



THE FIRST 30 DAYS: MY EXACT MOLD DETOX CHECKLIST






DRE'S STORY

My journey through hidden mold exposure and chronic illness led me to uncover a powerful path to healing. This checklist distills everything I learned into actionable steps for your first 30 days.

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1 UNDERSTAND & ASSESS



The first step is awareness. You can't heal what you don't acknowledge.

- RECOGNIZE THE SIGNS**
Common symptoms include fatigue, brain fog, headaches, joint pain, respiratory issues, skin irritation, and mood changes.
- EVALUATE YOUR ENVIRONMENT**
Look for musty smells, water damage, visible mold, or past leaks in your home, work, or other frequent spaces.
- DOCUMENT YOUR SYMPTOMS**
Write down your daily symptoms, triggers, and energy levels to identify patterns.
- CONSIDER TESTING**
Work with a trusted professional to test your home and, if appropriate, your body.



AWARENESS CREATES CHOICE. CHOICE CREATES CHANGE.

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03

2 REMOVE & REDUCE EXPOSURE



Healing cannot happen while exposure continues. Create a safer environment to give your body a chance to recover.

- IDENTIFY & REMOVE MOLD SOURCES**
Fix leaks, remove moldy materials, and address humidity issues at the source.
- IMPROVE AIR QUALITY**
Use HEPA filters, open windows when safe, and consider an air purifier.
- CLEAN WITH INTENTION**
Use mold-safe cleaning products and avoid spreading spores.
- CREATE SAFE SPACES**
Designate mold-free areas in your home where you can rest and recover.



REDUCE THE BURDEN. PROTECT YOUR HEALING.

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3 SUPPORT YOUR BODY



Your body needs the right support to detox, repair, and restore balance.

- SUPPORT DETOX PATHWAYS**
Focus on liver, lymph, kidneys, and bowels through hydration, movement, and nutrition.
- STAY HYDRATED**
Drink clean, filtered water throughout the day.
- SUPPLEMENT STRATEGICALLY**
Consider binders, magnesium, vitamin D, and other supportive nutrients.
- PRIORITIZE REST & RECOVERY**
Sleep is when your body does its deepest healing.



SUPPORT YOUR BODY. IT'S WORKING HARD FOR YOU.

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4 SUPPORT YOUR MIND



Healing is more than physical. Your mindset, stress levels, and emotions play a powerful role in recovery.

- MANAGE STRESS**
Practice breathing, meditation, or journaling to calm your nervous system.
- REWIRE NEGATIVE THOUGHTS**
Challenge limiting beliefs and focus on what you can control today.
- CELEBRATE SMALL WINS**
Every positive choice is a step forward.
- SEEK SUPPORT**
Connect with people who get it. You don't have to do this alone.



A CALM MIND HEALS. YOU ARE NOT ALONE.

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5 FUEL YOUR HEALING

Food is medicine. What you eat can either fuel inflammation or support healing.



EAT REAL, WHOLE FOODS
Focus on organic vegetables, healthy proteins, good fats, and whole grains.



AVOID INFLAMMATORY FOODS
Limit sugar, alcohol, processed foods, artificial ingredients, and mold-contaminated foods.



SUPPORT GUT HEALTH
Eat probiotic-rich foods and fiber to support digestion and elimination.



PLAN & PREP AHEAD
Preparation reduces stress and keeps you on track with your goals.

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6 TRACK & ADJUST

Consistency and awareness are key. Track your progress and adjust as needed.



- DAILY CHECK-INS**
Rate your symptoms, energy, sleep, and mood.
- WEEKLY REVIEWS**
Look for trends and celebrate improvements.
- ADJUST YOUR PLAN**
You are unique. Adapt what works for you.
- STAY COMMITTED**
Healing takes time, but every day counts.

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BONUS RESOURCES



RECOMMENDED TOOLS & PRODUCTS



TESTING RESOURCES



PRACTITIONER DIRECTORY



COMMUNITY & SUPPORT



FURTHER READING

YOU'VE GOT THIS. ONE DAY, ONE STEP, ONE CHOICE AT A TIME.

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WEEK 1: ENVIRONMENT AUDIT



The first step to healing is awareness. This week, we'll evaluate the environments you spend the most time in to uncover hidden triggers that may be impacting your health.



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WEEK 1: ENVIRONMENT AUDIT

CHECKLIST

Complete each step to evaluate your environment and establish your baseline.



1. MOLD TEST (HOME, CAR, OFFICE)

Test for mold using DIY test kits or professional testing if needed.



2. AIR QUALITY CHECK (HVAC, FILTERS)

Check your HVAC system and replace filters if needed. Consider an air quality monitor.



3. WATER CHECK (FILTRATION, SHOWER)

Evaluate your water quality. Consider filtration for drinking water and shower.



4. BASELINE SYMPTOM TRACKING TEMPLATE

Use the template on the next page to track your current symptoms and patterns.



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WEEK 1: ENVIRONMENT AUDIT

BASELINE SYMPTOM TRACKING TEMPLATE

Track your symptoms daily to identify patterns and triggers.

WEEK OF: _____

DATE	SLEEP	ENERGY	MOOD	HEADACHE	BRAIN FOG	DIGESTION	NOTES
MON							
TUE							
WED							
THU							
FRI							
SAT							
SUN							

RATING GUIDE (0-10 SCALE)

0 = None

5 = Moderate

10 = Severe

ADDITIONAL NOTES OR OBSERVATIONS:



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WEEK 1: ENVIRONMENT AUDIT



GOAL

Identify potential environmental triggers and establish your baseline.



TIPS

- Be thorough and honest in your assessment.
- Small changes in your environment can have a big impact.
- Keep all test results and observations for future reference.



WHAT'S NEXT?

Use your findings to create a plan for improving your environment in Week 2.



**AWARENESS IS THE FIRST STEP.
ACTION IS THE NEXT.**



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WEEK 2: PROTOCOL START

Foundation. Regulation. Data.

✓ Small steps. Measurable progress.



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YOUR WEEK 2 ACTION PLAN



✓ **VAGAL WORK
(HUMMING, GARGGLING)**

Support your nervous system and promote regulation.



✓ **GENTLE STRETCHES
(TOS, NECK)**

Improve mobility and reduce tension in key areas.



✓ **BASELINE LABS
TO REQUEST
(CIRS PANEL, MCAS PANEL)**

Gather important data to guide your protocol.



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FOCUS AREAS



1. VAGAL WORK

- Humming: 5–10 minutes, 1–2x per day
- Gargling: 30 seconds, 2–3x per day
- Helps support parasympathetic tone and nervous system regulation



2. GENTLE STRETCHES

- Target: Thoracic Outlet Syndrome (TOS) and neck tension
- 5–10 minutes daily
- Move slowly, stay within a comfortable range



3. BASELINE LABS TO REQUEST

- CIRS Panel
- MCAS Panel
- These labs help identify underlying immune and inflammatory drivers



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WEEK 2 SUMMARY



Support your nervous system with daily vagal work.



Improve mobility and reduce tension with gentle stretches.



Request key baseline labs to guide your healing.



**CONSISTENCY TODAY.
CLARITY TOMORROW.**



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YOUR HEALING JOURNEY

WEEK 3: FIRST FOLLOW-UP



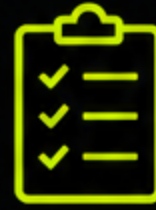
Your first follow-up is an important step in tracking your progress and fine-tuning your care.

Consistency. Communication. Progress.



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WEEK 3: FIRST FOLLOW-UP

What we'll cover:



Adjustments

(Blair upper cervical)



Symptom log review



What to track

(sleep, energy, pain, mood)



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WEEK 3: FIRST FOLLOW-UP



1. ADJUSTMENTS (BLAIR UPPER CERVICAL)

We will reassess your alignment and make any necessary upper cervical adjustments to support your body's correction and nervous system function.



2. SYMPTOM LOG REVIEW

We'll review the patterns in your symptom log to evaluate progress, identify trends, and determine what's improving and what may need more support.



3. WHAT TO TRACK (SLEEP, ENERGY, PAIN, MOOD)

Tracking key areas helps us measure progress and create a more personalized approach to your care.



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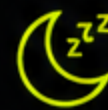
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WEEK 3: FIRST FOLLOW-UP

WHAT TO TRACK DAILY

Use a scale from 1 (poor) to 10 (excellent)



SLEEP

Quality of sleep and restfulness

1 2 3 4 5 6 7 8 9 10



ENERGY

Daily energy and stamina

1 2 3 4 5 6 7 8 9 10



PAIN

Pain or discomfort levels

1 2 3 4 5 6 7 8 9 10



MOOD

Emotional well-being and outlook

1 2 3 4 5 6 7 8 9 10



TIP: Consistency with tracking gives us the clearest picture of your progress and helps guide your care.



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WEEK 4: PROGRESS ASSESSMENT

Review. Refine. Optimize.



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WEEK 4: PROGRESS ASSESSMENT



GOAL

Evaluate your progress over the past 3 weeks, review key lab markers, and create an optimized plan for the next 30 days.

THIS WEEK'S CHECKLIST



Lab review (compare to baseline)

Assess changes in key biomarkers and identify wins and areas for improvement.



Next 30-day plan (adjustments, supplements)

Refine your nutrition, lifestyle, and supplement plan to continue making progress.



TIP

Small adjustments lead to big results. Use your data to make informed decisions.



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LAB REVIEW (COMPARE TO BASELINE)

Review your key lab markers and compare them to your baseline results from Week 1.

MARKER	BASELINE (WEEK 1)	CURRENT (WEEK 4)	CHANGE	NOTES
Energy				
Sleep Quality				
Mood				
Weight				
Body Composition				
Blood Pressure				
Fasting Glucose				
Inflammation (CRP)				
Other Key Labs				



REFLECTION

What improvements do you see? What still needs attention?



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NEXT 30-DAY PLAN (ADJUSTMENTS, SUPPLEMENTS)



NUTRITION ADJUSTMENTS

What will you continue, adjust, or add?



LIFESTYLE ADJUSTMENTS

What habits will you focus on improving?



SUPPLEMENT PLAN

What supplements will you continue, adjust, or add?



GOAL FOR THE NEXT 30 DAYS

My top priority: _____

How I will measure success: _____



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RESOURCE GUIDE

TESTS. COMPOUNDS. DOCTORS.
TOOLS TO TAKE CONTROL OF YOUR HEALTH.



TESTS TO ASK FOR



COMPOUNDS TO RESEARCH



DOCTORS TO FIND



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TESTS TO ASK FOR

These tests can help uncover underlying issues that may be contributing to your symptoms.



CIRS

Chronic Inflammatory Response Syndrome is often triggered by biotoxin exposure. Ask about the CIRS panel and VCS (Visual Contrast Sensitivity) testing.



MCAS

Mast Cell Activation Syndrome can cause a wide range of symptoms. Ask for tryptase, histamine, and 24-hour urine tests.



MYCOTOXIN

Mycotoxins from mold exposure can cause chronic illness. Ask for urine mycotoxin testing (e.g., RealTime Labs or Mosaic Diagnostics).



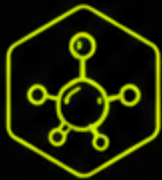
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COMPOUNDS TO RESEARCH

These compounds may support your healing journey. Research their benefits, dosing, and potential interactions.



NAD+

Supports cellular energy, DNA repair, and overall mitochondrial function. Explore forms like NMN, NR, or NAD+ IV therapy.



MINERALS

Minerals like magnesium, zinc, selenium, and potassium are essential for immune function, detoxification, and cellular balance.



HYDROXYZINE

An antihistamine that may help with MCAS, histamine intolerance, anxiety, and sleep. Often used at low doses under medical supervision.



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DOCTORS TO FIND

Finding the right practitioners can make a significant difference in your healing.



BLAIR UPPER CERVICAL

Focuses on correcting misalignments in the upper neck (C1-C2) that may impact the nervous system and overall health.



FUNCTIONAL MEDICINE

Looks at the root cause of illness and treats the whole person. Search for practitioners who specialize in complex chronic illness, toxins, and immune dysfunction.



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TRACKING TEMPLATE



A DAILY LOG TO TRACK YOUR SYMPTOMS, ENERGY, SLEEP, AND MOOD

HOW TO USE

- Use this template daily to monitor patterns and changes.
- Rate each category on the scale provided.
- Be consistent and honest for the most accurate insights.
- Review weekly to identify trends and areas for improvement.

RATING SCALES

- SYMPTOMS** 0 = None 10 = Severe
- ENERGY** 0 = No Energy 10 = High Energy
- SLEEP QUALITY** 0 = Very Poor 10 = Excellent
- MOOD** 0 = Very Low 10 = Very High

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DAILY LOG

MONTH: _____

DAY	SYMPTOMS (0-10)	ENERGY (0-10)	SLEEP QUALITY (0-10)	MOOD (0-10)	NOTES
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
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21					
22					
23					
24					
25					
26					
27					
28					
29					
30					

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WEEKLY REVIEW

WEEK OF: _____

WEEKLY SUMMARY (OPTIONAL)

AVERAGE SYMPTOMS (0-10)	
AVERAGE ENERGY (0-10)	
AVERAGE SLEEP QUALITY (0-10)	
AVERAGE MOOD (0-10)	

WEEKLY REVIEW CHECKLIST

REFLECTION QUESTION	YES	NO
Did I track my data every day this week?	<input type="checkbox"/>	<input type="checkbox"/>
Were my symptoms better, worse, or the same?	<input type="checkbox"/>	<input type="checkbox"/>
What factors may have influenced my symptoms?	<input type="checkbox"/>	<input type="checkbox"/>
Did I have good energy levels on most days?	<input type="checkbox"/>	<input type="checkbox"/>
Did I get quality sleep on most nights?	<input type="checkbox"/>	<input type="checkbox"/>
Did my mood feel stable overall?	<input type="checkbox"/>	<input type="checkbox"/>
What went well this week?	<input type="checkbox"/>	<input type="checkbox"/>
What could I improve next week?	<input type="checkbox"/>	<input type="checkbox"/>
Do I need to follow up with a healthcare professional?	<input type="checkbox"/>	<input type="checkbox"/>

NOTES

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INSIGHTS & ACTION PLAN

KEY TRENDS I NOTICED

POTENTIAL TRIGGERS OR PATTERNS

ACTIONS I WILL TAKE

- _____
- _____
- _____
- _____
- _____

GOALS FOR NEXT WEEK

- _____
- _____
- _____
- _____

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