

DETOX

Mold Detox Tips

NOTE: This material is for educational purposes only. Please consult your doctor if you feel you've been exposed to mycotoxins or before taking supplements, using new products, or starting any new diet or wellness program.

In order to detox, you first have to stop the exposure. Begin remediation immediately and make sure you have effective air purification, such as the Austin Air filters, to remove airborne mycotoxins and spores.

■ Sweat

- Sweating improves the body's anti-inflammatory response and detox toxins.
- Exercise and sauna can be effective ways to trigger sweating.

■ Glutathione and other supplements

- It oxidizes toxins, frees radicals, and helps other antioxidants work better.
- Low levels of glutathione are associated with some medical conditions.
- Dietary sources include:
 - Spinach
 - Avocados
 - Asparagus
 - Okra
- You can also get it through supplement pills, inhalation, or IV.

■ Binders

- Sometimes the veins and the nerves in the gut lining pick up toxins and recirculate them back into the body.
- Mold or mycotoxin binders attract and bind toxins and move them through the gastrointestinal tract.
- They can be prescribed or non-prescribed.
 - Non-prescribed binders often include activated charcoal or bentonite clay.

■ Diet

- A low-mold diet attempts to eliminate sugar and ultra-processed foods, as well as foods that contain mold and yeast.
 - Sugar fuels fungal growth, which could make your mold symptoms worse.
 - Ultra-processed foods also contribute to fungal growth.