



ROOT CAUSES. RAPID RESULTS.™

Mold Self Assessment

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FREQUENCY SCALE

Never = 0

Occasionally = 1

Sometimes = 2

Regularly = 3

DO YOU HAVE...	
Fatigue	<input type="checkbox"/>
Supressed immune system	<input type="checkbox"/>
Brain fog	<input type="checkbox"/>
Achy all over	<input type="checkbox"/>
Headaches	<input type="checkbox"/>
Extreme or unusual fatigue	<input type="checkbox"/>
Home, workplace, or school has a damp or mildewy odor	<input type="checkbox"/>
Reactions to supplements opposite of expected	<input type="checkbox"/>
Difficulty sleeping or insomnia	<input type="checkbox"/>
Anxiety or depression	<input type="checkbox"/>
Nosebleeds	<input type="checkbox"/>
Body rashes	<input type="checkbox"/>
Sinus infections	<input type="checkbox"/>
One or more family member has chronic sinus infections or irritations	<input type="checkbox"/>
Runny, blocked or stuffy nose	<input type="checkbox"/>
Experience static shocks	<input type="checkbox"/>
Wheezing or whistling in your chest	<input type="checkbox"/>
Wake up in the morning with a feeling of tightness in your chest	<input type="checkbox"/>
Wake up during the night with shortness of breath	<input type="checkbox"/>
Shortness of breath when you're not doing anything strenuous	<input type="checkbox"/>
Wake up during the night with an attack of coughing	<input type="checkbox"/>
Chest tightness when around animals or a dusty part of the house	<input type="checkbox"/>

Hoarse voice	<input type="checkbox"/>
Memory loss	<input type="checkbox"/>
Difficulty recalling names of people you know	<input type="checkbox"/>
Sensitive to chemicals and smells	<input type="checkbox"/>
Sensitive to EMFs	<input type="checkbox"/>
Bloating or SIBO	<input type="checkbox"/>
Blurry Vision	<input type="checkbox"/>
Frequent urination, unable to hold bladder	<input type="checkbox"/>
Spending time in damp areas causes or worsens symptoms	<input type="checkbox"/>
Heart palpitations	<input type="checkbox"/>
Liver congestion, sluggish bile	<input type="checkbox"/>

Yes / No

Yes = 6 No = 0

HAVE YOU HAD...	
Water damage at home, work, or school	<input type="checkbox"/>
See mold growing at home, work, or school	<input type="checkbox"/>
Basement ever wet	<input type="checkbox"/>
Symptoms decrease when spending time at a different location for at least a few days	<input type="checkbox"/>
Plumbing in your kitchen or bathroom leaks or has leaked in the past	<input type="checkbox"/>

YOUR TOTAL: _____

Check Your Results

0-10 Points

NO OBVIOUS MOLD SYMPTOMS AT THIS TIME

The common signs of mold toxicity are not apparent to you at this time.

However, mold exposure and mycotoxins can take years to begin showing noticeable symptoms, and many factors contribute to this. If you're still concerned, please work with your practitioner and get a mold mycotoxin test.

11-20 Points

MODERATE MOLD SYMPTOMS

It is likely that mold toxicity could be playing a role as one of your root causes preventing you from achieving vibrant wellness. Please be aware that mold symptoms do not present the same way in each person, as we're all bio-individual. You have your own unique genetics and root causes influencing all of your body's reactions... so you do not have to present with even close to the full constellation of symptoms for this to be something affecting your wellness! Please be sure to work with a practitioner who can help support you on testing, supplementation, and drainage support as you continue to uncover your root causes.

20+ Points

SIGNIFICANT MOLD SYMPTOMS REPORTED

It is evident you're experiencing symptoms that strongly point to mold as one of your root causes. Please be aware that mold symptoms do not present the same way in each person, as we're all bio-individual. You have your own unique genetics and root causes influencing all of your body's reactions... so you do not have to present with even close to the full constellation of symptoms for this to be something affecting your wellness! It's important to connect with a trusted practitioner who can further assess your symptoms, connect you with mold mycotoxin testing and home testing, and further guide you with healing and supportive protocols, home remediation, and next steps. Knowledge is power, and though it might feel scary right now, you could be well on your way to improving your health as you uncover your own personal root causes!

