DetoxME

DETOX MOLD. RECLAIM LIFE.

Start Where You Are

Free and low-cost things you can do right now to support your health while you navigate mold illness

If you are living with mold illness, you already know how much it can take from you. Your energy, your clarity, your work, sometimes your income. A lot of the people I talk to are not working right now, or are stretched thin, and the idea of spending more money on their health feels impossible. So let me say this plainly. You do not have to spend a fortune to start your health journey towards feeling like yourself again.

This guide is a collection of low-cost and no-cost things that many people navigating mold have found genuinely helpful. None of it replaces a good physician, and none of it is a cure. Think of it as a way to lower the load on your body and steady yourself while you build the rest of your plan. You do not have to do all of it. Pick one or two things that feel doable this week, and start there.

> **ONE HONEST NOTE BEFORE YOU BEGIN**
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> I am a Health Strategist and Coach with a Doctor of Pharmacy degree, not your treating physician. Everything here is education and self-care, not medical advice or a treatment plan. Please keep your doctor in the loop, especially before changing anything significant, and reach out for care right away if your symptoms are severe.

1 Lower what your body is reacting to

THE SINGLE MOST POWERFUL FREE STEP

Before anything else, reduce what you are breathing in. For many people this one area makes the biggest difference, and most of it costs nothing. Practitioners in this field consistently describe getting away from the exposure as the single most important step, and many people improve substantially from that alone, before anything else is added.

IF YOU TAKE ONE THING FROM THIS ENTIRE GUIDE, TAKE THIS

Getting away from the mold is the biggest intervention there is. Nothing else in this guide comes close, and no supplement, purifier, or protocol substitutes for it. I know that leaving is not simple, and for many people it feels financially impossible. But it is worth genuinely investigating rather than dismissing. Staying with family or a friend, even temporarily, is a real option worth exploring, and so is a spare room, a relative's place, or any arrangement that gets you out of the air that is making you sick. Sometimes a trial of a few weeks away tells you more about your health than any test can, and costs nothing but a conversation.

- **Notice the relocation pattern.** Do you feel clearer, lighter, or more rested when you are away from a certain building, room, or even your car? That improvement away from a space is real information worth writing down and sharing with a physician who understands mold.
- **Spend less time in the space that seems to make you worse** wherever you reasonably can, even if leaving entirely is not an option right now.
- **Move air and keep humidity under 50 percent.** Run bathroom and kitchen exhaust fans, dry wet spots quickly, and open windows when the outdoor air is dry. Mold needs moisture to grow, so keeping indoor humidity under 50 percent is one of the most important things you can do. In damp climates a dehumidifier is one of the more worthwhile low-cost tools for holding that line.
- **Deal with small water problems fast.** Wipe up leaks, fix a dripping pipe, and address a small patch of growth promptly. Skip the bleach on porous surfaces like drywall or wood, since it does not truly fix the problem and disturbing mold can push more particles into the air. For anything larger than a small area, bring in a qualified professional rather than tackling it yourself.
- **Keep things clean, because mold hides in dust.** Household dust holds mold spores and fragments, so regular cleaning genuinely matters. Wash bedding in hot water, damp-dust and damp-mop rather than dry sweeping, which just stirs particles back into the air, and clear out clutter that collects dust.
- **Check the places mold likes to hide.** Look at the damp spots that get overlooked, like HVAC drip pans and vents, the rubber gasket on a front-load washer, under-sink cabinets, the tanks of humidifiers, and the soil of overwatered houseplants.
- **Lighten your total chemical load.** A body that is already reacting often does better with fewer added irritants, so leaning toward fragrance-free products and setting aside heavy air fresheners, scented candles, and harsh cleaners is a low-cost way to ease the burden.
- **Don't forget your car.** Replace the cabin air filter, which is inexpensive, and air the car out. Car ventilation systems can hold moisture and are easy to overlook.

WORTH IT WHEN YOU CAN MANAGE IT

A small hygrometer to read indoor humidity costs only a few dollars and is a great first buy, so you can actually see whether you are holding under that 50 percent line. When your budget allows, a quality air purifier is one of the highest-value tools people navigating mold mention. Look for one that pairs a true HEPA filter with activated carbon, and match it to your room size so it clears the air rather than just running. Air Oasis is one brand many in the mold community use, and units like these usually run a few hundred dollars, with meaningful discounts often showing up around the holidays, so it can be worth watching for a sale. The code DETOXME will get you a discount if you decide to go that route. One honest caveat. A purifier captures spores already in the air, it does not fix the moisture source, so think of it as strong support alongside handling the root cause, never a replacement for it.

2 Get outside as much as you can

COMPLETELY FREE, AND OFTEN OVERLOOKED

Here is something that gets missed. Mold illness and CIRS are overwhelmingly driven by indoor contaminants, and the average person spends the large majority of their life indoors. Outdoor air is almost always the cleaner air. So every hour you spend outside is an hour your body is not taking on more of what is making it sick, and it costs you nothing.

- **Get the early morning sun.** Light in the first hour or two after waking helps set your body clock, which supports your sleep, your energy, and your mood. This is one of the highest-value free things on this entire list.
- **Get responsible sun during the day.** Sensible sun exposure on your skin, without sunblock, is how your body makes its own vitamin D, and sunlight carries benefits beyond vitamin D alone. The key rule is simple. Do not get burned.
- **Build up slowly and know your own skin.** Start with short sessions and increase gradually. Your skin type, the season, and where you live all change what is sensible, so let comfort and caution guide you rather than a fixed number of minutes. Cover up or head for shade before you turn pink, and keep using protection when you will be out longer than your skin can handle.
- **Just be outside.** Beyond the sunlight itself, time outdoors gives you cleaner air, gentle movement, and a nervous system that settles. Even a slow walk counts on the days when that is all you have.

DIET AND SUNLIGHT ARE CONNECTED

Cleaning up your diet supports this step. Practitioners have observed that diets heavy in processed omega 6 oils, the kind found in most fried and packaged foods, tend to promote inflammation, and some believe this makes people more prone to burning and reacting in the sun. The research on that specific link is still developing, so treat it as a reasonable idea rather than a settled fact. Either way, moving toward whole foods and away from processed oils is a low-cost step that supports you broadly, and it pairs naturally with getting outside.

3 Calm your nervous system

FREE, AND OFTEN UNDERESTIMATED

When the body has been under threat for a long time, the nervous system can get stuck in a state of high alert, and it does not always switch off just because the environment improves. Researchers like Robert Naviaux and Stephen Porges describe this kind of stuck alarm state, and many practitioners see calming it as an important part of feeling better. Practitioners in this field often describe limbic dysregulation, vagal dysregulation, and mast cell activation as travelling together, which is part of why some people react to nearly everything and why going gently matters so much. The good news is that some of the most effective tools here are free.

- **Slow your breathing with a longer exhale.** Breathing out slightly longer than you breathe in, for even a few minutes, gently signals safety to the body. Practitioners have also observed that people learn to under-breathe after mold exposure, taking shallow breaths just to get by, so consciously returning to full, easy breaths is worth practicing.
- **Hum, sing, or gargle.** These simple activities stimulate the vagus nerve, which helps shift the body toward calm.
- **Use cool water and the outdoors.** Splashing cool water on your face, feeling your feet on the ground, and spending a little time in natural light can all help settle an activated system.
- **Explore limbic and nervous system retraining.** Approaches like DNRS, the Gupta Program, and Primal Trust offer free introductory material, and many people find these frameworks helpful when symptoms linger after the environment is handled.

MORE SUPPORT COMING FROM DETOXME

I am building a free set of guided nervous system reset exercises to walk you through this step by step. Follow along at detoxme.life so you catch it when it goes live.

4 Gently support your body's natural pathways

LOW COST, AND GO SLOW

Your body already has systems for moving things out. You can support them gently and inexpensively. The key word is gently. Pushing hard, too fast, is one of the most common ways people feel worse.

- **Stay hydrated** with water spread through the day rather than all at once.
- **Keep things moving.** Regular, comfortable bowel movements matter for elimination. Water, fiber-rich whole foods, and gentle movement all help.
- **Use food as a gentle binder.** Practitioners have observed that everyday insoluble fiber supports the body's own clearance pathways, and it costs very little. Ground flaxseed, chia, psyllium husk, and steamed greens are the usual examples, added gradually alongside plenty of water. This is food, not a supplement protocol. Prescription binders are a separate matter and belong with your physician.
- **Sweat a little.** Warm baths are inexpensive, and Epsom salt is cheap. Light movement and, if you have access to one, a sauna are other ways some people encourage gentle sweating.
- **Move your lymph.** Easy walking, light stretching, and gentle dry brushing are low-cost ways to support circulation and drainage.
- **Rinse your sinuses gently.** A simple saline nasal rinse is inexpensive and can help clear spores and irritants from your nose and sinuses, which are a common landing spot in mold illness. Once you are working with a physician on a plan, some people go further with nasal preparations containing xylitol, followed by grapefruit seed extract and similar ingredients, which practitioners have observed may help certain people once treatment is underway. Those steps belong in a conversation with your treating physician, not on your own.

PLEASE READ THIS ONE

Binders, detox supplements, and prescription steps belong with a knowledgeable physician, not with a guide from the internet, and some of them can make you feel worse if started in the wrong order. Early on, less is more. If anything you try leaves you feeling notably worse, stop and rest, and bring it up with your provider.

5 Protect your sleep and daily rhythm

COMPLETELY FREE

Sleep is when your brain does much of its cleanup and repair, so protecting it can ease brain fog and fatigue. You do not need anything to buy for most of this.

- **Get light early.** A few minutes of daylight soon after waking helps set your internal clock.
- **Keep steady hours.** Going to bed and waking around the same time, even on hard days, helps your body find a rhythm.
- **Set the room up for rest.** Dark, cool, and quiet makes a real difference, and dimming screens before bed helps your body wind down.

6 Eat real food

SIMPLE AND BUDGET-FRIENDLY

You do not need an expensive, complicated diet. The goal is simply to nourish your body and reduce what adds to inflammation. The simplest rule is to eat real food, meaning meat, fish, poultry, eggs, fruits, and vegetables, and to leave the packaged and processed things behind.

- **Build meals from real ingredients.** Meat, fish, poultry, eggs, and plenty of colorful fruits and vegetables cover it. If it came from a plant or an animal rather than a factory, it belongs on your plate.
- **Cut back on processed omega 6 oils.** The industrial seed oils in most fried and packaged foods are a major source of inflammation in the modern diet. Cooking at home with simpler fats is cheaper than takeout and lowers the inflammatory load your body is already fighting, which also supports the sun exposure in step two.
- **Consider going gluten free.** A lot of people navigating mold and CIRS find that removing gluten helps, and practitioners have observed that gluten sensitivity often surfaces during mold illness even in people who never had a problem with it before. Trying it costs nothing but attention.
- **Some people go further and drop grains entirely.** Not everyone needs to, but some find that going grain free makes a noticeable difference on top of removing gluten. This is worth testing on yourself rather than assuming either way.
- **Beans and legumes are individual.** Some people do fine with them and some clearly react. There is no universal answer here, so let your own response be the guide.
- **Consider bone broth as a daily staple.** Bone broth is one of the most helpful and least expensive things you can do for your gut, and many people make it a daily habit. It is cheap to make at home from bones you would otherwise throw away.
- **Notice your own patterns.** Some foods will clearly worsen how you feel. Jot down what you notice and share it with your provider rather than guessing.
- **Keep it affordable.** Frozen vegetables, cheaper cuts of meat, eggs, home cooking, and a basic water filter pitcher all stretch a tight budget while still nourishing you well.

> **A GENTLE CAUTION**
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> Change one thing at a time so you can actually tell what helped. And remember that very restrictive or extreme diets can leave you more depleted, not less. Feeding your body well is part of healing. If you want structured food changes, that is a conversation to have with a knowledgeable physician or dietitian.

7 Pace yourself and protect your energy

FREE, AND IT PROTECTS EVERYTHING ELSE

Many people with mold illness notice that overdoing it on a good day leads to a crash a day or two later. Learning your limits, and respecting them, is not giving up. It is strategy. Rest is not wasted time when your body is trying to recover. Do a little less than you think you can, more often, and let the good days build instead of spending them all at once.

8 Become your own best advocate

FREE OR NEARLY FREE

You know your body better than any single appointment can capture. A little organization turns your experience into something a physician can actually work with.

- **Keep a simple journal.** Track your symptoms alongside where you have lived, worked, and traveled, and note any water damage or times you felt better away from a space. Patterns become obvious on paper.
- **Prepare for appointments.** Bring your timeline and your questions, and note which tests have and have not been done. Organized information helps your doctor help you.
- **Use free and low-cost screening tools.** The Mold Exposure Assessment on detoxme.life is free. The visual contrast sensitivity, or VCS, test at vcstest.com offers a first test at no cost, with a small optional contribution for detailed results, and many people re-take it over time to track how they are doing. For the building itself, a HERTSMI-2 dust test is one of the more affordable ways to get objective information about your home. These are screens, not diagnoses, and the results are meant to be shared with a physician.
- **Think about the whole household.** Everyone under one roof breathes the same air, including children, and practitioners have observed that mold-related health challenges can show up across a family rather than in one person alone. If others at home have unexplained symptoms, that pattern is worth raising with a physician too.
- **Be a careful learner.** There is excellent information out there and a lot of noise. Be cautious of anything promising a miracle or a fast cure.

9 Protect your mind and stay connected

FREE, AND IT MATTERS

Mold illness can be lonely, especially when the people around you cannot see what you are going through. One of the most common things I have heard from the people who love someone with this illness is, I want to help you, but I don't know how. Isolation makes everything heavier, so this part is not optional self-care. It is real care.

- **Reach out to a support community** of others who understand. Feeling believed changes things.
- **Let the people who love you help.** Give them one small, specific thing to do. It is easier for them, and for you, than trying to explain everything.
- **Be gentle with yourself.** This is not in your head. It is real, and your experience deserves to be taken seriously.
- **Ask for support if you are struggling emotionally.** Talking with a mental health professional is a sign of strength, not a contradiction of the fact that your illness is physical.

Where to start if this feels like a lot

If you only take a few things from this guide, start here. Getting away from the mold is the biggest lever you have, so investigate every option, including staying with family or a friend. Get outside as much as you can, because the cleaner air is out there and the sunlight is free. And calm your nervous system, because everything else works better once it settles. Choose one action this week. That is enough. You can build from there.

WHEN TO REACH FOR A DOCTOR, NOT A HANDOUT

Normal standard labs do not rule out mold-related health challenges, so a clean test result is not a reason to stop looking. At the same time, this guide is no substitute for medical care. If you have severe or worsening symptoms, chest pain, trouble breathing, or anything that frightens you, treat it as urgent and seek medical attention right away.

A note for physicians and care providers

If you are a clinician and your patient handed you this guide, thank you for taking their experience seriously. Mold-related illness and CIRS are not part of most medical training, and that is not a failing on your part. You are warmly invited to reach out to us. We do not direct patient care. What we do is help you get oriented quickly, share the published research in this field, and connect you with CIRS-literate colleagues, testing resources, and reference materials, so you can support your patient with confidence. We are also finalizing a short training program built specifically for medical providers who want to get up to speed on CIRS and mold. Follow us so you do not miss it. We would be glad to be a resource to you. Reach us anytime at detoxme.life.

You do not have to figure this out alone

When you are ready for a real plan built around your situation, I offer a complimentary Health Strategy Session. It is not a sales call. It is a genuine conversation about where you are and what your next steps actually are. I personally review every application.

Book Your Health Strategy Session at detoxme.life

Start with the free Mold Exposure Assessment on the site, and follow along on social for new tools and guides as they are released.

Remember, no one impacted by mold should have to navigate it alone.

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