

## Basic Mold/Mycotoxin Detoxification Protocol

1. Have patient remove themselves from the mold infested environment and/or have the mold remediated. Healing cannot begin to occur until this happens.
2. Have patient begin antifungal treatment such as Nystatin or natural botanicals that are effective against mold. The botanicals that seem to be the most effective so far include: [Grapefruit Seed Extract](#), Caprylic Acid or combination products containing these such as [Candida Formula](#) for adults and [Candida Yeast Formula](#) for children. These should be given 2-3x daily away from probiotics and binders. Antifungal treatment is recommended for 3-4 months before retesting.
3. Begin dosing [Tri-Fortify](#) Liposomal Glutathione with a measured ½ (2.5 ml) – 1 tsp (5 ml) 2x dose daily based on age and weight. It may be necessary to start low and slow with some very sick and sensitive patients.
4. Add a binder to eliminate mycotoxins such as [Activated Charcoal](#) or [G.I. Detox](#) (1-2 caps 2x daily) or [MycoPul](#) (1 cap, 1x daily). Another binder option is chlorella (which is good for children and also less constipating) and can be found in [NDF Plus](#), [Primary Detox](#) and [ToxinPul](#) (1-3 caps daily). 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.
5. A daily, high quality containing multivitamin/mineral formulation with sufficient B-complex such as [Daily Resource](#) for adults or [Spectrum-Mate](#) for children can be beneficial. Dosing extra [Vitamin C](#), 2x daily is helpful to reduce levels of oxidative stress.
6. To address mold colonization in the nasal and sinus passages, see [Nasal Spray Protocol](#). For a more complete detox support program, see the *Advanced Mycotoxin Protocol* for [Adults](#) or [Children](#).

***These products can be purchased through New Beginnings Nutritionals at [www.nbnus.com](http://www.nbnus.com) – 913-754-0458. Retesting is recommended after 4 months to re-evaluate Mycotoxin levels. This or a modified protocol should be continued until mycotoxins return to the normal range and patient's health is restored.***