DetoxME

DETOX MOLD. RECLAIM LIFE.

Start Here

Your one-page quick start, for the days when reading more feels like too much

You do not have to spend a fortune to start your health journey towards feeling like yourself again. Pick one thing and begin. Each of these costs little or nothing.

1. **Get away from the mold if you can.** This is the biggest step there is, and nothing else replaces it. Investigate every option, including staying with family or a friend, even temporarily. If you cannot leave yet, keep humidity under 50 percent, fix leaks fast, keep dust down, and check the spots that get overlooked like HVAC pans, washer gaskets, and overwatered plants.
2. **Get outside as much as you can.** Mold illness is driven by indoor air, so outdoor time is free medicine. Get early morning light, and get sensible sun on your skin without sunblock to build your vitamin D. The one rule is do not get burned.
3. **Calm your nervous system.** Slow breathing with a longer exhale, humming, and a little time outside all help settle a body stuck on high alert, and they are completely free.
4. **Go gentle with detox.** Drink water through the day, keep moving, take warm baths, rinse your sinuses with simple saline, and add everyday fiber like ground flax or steamed greens. Do not start binders or supplements on your own. Those belong with a physician.
5. **Protect your sleep.** Morning light, steady bed and wake times, and a dark, cool, quiet room all ease brain fog and fatigue.
6. **Eat real food.** Meat, fish, poultry, eggs, fruits, and vegetables, with less sugar and fewer processed seed oils. Many people find going gluten free helps, and bone broth is a cheap daily staple for the gut. Skip extreme diets, which tend to leave you more depleted.
7. **Pace yourself.** Do a little less, more often, so you avoid the crash that comes a day or two after overdoing it.
8. **Keep a simple record.** Track your symptoms and where you have lived and worked. Take the free Mold Exposure Assessment at detoxme.life and the VCS test at vcstest.com, and bring your timeline to appointments.
9. **You are not alone.** Reach out to others who understand, and let the people who love you help with one small, specific thing. If others at home have unexplained symptoms, raise that with a physician too, since everyone under one roof breathes the same air.

When to get help fast. Normal standard labs do not rule this out, so keep looking. But if your symptoms are severe or worsening, or you have chest pain or trouble breathing, treat it as urgent and seek medical care right away.

Ready for a real plan built around your situation?

Book Your Health Strategy Session at detoxme.life

Complimentary, and I personally review every application. Start with the free Mold Exposure Assessment on the site.

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

This one-page summary is for educational and general wellness purposes only. It is not medical advice and is not a diagnostic tool. Emil Haldey holds a Doctor of Pharmacy degree and works as a Health Strategist and Coach, not as your treating clinician. DetoxME provides health strategy, education, and care coordination only. Always work with a licensed physician, and for environmental concerns a qualified Indoor Environmental Professional, before making changes. For the full guide, visit detoxme.life. In an emergency, call your local emergency number.