

RESOURCE GUIDE

GET YOUR LIFE BACK

Dr. Fox's 
MOLD
ERADICATION
PROTOCOL

TERRI FOX, MD
—*—
THE MEDICAL DETECTIVE™



Introduction

Welcome to Dr. Fox's Mold Resource Guide.

This comprehensive guide is your essential companion for navigating the complexities of mold toxicity. Within these pages, you'll find detailed information on diagnostic tests, remediation resources, and proven treatment protocols to help you effectively address mold-related health issues.

Whether you're seeking to understand better the environmental assessments or looking for specific treatment options like the Mycotoxin Tests or the latest in limbic retraining, this guide provides valuable tools and insights to support your journey toward recovery.



TESTING

MYCOTOXIN TESTS

Real Time Laboratories:

🌟 [Real Time Lab](#)

The RTL's mycotoxin test needs to be provoked. It is not as sensitive (high false negative rate); so provocation is necessary if you want to get an accurate result. Ideal provocation is with IV PC and Glutathione.

IV PC and Glutathione (for RTL's provocation or for detoxing mycotoxins and healing the nervous system):

- IV PhosphatidylCholine 250-7,500mg (start with 250mg or 5cc) in Dextrose 5%
- Begin with 250mg (5cc), work your way up each IV by 5-10cc of PC as long as you felt neutral or better after the last one.
- Followed by IV Glutathione 3000mg in Normal saline run slowly over 90min. *The dose of glutathione does not change and it must be a full bag of Glutathione 3000mg run slowly over 90min. A glutathione push will not suffice - this can make you more sick and furthermore you won't absorb the glutathione into the cells if you run it or push it quickly*
- No binders for 3 days before a mycotoxin test
- Take anti-fungals for the test, if possible
- Alternative provocation: IR Sauna, Detox baths and liposomal glutathione (1000-2000mg/day for 1 week)

Vibrant Wellness:

🌟 [Vibrant Wellness](#)

The Vibrant mycotoxin test does not need provocation. You will need a physician to order this test for you though.

VISUAL CONTRAST STUDY

This one you can do for free:

🌟 [VCS Test](#)

This one costs \$15:

🌟 [VCS Test: \\$15](#)

MARCONS: MULTIPLE ANTIBIOTIC RESISTANT COAG NEGATIVE STAPH

Testing for Marcons:

🌟 [Marcons Testing](#)



MSQPCR (ERMI)

THE DUST TEST

The Dust Test is a DNA test of the dust in your that looks for mycotoxins.

Inside The Dust Test will be a dust collection cloth with instructions and links to tutorial videos.

Easier to interpret for the patient, comes with a free 15 min consult to interpret it, and its more affordable

🌟 [The Dust Test](#)

OTHER OPTIONS

Envirobiomics:

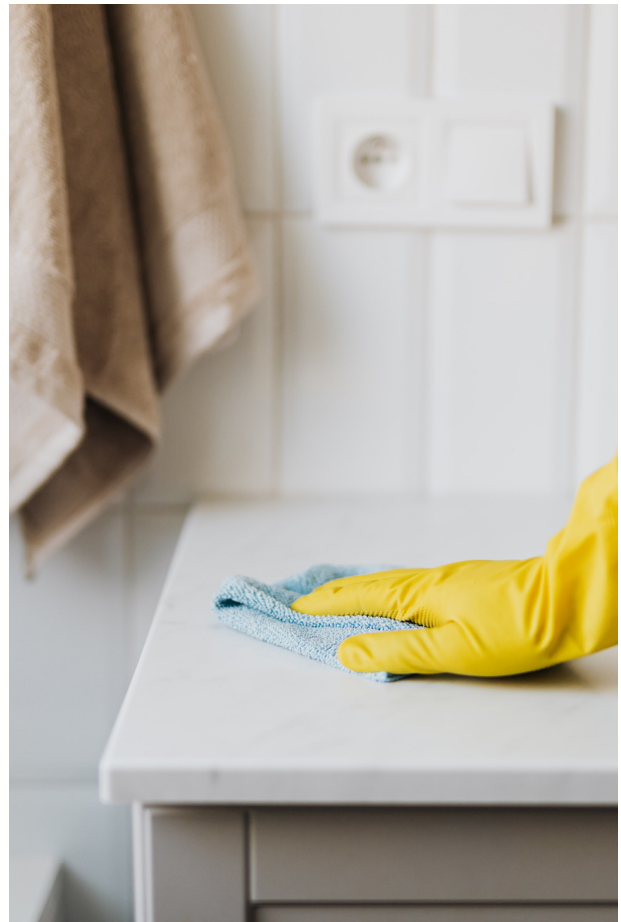
🌟 [Envirobiomics Test](#)

Mycometrics:

🌟 [Mycometrics.com](#)

How to do the ERMI:

🌟 [Envirobiomics ERMI](#)



HELPFUL ISEAI
REFERENCE GUIDE FOR
TESTING THE HOME:

🌟 [DOWNLOAD HERE](#)



INDOOR ENVIRONMENTAL PROFESSIONALS

HOW TO FIND A GOOD IEP IN YOUR AREA:

 [ISEAI IEP](#)

REPUTABLE MOLD INSPECTION COMPANIES:

 [Yes We Inspect](#)

 [CNC Contractor Services](#)

 [Mold SCI](#)

 [Mold Ease](#)

RESOURCES FOR FINDING A MEDICALLY-SOUND IEP:

 [ACAC](#)

 [NORMI PRO](#)



When hiring an IEP, certifications may not fully reflect the professional's abilities and expertise. Having any license and/or certification doesn't guarantee competency in working with environmentally sick individuals. Please vet the IEP thoroughly using the resource below for key questions to ask when hiring an IEP.

Questions to ask when hiring an IEP from Change the Air Foundation:

 [Questions To Ask When Hiring An IEP](#)



REMEDIATION RESOURCES:

Remediation must be done with containment, 6mm plastic and negative air pressure AFDs (HEPA-filtered Air filtration devices).

Demolition should be 24 inches past any wet or moldy materials. Do not paint over mold or encapsulate or use harsh chemicals.

A dry or dormant mold colony may not be growing, but it's still a health hazard. In fact, it's more likely to break into smaller fragments and become airborne. These fragments are more easily able to enter our lungs and bloodstream. Finally, many of the byproducts produced by a mold colony, like mycotoxins, mVOCs, and fungal fragments, are not living, so they can't be killed. There-fore, remediation should always focus on removal, not spraying, painting, fogging, or denaturing.

PRV - Post Remediation Verification should be done by a third party. Its helpful to agree beforehand what passing the PRV means.

SPC - Small Particulate Clean Up: Hepa vacuum, wipe down with microfiber cloth, then hepa vacuum or dry wipe again. This removes fungal byproducts, fungal frag-ments, spores and mycotoxins. Both an antimicrobial and a surfactant should be used.

Jessica McQuade has a great SPC guide here:
<https://moldmentorllc.com/spc-protocol>

HEMECLEANSE SERVICES

HomeCleanse protocols go beyond the average remediation standards to remove not only mold but also mycotoxins and bacteria. They service most parts of the country.

 [Home Cleanse Services](#)

POST REMEDIATION HVAC CLEANING:

Resources for finding a reputable HVAC cleaning company. Find a NADCA or ACCA certified company.

 [NADCA Certified Company](#)

 [ACCA Certified Company](#)



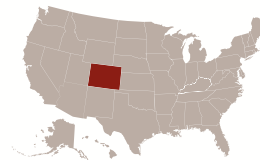
HVAC AND DUCT CLEANING BASICS

 [DOWNLOAD HERE](#)

Dr. Fox's GET YOUR LIFE BACK
MOLD ERADICATION PROTOCOL
REMEDICATION RESOURCES:



👉 [ISEAI'S IEP LIST: CLICK HERE](#)



IF IN COLORADO:

ECOAIR MOLD SOLUTIONS:

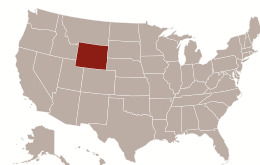
👉 [Eco Air Mold Solutions](#)

ECOTRECK REMEDIATION

👉 [Ecotreck Redemediation](#)

MV RESTORATION

👉 [MV Restoration](#)



IF IN WYOMING OR NEARBY:

USE CNC CONTRACTOR SERVICES

👉 [CNC Contractor Services](#)



REMEDIATION RESOURCES:

MOLD MENTOR, LLC

Jessica McQuade can help you navigate the environmental aspects of your mold journey including inspection, testing, remediation and contents cleaning.

👉 <https://moldmentorllc.com/>

Jessica McQuade's Guide to SPC:

👉 [SPC Protocol Click Here](#)

DR. JILL'S RESOURCE FOR MOLD CLEAN UP:

How to Get Rid of Mold – Definitive Mold Removal Guide

👉 [Dr. Jills Resource For Mold Clean Up](#)



CHANGE THE AIR FOUNDATION:

👉 [Home Cleanse Cleaning Guide](#)

Navigate inspection and remediation:

👉 [Mold Water Damage](#)

ISEAI:

👉 [Keep or Toss 101: Dealing with Belongings](#)

👉 [Small Particle Cleaning 101](#)

MOLD DOGS

👉 [Mold Dog Knows Link Here](#)

CANINE MOLD DETECTIVE

Buddy, the dog detective in Colorado can sniff out mold if you cannot find the source. There are other mold dog detectives around the country.

👉 [Canine Mold Detective](#)





BINDER RESOURCES

MYCOTOXINS AND THEIR BEST BINDER:

Aflatoxin - Bentonite Clay

Chaetoglobosin - Activated Charcoal and bentonite Clay

Gliotoxin - Bentonite Clay

Trichothecenes - Activated Charcoal

Zearalenone - Activated Charcoal, Bentonite Clay, and Beta



HELP WITH CONSTIPATION/ MOVING THE BOWELS:

Magnesium Citrate

🌟 [Dr. Fox's Magnesium Citrate](#)

Dr. Fox's Movement (stronger than mag citrate)

🌟 [Dr. Fox's Movement](#)

CellCore Bowel Mover

🌟 [CellCore Bowel Mover](#)

Motility Pro (Orthomolecular)

Bitters No. 9 (Quicksilver Scientific)

🌟 [Bitters #9 Quicksilver Scientific](#)

Fish oils

🌟 [Fish Oil](#)

Vitamin C

🌟 [Dr. Fox's Vitamin C](#)

- ✓ Move your body
- ✓ Lots of water!
- ✓ Green veggies and juices



BINDER RESOURCES:

ALTERNATIVES TO A COMPOUNDED PRESCRIPTION NASAL SPRAYS

Argentyn silver nasal spray:

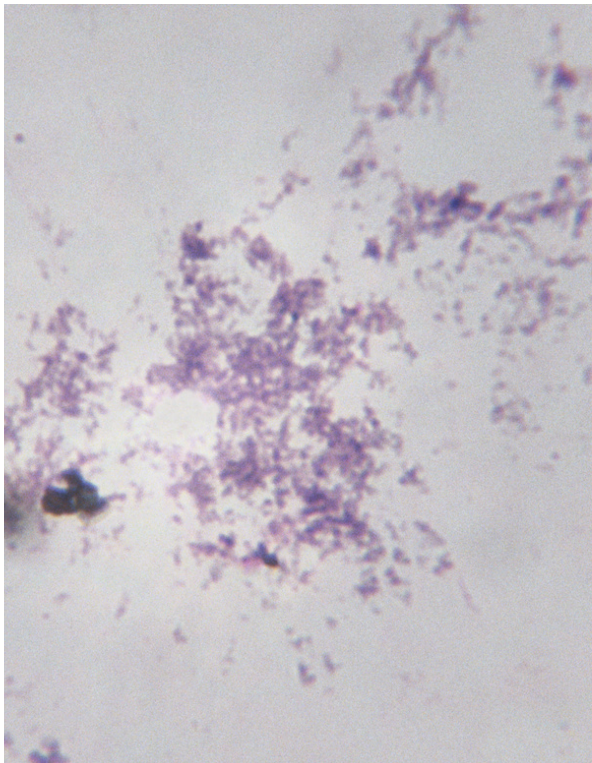
🌟 [Bio-Active Silver Hydrosol Sinus Relief](#)

Xlear Rescue Nasal Spray:

🌟 [Xlear Rescue Nasal Spray](#)

Propolis Nasal Spray:

🌟 [Nasal Guardian, Propolis Spray](#)



LYME RESOURCES:

PD LABS

Great compounding pharmacy that specializes in Lyme and mold

🌟 [PD Labs](#)

LYME SUPPORT ORGANI- ZATION FOR PATIENTS:

🌟 [Lyme Disease Org](#)

LYME TESTING

I recommend the Immunoblot

🌟 [IGeneX](#)

🌟 [Infecto Lab](#)

INTERNATIONAL LYME AND ASSOCIATED DISEASE SOCIETY:

🌟 [ILADS](#)

ADDITIONAL LYME RESOURCES:

🌟 [LymeLightFoundation.org](#)

🌟 [Bay Area Lyme Foundation](#)



EDUCATIONAL RESOURCES



TOXIC BY NEIL NATHAN, MD

Great book on biotoxin illness and mold

📖 [Toxic by Neil Nathan](#)

BETTER HEALTH GUY

Scott Forsgren, FDN-P - THE Biotoxin
Podcast:

📖 [Better Health Guy](#)

INTERNATIONAL SOCIETY FOR ENVIRONMENTALLY ACQUIRED ILLNESS:

📖 [ISEAI](#)

PANDAS NETWORK

📖 [PANDAS Network](#)



FOR YOUR HOME



AIR PURIFIERS

The Molekule:

👉 [The Molekule](#)

Aspen Air Purifier

👉 [Aspen Air Purifier](#)

Austin Air Healthmate:

👉 [Austin Air Healthmate](#)

WHOLE HOUSE FILTERS

The I Wave:



[iWave Air](#)

AIR FILTERS

DIY air filter:



[DIY Air Filter Video](#)

HVAC Filters:

Merv 13 or higher rating

Intellipure Air Filter:



[Intellipure Air Filter](#)

Air Oasis 2.0



[Air Oasis 2.0](#)

FLO METER

To stop unusual water flow in your home:



[Flo Meter](#)



QUESTIONNAIRES

CIRS QUESTIONNAIRE

 [Download Here](#)

CIRS questionnaire guide to interpretation:

Each shaded color is a different cluster of symptoms.

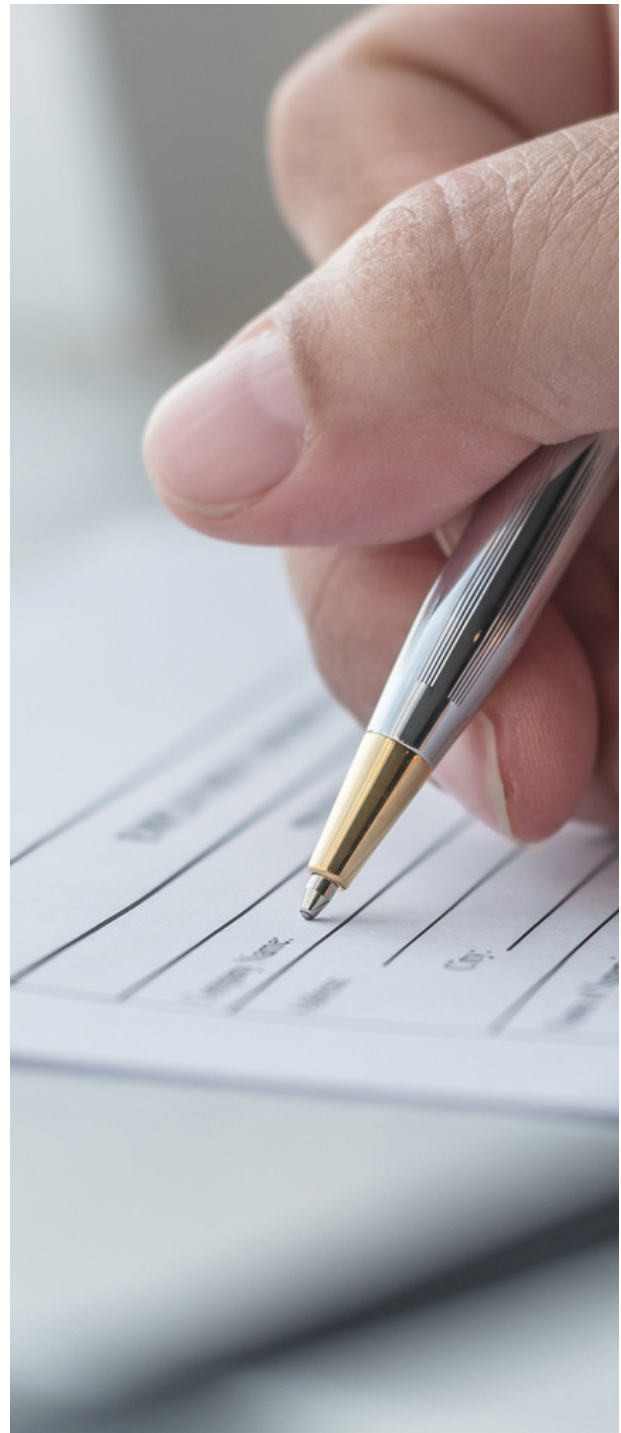
For any checkmark in a colored category-
you get 1 point

Add up your points:

8/13 positive clusters 95% predictive for
CIRS

HOROWITZ'S MSIDS QUESTIONNAIRE FOR LYME

 [Download Here](#)





NERVOUS SYSTEM RESET

VAGAL DYSFUNCTION

Polyvagal Theory by Dr. Stephen Porges:

🌟 [Poly Vagal Institute](#)

SSP (Safe and Sound Protocol):

🌟 [Integrated Listening: Safe & Sound Protocol](#)

Truvega:

🌟 [Truvaga HERE](#)

Gammacore:

🌟 [Gammacore HERE](#)

VeRelief:

🌟 [VeRelief HERE](#)

Pulsetto:

🌟 [Pulsetto HERE](#)

Vagal toning exercises

- Humming
- Gargling
- Singing
- Laughing
- Ice bath
- Deep breathing
- OM-ing

LIMBIC RETRAINING

Annie Hopper's DNRS

🌟 [Annie Hopper's DNRS](#)

Gupta Program

🌟 [Gupta Program](#)

Primal Trust

🌟 [Primal Trust](#)

ADDITIONAL NERVOUS SYSTEM RETRAINING

EMDR with a qualified therapist

Eye movement desensitization and reprocessing.

🌟 [What Is EMDR?](#)

Curable app

It's a good one for chronic pain.

🌟 [Curable App](#)

Neurofeedback

its important to find a good provider.
Look here:

🌟 [BCIA HERE](#)