



## Protocol Guide for Managing Mold-Triggered Illness & Chronic Sinusitis

"If you do a LITTLE of the protocol, you get a LITTLE better. If you do MORE, you get MORE results. When you do ALL of the protocol, you get A LOT better. Move at your own pace. Introduce steps in the protocol systematically and FEEL the difference in your health and energy levels."

- Dr. Donald Dennis

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# Body Protocol - Education and Treatment

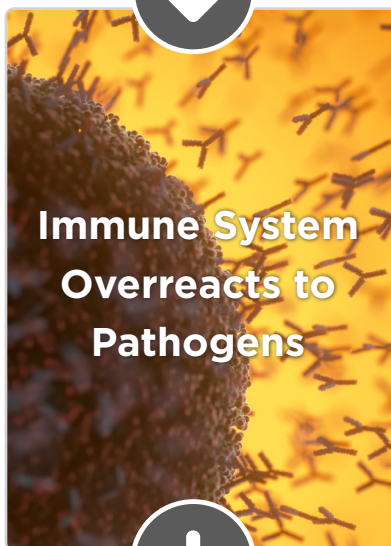
Understanding how mold enters your body, disrupts your immune system, and causes illness is critical for regaining your health.



## Mold Enters The Body

Environmental Mold is everywhere. It is truly a year-round antigen and is the root cause of many allergic and inflammatory health symptoms. It enters the body and can begin to colonize through two main avenues:

- 1. The Nose:** Mold spores are present in the air and can be inhaled in every breath. The average person breathes in 2,904 gallons/day of air. In a healthy environment with normal levels of mold, your body can maintain a general defense, filtering mold and other pathogens. But, when mold levels are elevated, your body's defense capabilities are overwhelmed. Mold then gains a foothold in the body. The sinuses are a perfect, dark, moist, warm, breeding ground!
- 2. The Mouth and Digestive System:** Fungus and bacteria are naturally-occurring organisms in the digestive tract, but problems arise when exposure, dietary sugar consumption, or a compromised immune system prevent the body from keeping fungal levels in check. Yeast and other pathogens can then take hold causing gastrointestinal issues, infections, and disease.



## Mold Triggers an Inflammatory Immune Response

Toxic load describes the burden your body manages from everyday exposures, like air pollution, airborne pathogens (mold, bacteria, viruses), chemicals, and more. When a mold issue in your home or work becomes your toxic tipping point, your immune system can mount an inflammatory defense that spirals out of control, because the exposure is chronic and unrelenting. The chronic inflammation then throws critical body systems out of balance causing compromised immune function, oxidative stress, cognitive issues, and hormonal dysfunction.

As a result, health problems are exacerbated (like allergies and asthma) and autoimmune conditions arise. Unfortunately, if the mold exposure continues, so does the inflammation which leads to more symptoms and failing body systems, the causes of which are difficult to diagnose, especially when mold is not recognized as the compromising influence.



## Immune Disruption Causes Illness and Disease

- 1. Chronic Sinusitis:** Surgeries and antibiotics offer temporary relief, but symptoms return, because MOLD remains in the sinuses.
- 2. Fatigue and Body Pain:** The overactive immune response causes fatigue and disables cellular repair and maintenance.
- 3. Gastrointestinal Issues and Food Intolerances:** When fungus and yeast overgrow in the digestive tract, intestinal permeability occurs which results in food intolerances, impaired digestion and nutrient absorption, and increased susceptibility to foodborne illnesses.
- 4. Cognitive and Neurological Issues:** When the brain becomes inflamed and trapped in a constant state of flight or fight, anxiety, depression, insomnia, and brain fog often occur.
- 5. Hormonal Imbalance:** When the sinuses are colonized by mold inhaled from the indoor environment, toxins are secreted that can cross the blood-brain barrier affecting the pituitary gland causing the body to stop producing hormones vital for health and healing.

**The Body Protocol is designed to eliminate mold in your body, to boost your immune system, and to support pituitary and cellular healing. The goal is to end the inflammatory response that is causing all of your health ailments.**

## **STAGE 1:**

### **REMOVE MOLD FROM NOSE & DIGESTIVE TRACT.**



#### **CitriDrops Dietary Supplement**

CitriDrops Dietary Supplement combines four different citrus seed extracts including grapefruit seed extract, into one dietary supplement for maximum effectiveness against bacteria and fungus.



#### **Candida Rid**

Candida Rid is a blend of the most effective natural antifungals, herbs, and nutrients for microbial infections and yeast overgrowth, including oil of oregano, caprylic acid, proteolytic enzymes, black walnut, and wormwood.



#### **NasoPure Nasal Wash System**

The Nasopure Nasal Wash System includes pre-mixed saline packets and an easy-to-use, patented, curved bottle to gently cleanse mold, debris, and bacteria from the nasal passages before it can make you sick. The bottle's shape allows for better control of the flow of the solution into the nasal passages.

## **STAGE 2:**

### **BOOST IMMUNE SYSTEM FUNCTION & EFFICIENCY.**



#### **Sinus Defense**

A breakthrough homeopathic formula created to boost immune system intelligence for a broad array of molds, allergens, and viruses. It contains Transfer Factor molecules that work similarly to antibodies to teach the immune system to react faster and more efficiently when exposed to environmental pathogens.



#### **Thymic Formula**

Complete Thymic Formula combines a comprehensive blend of vitamins and minerals with herbs and glandular factors to form a solid foundation of nutritional support to bolster your body's natural defense systems.



#### **Beta Glucans**

Beta Glucans works to enhance immune system strength and efficiency. When used with Sinus Defense, it increases your body's ability to identify, mark, and tag mold antigens, so that you will be less reactive and less prone to an endless cycle of inflammation and sickness.

## **STAGE 3:**

### **SUPPORT HORMONAL & CELLULAR HEALING.**



#### **CellTropin**

CellTropin promotes cellular recovery and healing, especially for people who have been compromised by mold and environmental toxins. It is designed to provide pituitary, circulatory, and DNA support to stimulate cellular healing and turnover from immune system stress and environmental toxins.



# Environmental Protocol - Education & Treatment

Detecting the source(s) of the mold exposure and remediating or removing yourself from the environment is key to regaining health.



## Mold is sneaky and thrives in many places

DETECT the presence of mold in your home, car, or at work with EC3 Mold Screening Test Plates. First, visually inspect your test area for signs of discoloration, moisture intrusion, or dampness, and pay attention to musty or earthy smells. Use the test plates to test the indoor air and/or furniture and belongings. Each mold colony that forms on the plates after the incubation period should be counted.

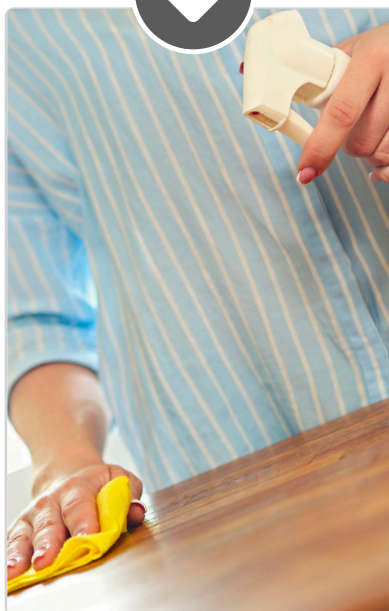
If high levels of mold are found, you can progress your testing by using a Mycotoxin Test Kit or an EMMA Test for further analysis to tell you which molds and mycotoxins are present and how high those levels are in your indoor environment. This is useful information as it identifies your exposure risk to the mold toxins that can make you sick.



## Mold must be properly remediated for success

Whether your issue is just a slow buildup of mold or exponential mold growth caused by a leak or water intrusion, the processes of remediation and cleaning is basically the same. If mold is detected, the area should first be properly contained. Then, whatever is providing the water source for the mold must be fixed before the mold can be properly remediated. Sometimes this means fixing a leak, or water damage. Other times, this means addressing an issue with indoor humidity, condensation, leaky ducts, or a contaminated HVAC system. Whatever the cause, no remediation or cleaning can have long-term success if this step is skipped.

Visible mold growth and any water-damaged materials must then be safely removed, and all areas and belongings exposed to the mold must be properly remediated and cleaned. Finally, effective mold-cleaning products must come into contact with air and surfaces throughout the home to make sure to eliminate any remaining mold spores.



## Cleaning and mold maintenance supports healing

Regular and consistent mold maintenance (cleaning air, surfaces, clothing, and belongings) is essential for keeping your risk of re-exposure low and your symptoms manageable.

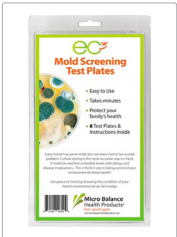
To maintain a low-mold environment, mist all surfaces, belongings, carpets, rugs, furnishings, etc. with EC3 Mold Spray or EC3 Mold Solution Concentrate mixed per bottle instructions. Do this weekly or more often if mold counts are not going down. (Note: You can also use the EC3 Sanitizer Fogger to treat larger areas or rooms.) When re-checking your environment with EC3 Mold Test Plates and mold counts remain high, simply double the amount of EC3 sprayed until you achieve the results required for health. If an item is covered with visible mold it is best to discard it.

EC3 Air Purification Candles can also be used to lower mold levels in the indoor air. Clothing and any washable items can be cleaned using EC3 Laundry Additive. Make sure to also use the Laundry Additive on sheets and bedding as sleep is crucial for recovery and your bed can be a large source of potential exposure.

**The Environmental Protocol is designed to eliminate mold in your environment and on your belongings to allow your body to heal and recover. The goal is to identify the exposure sources, remove or clean them, and then to maintain a mold-free space.**

## STAGE 1:

**TEST FOR MOLD AND REMOVE DETECTED MOLD FROM HOME, CAR & WORK.**



### EC3 Mold Test Plates

The EC3 Mold Screening Test Kit includes everything you need to test for elevated levels of mold in the indoor air or on belongings. Results in just 5 days!



### EC3 Air Purification Candle

Proven by an independent lab to temporarily reduce mold counts and mycotoxin levels in indoor air, the EC3 candles have no added fragrance and are made with all-natural, botanical ingredients.



### Environmental Mold and Mycotoxin Test Kits

Use these test kits to screen for 15 of the most toxic mycotoxins or for 10 of the most toxigenic molds AND mycotoxins. These kits help identify the toxins in your environment to link with the symptoms you are experiencing.



### EC3 Laundry Additive

Add EC3 Laundry Additive to every rinse cycle or directly to the wash basin to rinse away mold spores, bacteria, and foul/musty odors from clothes, towels, and your washing machine.



### EC3 Mold Solution Spray

EC3 Mold Solution Spray is a natural botanical that treats indoor environments for mold and mycotoxins. Highly effective and ready-to-use, EC3 Mold Solution Spray is safe for all materials, surfaces and fabrics, and contains no harmful chemicals.



### EC3 Sanitizer Fogger

A powerful way to address mold and mycotoxins throughout your home! Fogging with EC3 Mold Solution (proven effective by an independent lab) temporarily cleans and deodorizes your breathing air, surfaces, and belongings.

## STAGE 2:

**PREPARE YOUR BODY FOR POTENTIAL REEXPOSURES.**



### CitriDrops Nasal Spray

CitriDrops Nasal Spray is a great stand-alone sinus treatment or on-the-go alternative to nasal rinsing. It can be used when allergy or sinus symptoms arise and/or mold exposure is suspected. It can also be used to extend antifungal and antibacterial protection throughout the day.



### Sinus Defense

A breakthrough homeopathic formula created to boost immune system intelligence for a broad array of molds, allergens, and viruses. It contains Transfer Factor molecules that work similarly to antibodies to teach the immune system to react faster and more efficiently when exposed to environmental pathogens.

**“Breathing clean,  
mold-free air  
is the most  
important element  
to getting better  
and staying better.”**

**- Dr. Donald Dennis**



## **Important Facts About Chronic Sinusitis & Mold-Triggered Illness:**

93% of all chronic sinusitis has a mold component that is unresponsive to traditional antibacterial treatment.

There is no magic pill or surgery to cure chronic sinusitis. Unless you remove the antigen (mold), the sinusitis will reoccur.

Exposure to mold and mold components is well-known to trigger inflammation, allergies and asthma, oxidative stress, immune system dysfunction, and to aggravate or prolong healing to many chronic illnesses.

You CAN test negative for mold allergies and be sick from mold exposure. Mold toxicity from mycotoxins is NOT an allergic reaction. If you suspect mold, ask for an IgG test, instead of the common IgE or skin test.

It is possible to see significant, lasting improvement without prescription medicine or antibiotics! The key is to focus on mold, so that you are treating the cause of your sickness.

16-20% of the population have a genetic trait that causes their immune systems to OVEREACT to mold and its mycotoxins. Many of these people also have an impaired ability to naturally detoxify their bodies of mycotoxins.



**Sinusitis  
Wellness**

Natural Relief from Chronic & Fungal Sinusitis  
Developed by Donald Dennis, MD, Sinus Specialist

For more information about chronic sinusitis and mold-triggered illness:

**[www.sinusitiswellness.com](http://www.sinusitiswellness.com)**

**Speak with a Micro Balance Health Representative: 1 (888) 404-8958**