ice pick" or "lightning bolt" pains?
- ☐ Do you get more static shocks than other people?
- ☐ 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 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 DID YOU CHECK? \_\_\_\_\_

Directions: Tally up your score by counting how many boxes you checked. Determine your likelihood of Mold Toxicity and your next actionable steps to consider using the results below.

## YOUR RESULTS

### SCORE 2 TO 5: POSSIBLE YOU HAVE MOLD TOXICITY

I recommend you consider the following:

- 1 Run ERMI and mold plate testing of your home, workplace, and car. When you get the results, consult with a remote indoor environmental practitioner who understands Mold Toxicity. Don't rely on the misleading interpretation guides that come with the report.
- 2 Complete any needed remediation. Be careful about increased exposure during remediation.
- 3 Run a RealTime Urine Mycotoxin Test to see which mold toxins you have in your body. If you have any levels of mycotoxins show up at all, move forward with the following recommendations. That's because even if your RealTime test results show low or equivocal levels of mycotoxins, you may just be seeing the tip of the iceberg. The test shows only what you are detoxing.
- 4 Stabilize your mast cells with targeted supplements and medications.
- 5 Reboot your limbic system and vagal signaling that has become dysregulated by mycotoxins.
- 6 Continue mast cell and nervous system support through your detox.
- 7 Resolve any constipation.
- 8 Start targeted binders that best target the mycotoxins on your test results.

**CONTINUED ON NEXT PAGE**

# YOUR RESULTS

## SCORE 2 TO 5: POSSIBLE YOU HAVE MOLD TOXICITY (CONT)

- 9 Recheck your RealTime Urine Mycotoxin Test 6 months after starting binders. If the levels have come down dramatically and you feel much better, continue binders for 6 more months. Then stop your binders. After 3 months off binders, run 1 more RealTime Urine Mycotoxin Test and ensure you are no longer excreting any mycotoxins.
- 10 If you have trouble or need more information, learn more in [my MC360™ Precision Mold Master Class](#). The Basic Level is a good option for those in this category. This course will support you in understanding Mold Toxicity much better, knowing how to customize your protocols, and improving your outcomes.



# YOUR RESULTS

## SCORE 6 TO 10: VERY LIKELY YOU HAVE MOLD TOXICITY

I recommend you consider the following:

- 1 Consult with an indoor environmental practitioner who understands Mold Toxicity and get qualified professional help with testing and remediating mold.
- 2 Get professional help to complete any needed remediation. Be careful about increased exposure during remediation.
- 3 Run a RealTime Urine Mycotoxin Test to see which mold toxins you have in your body. If you have any levels of mycotoxins show up at all, move forward with the following recommendations. That's because even if your RealTime test results show low or equivocal levels of mycotoxins, you may just be seeing the tip of the iceberg. The test shows only what you are detoxing.
- 4 Find a Mold Toxicity and MCAS practitioner to help you – at this stage, it's not possible to DIY a detox protocol.
- 5 Stabilize your mast cells with targeted supports. Your practitioner will likely recommend a combination of mast cell supplements and targeted medications based on your symptoms.
- 6 Reboot your limbic system and vagal signaling that has become dysregulated by mycotoxins.
- 7 Continue mast cell and nervous system support through your detox.
- 8 Resolve any constipation and stay hydrated with a minimum of 64 ounces of purified water a day.
- 9 Start targeted binders that best target the mycotoxins on your test results.
- 10 Support your lymphatic system, liver, and kidneys. Prioritize your sleep as much as possible. Support hormones as you're able.

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# YOUR RESULTS

## SCORE 6 TO 10: VERY LIKELY YOU HAVE MOLD TOXICITY

I recommend you consider the following:

- 11 Recheck your RealTime Urine Mycotoxin Test 6 months after starting binders.
  - If the levels have come down dramatically and you feel much better, continue binders for 6 more months. Then stop your binders. After 3 months off binders, run 1 more RealTime Urine Mycotoxin Test and ensure you are no longer excreting any mycotoxins.
  - If the levels have not come down, you may have Mold Colonization. Consider whether you can increase binders and learn how to add antifungals for colonization.
- 12 Learn how to customize your protocol and address challenges with **my MC360™ Precision Mold Master Class**. The Advanced Level is best suited for those in this category. This course will support you in understanding mold toxicity much better, knowing how to customize your protocols, and improving your outcomes.



# YOUR RESULTS

## SCORE 11+: HIGH RISK YOU HAVE MOLD TOXICITY

I recommend you consider the following:

- 1 Consult with an indoor environmental practitioner who understands Mold Toxicity. Get qualified professional help with testing and remediating mold.
- 2 Get professional help to complete any needed remediation. Be careful about increased exposure during remediation. Get out of the environment while remediation is occurring.
- 3 Run a RealTime Urine Mycotoxin Test and Great Plains Urine Mycotoxins Test to see which mold toxins you have in your body. If you have any levels of mycotoxins show up at all, move forward with the following recommendations. That's because even if your test results show low or equivocal levels of mycotoxins, you may just be seeing the tip of the iceberg. The tests show only what you are detoxing.
- 4 Find a highly experienced Mold Toxicity and MCAS practitioner to help you – at this stage, it's not possible to DIY a detox protocol and it's likely you'll have challenges that arise with detox that only a skilled practitioner can help you navigate.
- 5 Stabilize your mast cells with targeted supports. Your practitioner will likely recommend a combination of mast cell supplements and targeted medications based on your symptoms.
- 6 Avoid anything particularly stressful – violent movies, rollercoasters, pessimistic people, etc.
- 7 Soothe trauma with somatic approaches, but don't go back and relive the memories at this stage because it often makes the limbic system worse.
- 8 Reboot your limbic system and vagal signaling that have become dysregulated by mycotoxins. You will likely need 1 limbic program and multiple vagal supports through your entire detox protocol.
- 9 Get assessed for structural issues in your upper neck that may compress your vagal nerve. Work with a qualified practitioner to adjust your neck gently. I highly recommend you do not get high-force adjustments or have your upper neck adjusted by anyone who isn't an upper cervical specialist.

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# YOUR RESULTS

## SCORE 11+: HIGH RISK YOU HAVE MOLD TOXICITY (CONT)

- 10 Continue mast cell and nervous system support through your detox.
- 11 Resolve any constipation and stay hydrated with a minimum of 64 ounces of purified water a day. Add electrolytes to water as tolerated.
- 12 Start targeted binders that best target the mycotoxins on your test results. You may need to start with tiny sprinkles and move up slowly over several months.
- 13 Support your lymphatic system, liver, and kidneys.
- 14 Support your sleep as much as possible.
- 15 Support hormones as you're able.
- 16 Recheck your RealTime Urine Mycotoxin Test 6 months after starting binders
  - If the levels have come down dramatically and you feel much better, continue binders for 6 more months. Then stop your binders. After 3 months off binders, run 1 more RealTime Urine Mycotoxin Test and ensure you are no longer excreting any mycotoxins.
  - At this level of toxicity, it's much more likely the levels have not come down significantly and you have Mold Colonization.
  - Consider when you can increase binders and add antifungals and biofilm busters for colonization. Your practitioner will likely recommend a combination of herbal and prescription antifungals for better results.
- 17 **Take the MC360™ Precision Mold Master Class – Advanced Level** for more details and support. You'll also learn how to know if your practitioner is using detox methods that can work for you when you have sensitivities and MCAS. This course will support you in understanding Mold Toxicity much better, knowing how to customize your protocols, and improving your outcomes.



# 2 STEP TWO YOUR ROAD MAP FOR ADDRESSING MOLD

## THE WRONG WAY TO DETOX MOLD

That's what happens when you introduce too many supplements at once. Or even too much of one supplement. It can also happen if you introduce the right thing at the wrong time. And here's what happens time and time again. People are told to push through detox reactions. That's a bad idea when you have hypersensitivities.

These reactions are an indication that your body is in a toxic state. And the side effect of pushing through this can be months of mast cell flares. In other words, pushing through is only adding fuel to the fire. The way to not spark a reaction is to go slowly and follow the right order of operations.

The MC360™ Method phases are:

1. Stabilization
2. Gentle detox
3. Advanced support protocols
4. Rebuilding
5. Optimizing for long term health

Stabilization is absolutely critical before you move on to mold detox. That's part of the idea of introducing the right things at the right time.

Based on your level of toxicity and tolerance, you may need to start by stabilizing first. We recommend anyone start with addressing sensitivities first. See **my Top 8 Supplements Master Class**. But once you have stabilized, here are some next considerations for gentle detox.

## ADDRESSING MOLD TOXICITY GENTLY

Binders help remove toxins from your body. They attach to the toxins to help prevent them from getting reabsorbed. And they can help your body eliminate these toxins better, too.

Certain binders bind different types of mold toxins better than others. This is why it's really important to make sure that you test to know what mycotoxins you are dealing with.

## THE WRONG WAY TO DETOX MOLD

Going too fast or aggressive on detox and killing protocols can lead to significant MCAS flaring. Also, moving to the mold detox stage before your mast cells are stabilized can backfire and cause MCAS flares that can set you back weeks, months or even years in your healing journey.

Like you read earlier, with MCAS, your mast cells are already on high alert and overly responsive. They may already be responding to things they shouldn't. Like healthy foods, medications, and beneficial supplements.

Now imagine that you start a new detox protocol. You introduce a whole new set of supplements and medications that are supposed to make you feel better. But your body can't discern good from bad anymore due to haywire signals.

So, our mast cells send out the alert to attack these supports that should be helpful. Your mast cells release the mediators (chemical messengers) that tell your body all these new things are harmful invaders to fight off.

You may experience symptoms like:

- Headaches
- Body aches
- Sweating
- Chills
- Nausea

See the targeted binders on the next page for you to consider.

You will need to work with your practitioner and reference your test results to see which binders are best for what mold toxins you have.





# TARGETED BINDERS FOR MYCOTOXINS

TIP: Create an account to get the best discount!



## ACTIVATED CHARCOAL

Low Salicylate



## BENTONITE CLAY

Low Salicylate



## MEDI-CLAY-FX BENTONITE TABLETS

Low Salicylate



## CHLORELLA CAPSULES

## SACCHAROMYCES BOULARDII



# TARGETED BINDERS FOR MYCOTOXINS

TIP: Create an account to get the best discount!

## BACILLUS COAGULANS

Low Salicylate



## FROZEN ALOE



## THER-BIOTIC FACTOR 1 L. RHAMNOSUS

Low Salicylate



## PROPOLMANNAN



USE MY COUPON CODE MASTCELL360  
FOR 10% OFF ZEOBOOST!

Low Salicylate





# PRECISION MOLD DETOX

Detoxing mold is something you may find you need help with.

Any type of detoxification needs to be done slowly so that your body doesn't overreact. You want to release the stored toxins just a little bit at a time.

Overwhelming your body with too much mycotoxin release all at once will cause more mast cell activation and hypersensitivities.

That's why mold detox needs to be done with a personalized, precision plan.

If you need help, you can learn more about the MC360™ Method and gentle detox in **the MC360™ Precision Mold Master Class**. I'll guide you through all the phases of detox and teach you how to keep your body in balance along the way!

Let's get into Step 3!

You can reclaim your health from Mold Toxicity without making yourself worse!

## CHECK OUT THIS FACEBOOK LIVE ON MOLD COLONIZATION



# 3 STEP THREE LEARN MORE AND CLAIM YOUR EXCLUSIVE DISCOUNT!

## FEELING OVERWHELMED ABOUT HOW TO ADDRESS MOLD?

After reading through the information in this guide, you may have realized you need help. I've been right where you are, and I get it. It can be overwhelming. While I wish I could work with you 1:1 to help you take control of your health, my clinical practice has a year long waiting list. I know you can't wait a year. You need relief now. But not to worry. I have a resource that can provide you with the information and support you need.

In **my MC360™ Precision Mold Master Class**, I'll walk you through the step-by-step process I give my clients 1:1.

I have two great options and an incredible discount for you today!

[CLICK HERE TO CHOOSE](#)

[BASIC OR ADVANCED LEVEL](#)





# WHICH COURSE IS RIGHT FOR YOU?

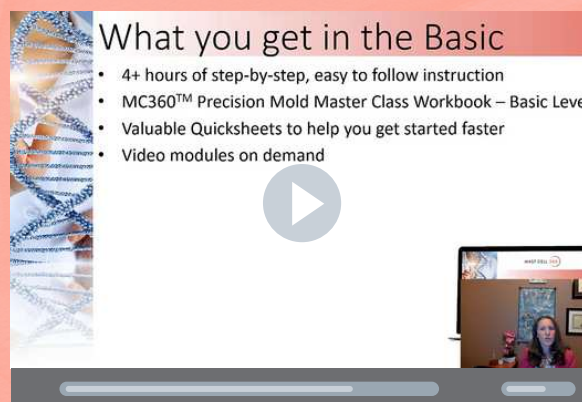


The first option is my Basic Breakthrough Level which will give you a step-by-step, how-to guide. This Basic Breakthrough Level will be best for you if you just want to know what actions you should take now to address mold and reclaim your health.



The second option is my Advanced Breakthrough Level which will not only give you a step-by-step, how-to guide, but it will take you beyond the basics and help you understand the WHAT & WHY behind Mold Toxicity. Truly understanding Mold Toxicity at an advanced level will help you take control of your health now. It will help you if you have a tough or unique case, and it will empower you to avoid future mold issues.

## CHECK OUT THIS VIDEO COMPARING THE BASIC VS ADVANCED LEVELS



# You will learn in the MC360™ Precision Mold Master Class - Basic Level:

- ★ How to customize your detox protocol even if you're sensitive
- ★ How to run ERMI and mold plate testing correctly
- ★ Remediation tips and what to do while still exposed to mold
- ★ Details about the different urine mycotoxin tests, my top recommendations, and proper provocation methods for sensitivities
- ★ How to read your urine mycotoxin test results plus self-interpretation tips for sensitive people
- ★ Basics of how to support your mast cells and nervous system
- ★ How to target binders for mycotoxins
- ★ Starter level liver and kidney supports
- ★ Constipation protocols that work when you have MCAS
- ★ Foundations of antifungal supports in MCAS
- ★ How to work with sensitivities
- ★ What to do if your mycotoxin levels aren't going down or you aren't feeling better
- ★ So much more!

[CLICK HERE TO CHOOSE](#)

[BASIC OR ADVANCED LEVEL](#)

*You are protected by our 100% money back guarantee.*

*If you don't see an improvement in your Mast Cell Activation Syndrome or Histamine Intolerance and are not 100% satisfied with your purchase, email me any time in the first 30 days for a no-questions-asked, 100% refund.*





## You will learn in the MC360™ Precision Mold Master Class - Advanced Level:


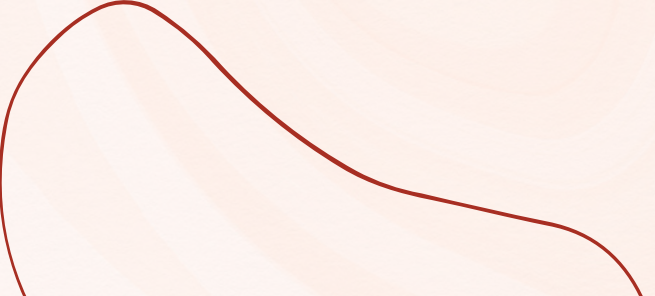
- ★ Everything in the Basic, plus...
- ★ Mast cell medications and when to consider them
- ★ Advanced liver, kidney, and lymph supports
- ★ Advanced antifungal protocols
- ★ Case studies showing how to implement and put a plan together
- ★ Special considerations, like pregnancy, breastfeeding, and children

[CLICK HERE TO CHOOSE](#)

[BASIC OR ADVANCED LEVEL](#)

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*If you don't see an improvement in your Mast Cell Activation Syndrome or Histamine Intolerance and are not 100% satisfied with your purchase, email me any time in the first 30 days for a no-questions-asked, 100% refund.*





# ARE YOU A PRACTITIONER?

After years of getting requests to train other practitioners in the MC360™ Method, I'm finally opening doors to a new certification program.

**Space will be limited for our first group.**

To learn more about becoming certified in the MC360™ Method, click the button to join our waitlist.

**[CLICK HERE TO JOIN THE WAITLIST](#)**

You'll be the first to hear about any updates and receive an exclusive, early-bird discount and opportunity to join before it sells out.







*Meet Beth*

**I'M THE FOUNDER AND  
CLINIC DIRECTOR OF  
MAST CELL 360.®**

I have a Doctorate in Naturopathy specializing in functional naturopathic and genetic approaches.

I'm passionate about helping others who are struggling with challenging cases of Mast Cell Activation Syndrome.

I've been where you are.

After decades of seeing traditional healthcare practitioners, I felt like I was at the end of my rope. Medications often made me worse. Being given the wrong supplements didn't help either.

Through my education and experience, I finally put together the pieces that allowed me to turn my health around.

I found the root causes contributing to my own MCAS and have been able to heal. I've taken what I've learned and developed the MC360™ Method that has helped even the most sensitive people turn their health around, too.



@ mastcell360



@ mastcell360





# *Let's Connect!*

**JOIN ME LIVE ON FACEBOOK  
EVERY TUESDAY AT 1PM  
EASTERN FOR:**

- Discussions on the topics that matter most when you're navigating MCAS
- Interviews with top experts in this field
- Answers to your questions

**Catch up on past recordings here.**

You don't need a Facebook account to watch!