

MAST CELL 360®

YOUR GUIDE TO UNDERSTANDING

Mold Toxicity & Hypersensitivity

THIS GUIDE INCLUDES:

- ★ The hidden root cause in many chronic illnesses
- ★ **FREE Quiz** to determine how likely it is you have Mold Toxicity
- ★ Our top tips on how to begin detoxing gently
- ★ What to do **FIRST** if you're sensitive

PLUS: Our biggest sale ever on the MC360® Precision Mold Master Class!

THIS GUIDE IS FOR YOU IF...

- ☑ You are sensitive or stuck with chronic health issues
- ☑ You've tried detox protocols that made you feel worse
- ☑ You want to finally address mold the right way
- ☑ You're a practitioner interested in learning how to help people using the Mast Cell 360® Method

HAVE QUESTIONS?

We are here to support you. You can reach out anytime at support@mastcell360.com.

We hope you find this guide helpful.

The Mast Cell 360 Team

WONDERING IF YOU HAVE MAST CELL ACTIVATION SYNDROME (MCAS)?

➔ [Start Here with a MCAS Symptom Survey](#)

➔ [Next Read MCAS vs Histamine Intolerance + Tips](#)

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.

COULD MOLD BE MAKING YOU SICK?

THE MISSING CONNECTION...

MAST CELL 360®

If you've been struggling with chronic illness and nothing seems to help, or things that should help often make you feel worse, you're not alone. And we know firsthand how frustrating it can be!

But what if there's a hidden trigger keeping you stuck?

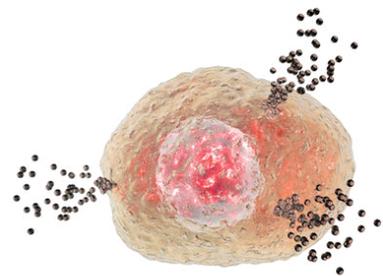
Here's what we've found working with hundreds of the most sensitive people over the last 8 years: Mold Toxicity can cause your immune system, nervous system, gut, and more to become dysregulated. And this dysregulation can lead to a long list of issues, including overly reactive mast cells.

Mast cells are your helpful frontline communicators. But when they are overreactive, they respond to things like food, supplements, smells, etc. as a threat. Or they keep responding even when a real threat has cleared.

Because you have mast cells in nearly every tissue in your body, and they release over 1,000 mediators (chemical messengers), this can cause a wide variety of symptoms.

If this sounds like you, it may explain why:

- Supplements that help others make you sick
- You struggle with heavy fatigue or low energy
- You have multiple unexplained symptoms
- You feel worse when you try detox protocols



An estimated 15-20% of the population has Mast Cell Activation Syndrome. And in the chronic illness community that number goes way up!

Mold is the #1 root cause we see. It's so disruptive that it can keep you stuck in:

- Mast Cell Activation Syndrome (MCAS)
- Chronic Conditions like Chronic Fatigue (CFS)
- Long COVID or other chronic infections (Lyme, EBV)
- Gut problems that won't resolve
- Hormone imbalances
- POTS (Postural Orthostatic Tachycardia Syndrome)
- And more...

The good news? Addressing Mold Toxicity allows your body to start healing!

1

STEP ONE

FREE QUIZ!

COULD MOLD BE THE HIDDEN CAUSE OF 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 later to help determine your detox steps.

My Score

2 STEP TWO

ADDRESSING MOLD

THE WRONG WAY TO DETOX MOLD

Before we discuss detox steps, there's something important to understand. **Moving too quickly or using aggressive killing protocols can put a lot of strain on your body.** And if you're sensitive, even starting a gentle mold detox before your mast cells are calm can backfire. Leaving you feeling worse and slowing your progress for weeks, months, or even years.

If your mast cells are already on high alert and reacting to things they shouldn't – like healthy foods, medications, and beneficial supplements – you need to spend time stabilizing first.

Otherwise, when you begin detox, your mast cells can mistake even helpful supports as a threat. In response, they release chemical messengers that signal your body to go on the attack. Instead of helping, those supports can end up triggering more symptoms.

You may experience symptoms like:

- Headaches
- Body aches
- Sweating
- Chills
- Nausea

[CLICK TO LEARN MORE
ABOUT OUR MOLD COURSE](#)



And time and time again people are told to 'push through'. That you'll 'feel worse before you feel better'.

But these reactions are an indication that your body is in a toxic state and can't keep up. And if you have MCAS, the side effect of 'pushing through' can be months of mast cell flares. In other words, it will only add fuel to the fire. The way to not spark a reaction is to lay the foundation, go slowly, and follow the right order of operations.

Even if you're not hypersensitive, it's important to go at a pace that is right for YOUR body!

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 Run an ERMI on your home (or if you spend a significant amount of time elsewhere and feel worse there - like work, school, etc). Even if you've had an inspection in the past! Standard environmental professionals often only run air tests and miss a lot!
- 2 When you get the results, consult with a good indoor environmental practitioner 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. And detoxing is often stalled or weak with mold illness.
- 4 Stabilize your mast cells with targeted supports like supplements and medications, as needed.
- 5 Reboot your limbic system and vagal signaling that has become dysregulated by mycotoxins.
- 6 Resolve any constipation (daily bowel movements!) and stay hydrated with a minimum of ½ your body weight in ounces of purified 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. At this stage you'll likely face challenges that need a knowledgeable guide.**

FOR THOSE WHO ARE SENSITIVE:

If you're sensitive and making a stop at stabilization first, you can still do the home and body testing while you work on stabilizing!

2

STEP TWO

STABILIZATION FIRST?

HOW TO START STABILIZING YOUR MAST CELLS

If you are sensitive, it's important to work on supporting your body for calmer mast cells. Calm mast cells mean less inflammation and better detox!

Top 8 Mast Cell Supporting Supplements Course – Learn the most effective, gentle supplements to calm mast cells and lower histamine, with step-by-step guidance on how to bring them in safely.

[CLICK HERE FOR THE TOP 8 SUPPLEMENTS](#)



Nervous System Reboot Course – Discover simple, powerful practices to calm reactivity, create safety in your body, and support healing from the inside out.



[CLICK HERE FOR THE NERVOUS SYSTEM REBOOT](#)

We work with sensitive people every day. And we've even been there ourselves. These classes are created specifically for sensitive people.

When you are sensitive and start here, you:

- Save yourself frustration, time, and money
- Avoid common setbacks
- Give your body the strong foundation it needs

[CLICK FOR LIFETIME ACCESS AND OUR BEST SALE EVER ON THE MOLD COURSE](#)

MORE INFORMATION

Post: [The Best Antihistamines for MCAS and Histamine Intolerance](#)

Post: [How to Balance Your Nervous System](#)

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.



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!

THIS IS OUR BIGGEST SALE EVER. So now is the best time to get started!

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 right now
- **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 today, you’ll be setting yourself up with the knowledge you’ll need when the time is right. Plus get tools and tips you can use NOW!

WATCH A COURSE ‘SNEAK PEEK’ HERE



3 STEP THREE

LEARN MORE!

LOOKING FOR HELP NAVIGATING MOLD AND MCAS?

FEELING OVERWHELMED?

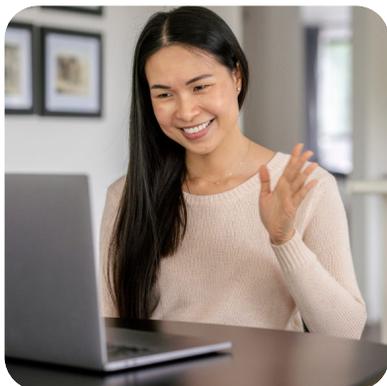
We know complex chronic conditions can leave you feeling overwhelmed. That's exactly why we created resources like the **Precision Mold Master Class!** And, we have other resources to help guide you, too! You're not alone.

1:1 SUPPORT OPTIONS



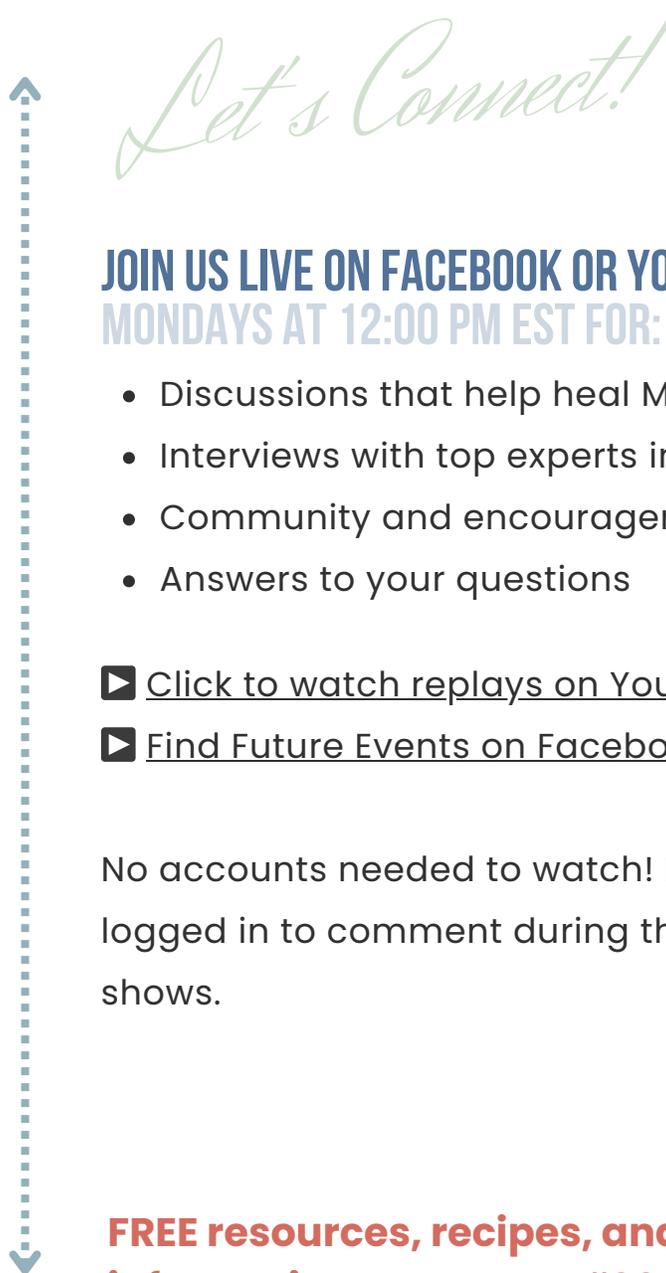
Get 1:1 support from a MC360 Health Coach

STRATEGY SESSIONS



Get comprehensive ongoing support from our clinic Lead Practitioners

WORK WITH CLINIC



Let's Connect!

JOIN US LIVE ON FACEBOOK OR YOUTUBE MONDAYS AT 12:00 PM EST FOR:

- Discussions that help heal MCAS
- Interviews with top experts in the field
- Community and encouragement
- Answers to your questions

▶ [Click to watch replays on YouTube](#)

▶ [Find Future Events on Facebook](#)

No accounts needed to watch! Must be logged in to comment during the live shows.

FREE resources, recipes, and information >>> mastcell360.com