EXPLAINED: How Mold Enters Through Your Sinuses, Hijacks Your Brain & Blocks Your Detox Transcript

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Mold And Brain Connection

This thing on your face, your nose This thing on your face, your nose coming into your sinuses, is your body's coming into your sinuses, is your body's shortcut for toxicants, unfortunately, shortcut for toxicants, unfortunately, to go into the brain, like mold, to go into the brain, like mold, irritate the nervous system, and also irritate the nervous system, and also distort your own immune responses, and distort your own immune responses, and hijack your gut. So, yeah, it matters a hijack your gut. So, yeah, it matters a lot, and it gets so misunderstood and lot, and it gets so misunderstood and overlooked, even by seasoned overlooked, even by seasoned practitioners that really care about practitioners that really care about helping you resolve your mold stuff. So, helping you resolve your mold stuff.

The Founders Journey

So, we want to make sure that we're giving we want to make sure that we're giving it its due. Remember that Michael and I it its due. Remember that Michael and I are not coming at this we went through are not coming at this we went through our own harrowing mold journeys. We our own harrowing mold journeys. We actually both had multiple mold actually both had multiple mold exposures before we ever met.

exposures before we ever met. >> [laughter] >> [laughter] >> [laughter] >> Just as a part of growing up, you know, >> Just as a part of growing up, you know, and it added to our health pictures, and and it added to our health pictures, and it definitely changed the trajectory of it definitely changed the trajectory of our health, so that we were much more our health, so that we were much more vulnerable to more recent exposures. And vulnerable to more recent exposures. And when we moved in together, when we moved in together, unfortunately, we didn't realize this, unfortunately, we didn't realize this, but, you know, the bedroom was right but, you know, the bedroom was right over a moldy basement. And there was over a moldy basement. And there was mold coming in through certain water mold coming in through certain water damage leaks in the house. We just damage leaks in the house. We just didn't know to think about that. And the didn't know to think about that. And the confluence of that, plus putting the confluence of that, plus putting the Wi-Fi router under our bed, because it Wi-Fi router under our bed, because it was a very small house, and it had to be was a very small house, and it had to be in the bedroom, or so we thought. Wi-Fi in the bedroom, or so we thought. Wi-Fi routers were like brand new at the time.

routers were like brand new at the time. And I remember thinking, oh, I don't And I remember thinking, oh, I don't want to disrupt our sleep with the want to disrupt our sleep with the blinky flashy lights that come off of blinky flashy lights that come off of the router. I know, I'll protect our the router. I know, I'll protect our sleep by putting it under the bed. Well, sleep by putting it under the bed. Well, that was a horrible idea, because EMFs that was a horrible idea, because EMFs are very intrusive to your sleep.

are very intrusive to your sleep. There's so much study about this now, so There's so much study about this now, so much research. There's a confluence here much research. There's a confluence here of multiple stressors on the body. So, of multiple stressors on the body. So, mold is going to impact you more mold is going to impact you more directly and for longer if there are directly and for longer if there are other stressors, other disruptors to other stressors, other disruptors to your body's own healing responses. You your body's own healing responses. You will be more susceptible to the mold.

will be more susceptible to the mold. And that just makes sense when you think And that just makes sense when you think about it, right? It's not like EMFs are about it, right? It's not like EMFs are alive. Mold is a colonizer and has a alive. Mold is a colonizer and has a live consciousness and is trying to live consciousness and is trying to fight back. And it is aware that EMFs fight back. And it is aware that EMFs are coming in and are disrupting your are coming in and are disrupting your body's own immune responses, and also body's own immune responses, and

also encouraging a dumping of histamine at encouraging a dumping of histamine at higher levels. Some studies show that it higher levels. Some studies show that it can even be a 10x increase in histamine can even be a 10x increase in histamine in certain conditions with just normal in certain conditions with just normal EMF exposure. What is EMF? If you don't EMF exposure. What is EMF? If you don't already know what that word is, EMFs, already know what that word is, EMFs, there's a few different kinds of there's a few different kinds of electrical stress that come off of, you electrical stress that come off of, you know, our Wi-Fi routers, our phones, the know, our Wi-Fi routers, our phones, the wiring in our walls, just different wiring in our walls, just different types of electrical disruption. Most types of electrical disruption. Most people, when they say the word EMF, people, when they say the word EMF, they're referring to RF, which is coming they're referring to RF, which is coming off of our smart devices. The problem off of our smart devices.

Instant Nervous System Regulation Exercises

The problem is, when you add in that kind of is, when you add in that kind of multiple that stressor on top of a mold multiple that stressor on top of a mold exposure, then you get a compounding exposure, then you get a compounding factor, where immune distress actually factor, where immune distress actually gets much larger. Soma Support is the gets much larger. Soma Support is the name that Michael and I gave our basket name that Michael and I gave our basket of tools that we see really helping you of tools that we see really helping you to shift your nervous system in real to shift your nervous system in real time, even when you're stressed. Let's time, even when you're stressed. Let's do it together right now, so we can do it together right now, so we can practice. It'll put you in a nice practice. It'll put you in a nice learning mode, because mold is naturally learning mode, because mold is naturally an overwhelming topic, and we get to an overwhelming topic, and we get to decide how much we let it stress us out.

decide how much we let it stress us out. I want you to have the information to I want you to have the information to arm yourselves and make great decisions arm yourselves and make great decisions for yourself. You're in a much better for yourself. You're in a much better position to do that when you know how to position to do that when you know how to regulate your own nervous system. Let's regulate your own nervous system. Let's do them all together right now. So, do them all together right now. So, we're going to stimulate these we're going to stimulate these acupressure points up here on the acupressure points up here on the forehead. We actually take all these forehead. We actually take all these fingers and line them up in a nice even fingers and line them up in a nice even line across the forehead, about midway line across the forehead, about midway up. And if you're like up. And if you're like me, you may have seen somebody in your me, you may have seen somebody in your life do this. My dad did this a lot when life do this. My dad did this a lot when he was stressed out. When I was little, he was stressed out. When I was little, I remember seeing him at the kitchen I remember seeing him at the kitchen table going like this, and I would be table going like this, and I would be like, oh, dad's stressed. He's He's like, oh, dad's stressed. He's He's having a hard time. And I would just having a hard time. And I would just know instantly. But what I didn't know instantly. But what I didn't realize was he was instinctively trying realize was he was instinctively trying to self-regulate and trying to to self-regulate and trying to restimulate the prefrontal cortex, send restimulate the prefrontal cortex, send blood flow back to the front of the blood flow back to the front of the brain, better decision-making, less brain, better decision-making, less blood flow to the the fear centers, more blood flow to the the fear centers, more blood flow to the decision-making blood flow to the decision-making centers. Isn't that interesting? And we centers. Isn't that interesting? And we find studies show that this is actually find studies show that this is actually a really great way to self-regulate. So, a really great way to self-regulate. So, all we have to do, if you're like me, all we have to do, if you're like me, you might have a surface in front of you might have a surface in front of you. You can rest your elbows on it, and you. You can rest your elbows on it, and rest your forehead on it. It's really rest your forehead on it. It's really not complicated, and it's free. If not, not complicated, and it's free. If not, you can still, you know, let your elbows you can still, you know, let your elbows or your fore your arms rest against your or your fore your arms rest against your chest and round over if you don't have a chest and round over if you don't have a surface in front of you. Notice how you surface in front of you. Notice how you are naturally drawn to take a deeper are naturally drawn to take a deeper breath when you're in this position. You breath when you're in this position. You might soften your belly, soften your might soften your belly, soften your eyes, soften your jaw, soften your eyes, soften your jaw, soften your tongue. You can just go ahead and let tongue. You can just go ahead and let your tongue float up to the roof of your your tongue float up to the roof of your mouth like a magnet, suck back up to the mouth like a magnet, suck back up to the top, so that you have a nice connection top,

so that you have a nice connection point there that's going to support point there that's going to support vagus nerve regulation. It's going to vagus nerve regulation. It's going to support parasympathetic dominance. It's support parasympathetic dominance. It's going to support a deeper diaphragmatic going to support a deeper diaphragmatic breath. And of course, you already know breath. And of course, you already know that sinuses are use it or lose it. We that sinuses are use it or lose it. We want to encourage a nice nasal breath in want to encourage a nice nasal breath in and out if you can. Notice that while and out if you can. Notice that while you're in this position, your body wants you're in this position, your body wants to naturally slow down your breathing.

to naturally slow down your breathing. And you may become aware that your And you may become aware that your breathing was rather on the shallow or breathing was rather on the shallow or the rapid side. And maybe we've been the rapid side. And maybe we've been spending too much time in a shallow spending too much time in a shallow rapid breathing rhythm. That's normal, rapid breathing rhythm. That's normal, or that's common, not normal, when we or that's common, not normal, when we don't feel well, to actually have this don't feel well, to actually have this paradoxical breathing, is what it's paradoxical breathing, is what it's called, or we're not sending breath called, or we're not sending breath down, down, down, deeper into the body down, down, down, deeper into the body the way we want to when we're in a the way we want to when we're in a healing state. We accidentally get healing state. We accidentally get caught in a stress breathing, which is caught in a stress breathing, which is too shallow, too high in the breathing too shallow, too high in the breathing cavity. So, while we sit here together cavity. So, while we sit here together for just a couple more breaths, I want for just a couple more breaths, I want you to be really intentional. Stretch you to be really intentional. Stretch your diaphragm downward as you inhale, your diaphragm downward as you inhale, and exhale completely out to allow your and exhale completely out to allow your diaphragm come all the way back up. Draw diaphragm come all the way back up. Draw your navel to the back of your spine, your navel to the back of your spine, right there. In, in, in, exhale, exhale, right there. In, in, in, exhale, exhale, exhale, so the next breath feels nice exhale, so the next breath feels nice and fresh. Inhaling all together, one, and fresh. Inhaling all together, one, two, two, two, three, three, three, four, four, four, five, exhale, one, five, exhale, one, two, two, two, three, three, three, four, five, slower now, one, four, five, slower now, one, two, two, two, three, three, three, four, four, four, five, exhale, one, five, exhale, one, two, two, two, three, three, three, four, four, four, five, last one, inhale, one, five, last one, inhale, one, two, two, two, three, three, three, four, four, four, five, exhale, one, five, exhale, one, two, two, two, three, three, three, four, four, four, five. And take all the time you need five. And take all the time you need right here to take inventory of your right here to take inventory of your body. Send a little fresh oxygen and body. Send a little fresh oxygen and love to the part of your body that's love to the part of your body that's asking for it the most with the next asking for it the most with the next inhale. And just notice the shifts that inhale. And just notice the shifts that have already happened with that first have already happened with that first Soma Support. And now we'll go into our Soma Support. And now we'll go into our next Soma Support stack together. Now, next Soma Support stack together. Now, we're going to go into our sinus opening we're going to go into our sinus opening points. Remember how the sinuses are points. Remember how the sinuses are formed, right? So, this is just giving formed, right? So, this is just giving you this visual one more time. You you this visual one more time. You actually have four pairs of sinuses, actually have four pairs of sinuses, maxillary in the cheeks, maxillary in the cheeks, sphenoid up here in the corners of the sphenoid up here in the corners of the eyes, deep between the nose and eyes, eyes, deep between the nose and eyes, ethmoid between the eyes a little higher ethmoid between the eyes a little higher up, and the frontal, which is up and up, and the frontal, which is up and above the brows. We can encourage deeper above the brows. We can encourage deeper sinus opening just very gently. And yes, sinus opening just very gently. And yes, there are core acupuncture points that there are core acupuncture points that we're also stimulating in this process.

we're also stimulating in this process. And I gently use two fingers, find the And I gently use two fingers, find the corners of the nose of your mouth nose corners of the nose of your mouth nose of your mouth the corners of your nose.

of your mouth the corners of your nose. Right here, where if you smile, that's Right here, where if you smile, that's would be where your cheeks would lift.

would be where your cheeks would lift. We're going to gently draw upward in We're going to gently draw upward in little outward circles. Looks crazy, but little outward circles. Looks crazy, but so good for you. And invite your body to so good for you. And invite your body to breathe through the sinuses while you do breathe through the sinuses

while you do this process. Don't push too hard. This this process. Don't push too hard. This is delicate tissue.

is delicate tissue. Inviting a deeper breathing in. This Inviting a deeper breathing in. This gives you brings your attention gives you brings your attention neurologically all the way to this site neurologically all the way to this site that we stop paying attention to right that we stop paying attention to right when we need it the most, which is kind when we need it the most, which is kind of weird when you think about it. We're of weird when you think about it. We're going to move our fingers up, midway up going to move our fingers up, midway up the bridge, so we're still using the bridge, so we're still using pressure from this pointer finger, and pressure from this pointer finger, and then up here. So, lift the cheeks, open then up here. So, lift the cheeks, open upwards. Nice nasal breathing. Become upwards. Nice nasal breathing. Become aware of the shape of your breath.

aware of the shape of your breath. Notice what you notice. Gentle pressure Notice what you notice. Gentle pressure upwards and outwards. And then moving upwards and outwards. And then moving up, we're going to go into the corners up, we're going to go into the corners of the eyes. 10 gentle upwards circles.

of the eyes. 10 gentle upwards circles. And one of these points might hit And one of these points might hit stronger than another. You might feel stronger than another. You might feel more tenderness in a certain spot. Might more tenderness in a certain spot. Might feel really welcome, or might feel like, feel really welcome, or might feel like, ooh, I didn't know it was going to be ooh, I didn't know it was going to be that tender right there. And then we'll that tender right there. And then we'll end with some nice circles up at the top end with some nice circles up at the top here. Now, are we directly touching the here. Now, are we directly touching the sinus points up here? No, we're not.

sinus points up here? No, we're not. They're deeper in the tissues. But, what They're deeper in the tissues. But, what we're doing is stimulating blood flow we're doing is stimulating blood flow and neurons. We're telling the body, and neurons. We're telling the body, hey, hey, hey, all these delicate lymphatics in here, all these delicate lymphatics in here, let's move these, let's open them up.

let's move these, let's open them up. You can even finish with a bonus little You can even finish with a bonus little lymphatic massage. Hook your thumbs lymphatic massage. Hook your thumbs under the chin, under the jawline, under the chin, under the jawline, gently work your way out and down. You gently work your way out and down. You can palpate down either side of the can palpate down either side of the neck. Okay, under and down. And ending neck. Okay, under and down. And ending with some nice opening points. Let with some nice opening points. Let everything drain. Just palpate on either everything drain. Just palpate on either side of your collarbones at the base of side of your collarbones at the base of your neck, and then under the your neck, and then under the collarbones. You can give yourself a collarbones. You can give yourself a little extra love just to support little extra love just to support lymphatic drainage. Now, down here, I lymphatic drainage. Now, down here, I actually encourage you to palpate actually encourage you to palpate rather, um, you know, with some more rather, um, you know, with some more pressure than you would up here in these pressure than you would up here in these delicate sinus tissues. Because we delicate sinus tissues. Because we actually want to open up the fascia and actually want to open up the fascia and get to the deeper lymph. This isn't just get to the deeper lymph. This isn't just about delicately, um, you know, about delicately, um, you know, encouraging surface lymph to move. We encouraging surface lymph to move. We actually want to open up these points actually want to open up these points because the fascia has lots of reasons because the fascia has lots of reasons to constrict in the chest in this day to constrict in the chest in this day and age because of the way we round and age because of the way we round over. You know, we're rounding over our over. You know, we're rounding over our tech, our phones, our laptops. You might tech, our phones, our laptops. You might be a side sleeper, too. We hunch and be a side sleeper, too. We hunch and contract uh, when we're under stress.

contract uh, when we're under stress. So, you want to open up the breathing So, you want to open up the breathing cavity, you know, for the sinuses, for cavity, you know, for the sinuses, for the lymphatics, for the lungs. Work the the lymphatics, for the lungs. Work the diaphragm. We need to have, um, oxygen diaphragm. We need to have, um, oxygen to help combat mold. What we just to help combat mold. What we just demonstrated in real time is what we demonstrated in real time is what we want to be doing on a daily basis for want to be doing on a daily basis for ourselves as we work our mold recovery ourselves as we work our mold recovery journey. This is not

hypothetical. This journey. This is not hypothetical.

Detox Requires Nervous System Safety

This is not lip service that we're just is not lip service that we're just giving to the nervous system. The point giving to the nervous system. The point is to enroll the nervous system as the is to enroll the nervous system as the CEO of your own healing. If it doesn't CEO of your own healing. If it doesn't feel safe, it's not going to encourage feel safe, it's not going to encourage you to detox and drain. And those are you to detox and drain. And those are really important mechanisms. It's not really important mechanisms. It's not going to let you uh digest, to absorb going to let you uh digest, to absorb your nutrients. It's going to your nutrients. It's going to downregulate repair as well. It's going downregulate repair as well. It's going to instead send resources to the systems to instead send resources to the systems of the body that help you stay alert and of the body that help you stay alert and arise to meet a temporary stressor. But arise to meet a temporary stressor. But mold is an ongoing stressor. If you're mold is an ongoing stressor. If you're living in it, certainly it's an ongoing living in it, certainly it's an ongoing poisoning. But even after you've left a poisoning. But even after you've left a moldy environment, if you still have moldy environment, if you still have mold in your body, that is continuing to mold in your body, that is continuing to be an ongoing stressor. So, we have to be an ongoing stressor. So, we have to enroll the nervous system in our own enroll the nervous system in our own healing responses, um, in our detox healing responses, um, in our detox journey so that we're upregulating detox journey so that we're upregulating detox once more. Because our nervous system's once more. Because our nervous system's job is to constantly ask, "Am I safe job is to constantly ask, "Am I safe right now?" And if the answer is no, right now?" And if the answer is no, because you have you're breathing in because you have you're breathing in mold spores, you have mycotoxins running mold spores, you have mycotoxins running through your blood and in your brain and through your blood and in your brain and in your liver and your liver's trying to in your liver and your liver's trying to get kick them out for you, then of get kick them out for you, then of course, your nervous system is going to course, your nervous system is going to be getting signals from inside the body, be getting signals from inside the body, "Hey, we are not safe." And it's going "Hey, we are not safe." And it's going to lead to slower detox drainage and to lead to slower detox drainage and repair and more and more stress over repair and more and more stress over time. That's why the mold recovery time. That's why the mold recovery journey is so naturally, like by journey is so naturally, like by default, overwhelming and stressful.

default, overwhelming and stressful. Because right when you need your nervous Because right when you need your nervous system to be regulated the most, it's system to be regulated the most, it's actually getting poisoned physically by actually getting poisoned physically by the mycotoxins. Mycotoxins are directly the mycotoxins. Mycotoxins are directly harming to the nerves, to your vagus harming to the nerves, to your vagus nerve, to the brain, to the myelin nerve, to the brain, to the myelin sheath. There's so many mechanisms of sheath. There's so many mechanisms of damage that mold creates for you. So, we damage that mold creates for you. So, we want to just acknowledge that, "Okay, want to just acknowledge that, "Okay, that's where we're starting." But it that's where we're starting." But it doesn't mean where we're stopping. As doesn't mean where we're stopping. As long As soon as we acknowledge it, we long As soon as we acknowledge it, we can actually fix it. That's the good can actually fix it. That's the good news. If mold has already dysregulated news. If mold has already dysregulated your vagus nerve and if it's pushed you your vagus nerve and if it's pushed you into chronic fight or flight, if it's into chronic fight or flight, if it's flooded your brain with stress signals, flooded your brain with stress signals, if it's scrambled your stress response if it's scrambled your stress response system, now it makes sense that you've system, now it makes sense that you've been trying to detox while your nervous been trying to detox while your nervous system is stuck in survival mode. That's system is stuck in survival mode. That's not way to go. You're not going to have not way to go. You're not going to have enough room to do it then. That's why it enough room to do it then. That's why it hasn't been working. That's why once we hasn't been working. That's why once we acknowledge it, we can actually start to acknowledge it, we can actually start to upregulate rest, digest, detox, and upregulate rest, digest, detox, and repair mode again. That's where detox repair mode again.

Fight Or Flight Vs Healing Mode

That's where detox actually happens. So, sympathetic mode, actually happens. So, sympathetic mode, which is fight or flight, is on one end which is fight or flight, is on one end of the nervous system expression of the nervous

system expression spectrum for the autonomic nervous spectrum for the autonomic nervous system. It's blood flow moving to the system. It's blood flow moving to the muscles and to the heart for survival.

muscles and to the heart for survival. And blood flow is moving away from And blood flow is moving away from liver, kidneys, and digestive system. liver, kidneys, and digestive system.

Detox organs don't get resources they Detox organs don't get resources they need. Energy goes to survival, not need. Energy goes to survival, not repair. And then on the other end of repair. And then on the other end of that spectrum, if you spend too much that spectrum, if you spend too much time in fight or flight, you actually time in fight or flight, you actually boomerang down to that other end and go boomerang down to that other end and go into dorsal vagal collapse, which is into dorsal vagal collapse, which is that freeze state. So, you might be that freeze state. So, you might be moving through your checklist of things moving through your checklist of things you have to do to survive, but you're you have to do to survive, but you're dissociated. And so, even when you do dissociated. And so, even when you do get down time, you don't feel relaxed.

get down time, you don't feel relaxed. You're not able to rest. You're doom You're not able to rest. You're doom scrolling or you're zoning out, you're scrolling or you're zoning out, you're dissociated, and you just can't shake dissociated, and you just can't shake that stress feeling, but you feel that stress feeling, but you feel frozen. So, what instead we want to do frozen. So, what instead we want to do is find our way back to the center, find is find our way back to the center, find our way back to regulation for the our way back to regulation for the autonomic nervous system. So, we can do autonomic nervous system. So, we can do that with those sinus opening points, that with those sinus opening points, with positive points, indeed with any with positive points, indeed with any soma support, um, or vagus nerve soma support, um, or vagus nerve stimulation. I think a lot of the vagus stimulation. I think a lot of the vagus nerve stimulation stuff out there is nerve stimulation stuff out there is kind of annoying kind of annoying to somebody that's already in a stressed to somebody that's already in a stressed out mode. Like, "Okay, so the research out mode. Like, "Okay, so the research shows that if you gag, you're shows that if you gag, you're stimulating your vagus nerve." Who wants stimulating your vagus nerve." Who wants to gag? Nobody. Who wants to gargle?

to gag? Nobody. Who wants to gargle? Nobody. Who wants to get into an ice Nobody. Who wants to get into an ice bath? Absolutely no one. There's easier, bath? Absolutely no one. There's easier, gentle ways to do this, and you just gentle ways to do this, and you just learned two of them. So, I invite you to learned two of them. So, I invite you to use them as early and as often as use them as early and as often as possible. And you upon waking, before possible. And you upon waking, before supplements, before eating, on the way supplements, before eating, on the way to bed, and of course, before or after to bed, and of course, before or after any stressor. You are welcome to use any stressor. You are welcome to use them anytime. And the good news is, the them anytime. And the good news is, the more you use them, the stronger they more you use them, the stronger they work. Because getting into work. Because getting into parasympathetic mode is almost like a parasympathetic mode is almost like a muscle that the nervous system has to muscle that the nervous system has to work. It's like going to the gym. So, work. It's like going to the gym. So, the more you use your soma support, the the more you use your soma support, the faster you get into parasympathetic faster you get into parasympathetic dominance, dominance, dominance, the easier it is for your body to the easier it is for your body to remember, "Oh, yeah, that's a groove I remember, "Oh, yeah, that's a groove I know how to do. I know how to get back know how to do. I know how to get back to the parasympathetic. I know how to to the parasympathetic. I know how to calm down. I know how to rest. I know calm down. I know how to rest. I know how to open up my breathing and change how to open up my breathing and change my breathing patterns. I'm okay. You my breathing patterns. I'm okay. You know, yes, there's stress going on in know, yes, there's stress going on in the world right now, but here in my body the world right now, but here in my body right now, I know how to get safe so right now, I know how to get safe so that I can upregulate my own repair that I can upregulate my own repair mechanisms." And that's when you get the mechanisms." And that's when you get the good stuff, the blood flow to the detox good stuff, the blood flow to the detox organs. The liver is allowed to organs. The liver is allowed to upregulate all the resources it needs upregulate all the resources it needs to, um, actually process toxins. Kidneys to, um, actually process toxins. Kidneys can eliminate waste. The digestive can eliminate waste. The digestive system can work. You can get that gut system can work. You can get that gut motility going again. You're allowed to motility going again. You're allowed to send resources there. And yes, that send resources there. And yes, that helps to move the toxins out as well, of helps to move the toxins out as well, of

course. So, this is where the good stuff course. So, this is where the good stuff happens, where the magic actually happens, where the magic actually occurs. So, when mold locked you into occurs. So, when mold locked you into sympathetic mode and wasted all your sympathetic mode and wasted all your resources on stress and then you resources on stress and then you boomerang down to freeze, that's, um, boomerang down to freeze, that's, um, you know, collapse state, it's just a you know, collapse state, it's just a bad habit. That's all. It's It makes bad habit. That's all. It's It makes total sense. The body doesn't make total sense. The body doesn't make mistakes. It was responding to being mistakes. It was responding to being poisoned. So, your body's not broken.

poisoned. So, your body's not broken. You're not dumb. It's not about like You're not dumb. It's not about like genes. The genetic expression genes. The genetic expression conversation is so frustrating to me conversation is so frustrating to me because even gene experts that are because even gene experts that are making all their money selling you DNA making all their money selling you DNA tests and DNA supplements, the studies tests and DNA supplements, the studies all show this is about genetic all show this is about genetic expression is about 5 to 10% of your expression is about 5 to 10% of your health outcome at best. Well, what about health outcome at best. Well, what about the other 90 to 95%? That's the stuff the other 90 to 95%? That's the stuff you have control over. That's the you have control over. That's the nervous system regulation. That's the nervous system regulation. That's the food choices that can be important so we food choices that can be important so we don't poke the bruise that we're trying don't poke the bruise that we're trying to heal. That's the sinus support.

to heal. That's the sinus support. That's the detox support in the right That's the detox support in the right order for you at the right pace for you.

order for you at the right pace for you. And it really all starts with the And it really all starts with the nervous system moment by moment choosing nervous system moment by moment choosing to get back into regulation even when to get back into regulation even when life doesn't really give us like a life doesn't really give us like a great, easy time of it. I would love it great, easy time of it. I would love it if life would just hit pause for us if life would just hit pause for us while we did the healing. Um, but I've while we did the healing. Um, but I've never met a single person where that was never met a single person where that was possible. So, we're going to have to possible.

Mold And Energy Crisis Explained

So, we're going to have to create those conditions ourselves, the create those conditions ourselves, the safety and the upregulation. I also want safety and the upregulation. I also want to underscore this part. I want you to to underscore this part. I want you to remember why it feels so overwhelming to remember why it feels so overwhelming to learn about mold, to tackle mold, to learn about mold, to tackle mold, to detox mold. There's a very real robbing detox mold. There's a very real robbing of your body of your the ATP you need of your body of your the ATP you need from mold. So, mold is very good at from mold. So, mold is very good at damaging your mitochondria, which are damaging your mitochondria, which are your tiny little energy factories right your tiny little energy factories right in the cells, right? Your mitochondria's in the cells, right? Your mitochondria's job are to turn the nutrients that job are to turn the nutrients that arrive at your cells, that are delivered arrive at your cells, that are delivered there, into an energy currency that you there, into an energy currency that you can use to do work. And that's your ATP.

can use to do work. And that's your ATP. And mold directly harms and damages the And mold directly harms and damages the mitochondria and tells them to stop mitochondria and tells them to stop doing that. They're not able to doing that. They're not able to reproduce as fast, they're not able to, reproduce as fast, they're not able to, um, make ATP as fast, and they spend um, make ATP as fast, and they spend their own resources on signaling that their own resources on signaling that there's danger to the rest of the body there's danger to the rest of the body to try to get more resources to come to to try to get more resources to come to that specific cell. But if the whole that specific cell. But if the whole body's doing that, then you're just body's doing that, then you're just wearing yourself out, stressing out, and wearing yourself out, stressing out, and not enough work is getting done on the not enough work is getting done on the inside. So, we fall behind. We fall inside. So, we fall behind. We fall behind on repair. We fall behind on behind on repair. We fall behind on dealing with oxidative stress. That's dealing with oxidative stress. That's why you might breathe in molds, um, and why you might breathe in molds, um, and those mold spores hit your sinuses and those mold spores hit your sinuses and your lungs. But actually, um, they're your

lungs. But actually, um, they're very tiny and they come into the very tiny and they come into the bloodstream with ease. They love bloodstream with ease. They love colonizing in your in your sinuses and colonizing in your in your sinuses and lungs, don't get me wrong. But as they lungs, don't get me wrong. But as they excrete mycotoxins that are very tiny excrete mycotoxins that are very tiny and distribute naturally throughout the and distribute naturally throughout the bloodstream, entering in and out of bloodstream, entering in and out of cells with ease, crossing the cells with ease, crossing the blood-brain barrier with ease, blood-brain barrier with ease, um, you're getting signals body-wide um, you're getting signals body-wide that you are not safe. So, of course, we that you are not safe. So, of course, we want to tackle sinus-specific options.

want to tackle sinus-specific options. We want to support the lungs. We want to We want to support the lungs. We want to support your liver to flush all this support your liver to flush all this stuff out, but we got to acknowledge stuff out, but we got to acknowledge this is a body-wide energy crisis when this is a body-wide energy crisis when we've been exposed to mold. I was we've been exposed to mold. I was getting told I was going to get put in a getting told I was going to get put in a wheelchair. I was told it was my Lyme wheelchair. I was told it was my Lyme and the co-infections.

and the co-infections. Um, I was told I might have MS. Um, I Um, I was told I might have MS. Um, I was diagnosed with a lot of weird stuff. was diagnosed with a lot of weird stuff.

Um, you know, of course, rheumatoid Um, you know, of course, rheumatoid arthritis and fibromyalgia, things like arthritis and fibromyalgia, things like that. But the truth is, my body didn't that. But the truth is, my body didn't have enough energy to flush out the have enough energy to flush out the poison. And, um, you can apply labels to poison. And, um, you can apply labels to that all you want. Pathogens are going that all you want. Pathogens are going to absolutely take advantage of that to absolutely take advantage of that situation because pathogens, including situation because pathogens, including Lyme and co-infections, love a stagnant, Lyme and co-infections, love a stagnant, stressed out, depleted body. Like, stressed out, depleted body. Like, "Perfect. I'm going to move right in.

"Perfect. I'm going to move right in. I'm going to set up shop." They're just I'm going to set up shop." They're just opportunists, that's all. If we spent opportunists, that's all. If we spent all of our time, you know, chasing all of our time, you know, chasing diagnoses instead of flushing out the diagnoses instead of flushing out the things that caused the terrain issues in things that caused the terrain issues in the first place, then we're it's going the first place, then we're it's going to be a really hard road for us. So, by to be a really hard road for us. So, by spending as much of our resources, time, spending as much of our resources, time, and energy on the mold as possible, if and energy on the mold as possible, if indeed you have been exposed to mold, indeed you have been exposed to mold, and this is a part of your um health and this is a part of your um health picture, then everything else gets picture, then everything else gets easier to work on because you can easier to work on because you can finally get your energy back. That's finally get your energy back. That's what the energy crisis is. Right when what the energy crisis is. Right when you need the energy the most, you have you need the energy the most, you have the least amount of it because of the the least amount of it because of the mold, because it's shutting down your mold, because it's shutting down your energy production. The great news is, energy production. The great news is, it's fixable, and you actually still get it's fixable, and you actually still get to relax your way into healing. You're to relax your way into healing. You're not going to have to force your way into not going to have to force your way into healing. That's why we address the healing. That's why we address the nervous system first. So, we get out of nervous system first.

Why Detox Protocols Fail

So, we get out of the fight or flight and back into rest the fight or flight and back into rest and digest. Detox without nervous system and digest. Detox without nervous system support is like trying to work with one support is like trying to work with one hand tied behind your back. It's pretty hand tied behind your back. It's pretty hard, or trying to swim with one hand hard, or trying to swim with one hand behind your back. You know, good luck to behind your back. You know, good luck to you. Then we're going to get into this you. Then we're going to get into this situation of reabsorption of toxins, situation of reabsorption of toxins, right? The fight or flight right? The fight or flight um mode shuts down bile flow and um mode shuts down bile flow and lymphatic drainage, both. So, the toxins lymphatic drainage, both. So, the toxins that you try to mobilize with detox just that you try to mobilize with detox

just recirculate and get reabsorbed. Herx recirculate and get reabsorbed. Herx reactions can become dramatic. Anybody reactions can become dramatic. Anybody herx here before? I was such a crasher.

herx here before? I was such a crasher. I was like A number one at at herxing. I was like A number one at at herxing. With that nervous system regulation, With that nervous system regulation, die-off reactions can overwhelm you, die-off reactions can overwhelm you, creating more trauma and shutting you creating more trauma and shutting you down further, and that inflammation down further, and that inflammation increases. Mobilizing toxins without increases. Mobilizing toxins without proper drainage creates more proper drainage creates more inflammation, especially in your brain, inflammation, especially in your brain, and mast cells end up going haywire.

and mast cells end up going haywire. Remember when we talked about mast cells Remember when we talked about mast cells yesterday? This is a really important yesterday? This is a really important piece for people that have sinus issues, piece for people that have sinus issues, for people that have mold exposures.

for people that have mold exposures. This is a a really important point for This is a a really important point for you to understand. Detox reactions can you to understand. Detox reactions can trigger massive mast cell degranulation, trigger massive mast cell degranulation, worsening histamine and inflammatory worsening histamine and inflammatory responses. And your body's not making a responses. And your body's not making a mistake. It's responding to the poison, mistake. It's responding to the poison, and it's wanting to let you know, "Hey, and it's wanting to let you know, "Hey, we've been poisoned. There's poison we've been poisoned. There's poison here. We got to get out of here." But, here. We got to get out of here." But, if you're talking about your home or if you're talking about your home or your workplace and it's not easy for you your workplace and it's not easy for you to leave, or your body is responding to to leave, or your body is responding to mold that you have already been exposed mold that you have already been exposed to and it's still in your body and it's to and it's still in your body and it's not a current incoming exposure, you not a current incoming exposure, you there's no away from. There's no break there's no away from. There's no break from it. So, your body's not making a from it. So, your body's not making a mistake, but you are mistake, but you are using the little energy that you have on using the little energy that you have on this massive inflammatory response this massive inflammatory response um that can be avoided. The last point um that can be avoided. The last point I'll make about this is the how the I'll make about this is the how the drainage pathways can slow down or, you drainage pathways can slow down or, you know, constrict. Chronic sympathetic know, constrict. Chronic sympathetic activation constricts bile ducts so and activation constricts bile ducts so and lymphatic vessels. So, it's harder it's lymphatic vessels. So, it's harder it's physically harder for you to eliminate physically harder for you to eliminate toxins even when you've done the work to toxins even when you've done the work to mobilize them. So, the bottom line is mobilize them. So, the bottom line is aggressive detox without nervous system aggressive detox without nervous system support creates unnecessary suffering.

support creates unnecessary suffering. So, we think about this in terms of what So, we think about this in terms of what is the order of operations here? The is the order of operations here?

3 Main Mold Exposure Pathways

The order of operations is um nervous system order of operations is um nervous system support and um acknowledging the support and um acknowledging the different ways uh that mold can harm you different ways uh that mold can harm you so that you make intelligent choices so that you make intelligent choices about what your detox should be. Mold about what your detox should be. Mold exposes you through three main pathways.

exposes you through three main pathways. The first one, and the why we're talking The first one, and the why we're talking about sinuses again today, about sinuses again today, is is is um the inhalation route. Mold spores um the inhalation route. Mold spores float in the air. They're microscopic float in the air. They're microscopic and invisible, and you breathe them in and invisible, and you breathe them in with every breath. This is what happens.

with every breath. This is what happens. Uh so, even if you're not currently Uh so, even if you're not currently living in mold, yes, your college dorm living in mold, yes, your college dorm room counts. You know, yes, your first room counts. You know, yes, your first apartment with the leaky faucet and you apartment with the leaky faucet and you

didn't notice it until you moved out.

didn't notice it until you moved out. Oops. And then as you're cleaning out Oops. And then as you're cleaning out underneath the bathroom counter, there's underneath the bathroom counter, there's like black stuff down there. Oh, okay.

like black stuff down there. Oh, okay. Well, hopefully the landlord will deal Well, hopefully the landlord will deal with that. Yuck. I'm getting out of with that. Yuck. I'm getting out of here. All that counts. It added up. Your here. All that counts. It added up. Your childhood basement flooding. You know, childhood basement flooding. You know, all that counts and adds up so that all that counts and adds up so that finally when you reach um a point in finally when you reach um a point in your life where you have enough stress your life where you have enough stress or yet another mold exposure, the bill or yet another mold exposure, the bill comes due. It will finally comes due.

comes due. It will finally comes due. So, the initial symptoms look like nasal So, the initial symptoms look like nasal congestion and sinus infections, congestion and sinus infections, wheezing and shortness of breath, wheezing and shortness of breath, persistent coughing, chest tightness, persistent coughing, chest tightness, respiratory problems. And of course, respiratory problems. And of course, this is really easy to take in in this this is really easy to take in in this day and age cuz there's no age of day and age cuz there's no age of building that is safe from mold. All building that is safe from mold. All different ages of buildings have their different ages of buildings have their own um vulnerabilities to mold. The way own um vulnerabilities to mold. The way we make houses today actually invites we make houses today actually invites mold problems. If there's any kind of mold problems. If there's any kind of water in the wrong place for any length water in the wrong place for any length of time. If you miss one little spot of of time. If you miss one little spot of sealing or caulking on a window as you sealing or caulking on a window as you in new construction, you can have a in new construction, you can have a problem. If you accidentally screw a problem. If you accidentally screw a drywall screw into that plastic water drywall screw into that plastic water pipe running behind the wall cuz you pipe running behind the wall cuz you weren't paying attention, weren't paying attention, congratulations, you just created a congratulations, you just created a silent, invisible mold issue over time.

silent, invisible mold issue over time. There's so many reasons for new There's so many reasons for new construction actually to be even worse construction actually to be even worse than old buildings that have a history than old buildings that have a history and foundation issues and attic issues and foundation issues and attic issues and crawl space stuff. This is something and crawl space stuff. This is something to be um aware of because as you inhale, to be um aware of because as you inhale, think about what happens. You have this think about what happens. You have this colonization risk. That's when mold colonization risk. That's when mold takes up residence. That acute exposure takes up residence. That acute exposure and colonization. And how colonization and colonization. And how colonization happens is your sinuses and respiratory happens is your sinuses and respiratory tracts are warm and moist. That's a tracts are warm and moist. That's a perfect environment for mold, right? The perfect environment for mold, right? The perfect environment for mold. But, it perfect environment for mold. But, it also um allows you to let mold set up also um allows you to let mold set up shop in the long term. It's not just shop in the long term. It's not just about, "Oh, I landed in a soft spot and about, "Oh, I landed in a soft spot and I'm going to release some poison in my I'm going to release some poison in my natural life cycle and then I'll be gone natural life cycle and then I'll be gone in about a year cuz the body's going to in about a year cuz the body's going to flush me out." No, they're coming in and flush me out.

Mold In Food And Gut Impact

" No, they're coming in and setting up shop for the long term. So, setting up shop for the long term. So, remember also that we're not going to remember also that we're not going to spend a ton of time on mold ingestion spend a ton of time on mold ingestion um but we do a lot of that in the mold um but we do a lot of that in the mold reset um bundle in that mold detox jump reset um bundle in that mold detox jump start course because we are getting more start course because we are getting more and more exposed exposed to moldy foods and more exposed exposed to moldy foods um because of the way that our food um because of the way that our food supply chain works. So, if you have a supply chain works. So, if you have a little bit of environmental mold and little bit of environmental mold and you've got a little bit of food molds, you've got a little bit of food molds, now you have competing mold strains in

now you have competing mold strains in the body. This is really important to the body. This is really important to understand. So, it makes sense why we'd understand. So, it makes sense why we'd be more reactive now than we were in the be more reactive now than we were in the past to just, "Oh, it's just a little past to just, "Oh, it's just a little bit of mold in the house, jeez, and I bit of mold in the house, jeez, and I cleaned it up." No, ma'am, it's a lot cleaned it up." No, ma'am, it's a lot more complex than that now because we more complex than that now because we are getting exposed to multiple strains are getting exposed to multiple strains on an ongoing basis, the way we grow our on an ongoing basis, the way we grow our food, and the way we store it, and the food, and the way we store it, and the way we process it. Um I always think of way we process it. Um I always think of this one this one sweet woman in the Healing Labs. She was sweet woman in the Healing Labs. She was so lovely and so smart and like really so lovely and so smart and like really highly intelligent. Like, "Oh, such a highly intelligent. Like, "Oh, such a dynamo." But, she was doing so terrible dynamo." But, she was doing so terrible and she was down to just three foods.

and she was down to just three foods. And one of those foods was organic And one of those foods was organic applesauce. She could barely tolerate applesauce. She could barely tolerate anything else. And she had unlivable anything else. And she had unlivable digestive symptoms, just exhausted all digestive symptoms, just exhausted all the time, GERD, nausea. GERD is that the time, GERD, nausea. GERD is that acid reflux on steroids, you know. Um acid reflux on steroids, you know. Um really difficult bowel issues, like really difficult bowel issues, like stre- too stressed out to leave the stre- too stressed out to leave the house, work from home but could barely house, work from home but could barely work anymore. Um just kind of a shell of work anymore. Um just kind of a shell of herself. And one of the foods that she herself. And one of the foods that she was eating was organic applesauce. She's was eating was organic applesauce. She's like, "I only eat organic. I only eat like, "I only eat organic. I only eat simple foods. No preservatives, no simple foods. No preservatives, no toxins, no nothing. Why am I not healing toxins, no nothing. Why am I not healing faster?" When you looked at one of her faster?" When you looked at one of her strains, it was patulin, which is very strains, it was patulin, which is very common in apple products. And what you common in apple products. And what you don't realize, they don't think through, don't realize, they don't think through, is is is what what kind of apples do you think what what kind of apples do you think are getting put into applesauce? Are are getting put into applesauce? Are they the prettiest ones? The freshest they the prettiest ones? The freshest ones?

ones? ones? No. They are the ones that are bruised, No. They are the ones that are bruised, the ones that are old, and yes, the ones the ones that are old, and yes, the ones that are moldy. And there's nothing to that are moldy. And there's nothing to stop manufacturers from doing that, and stop manufacturers from doing that, and it's still legal to call them organic.

it's still legal to call them organic. And do they even realize what they're And do they even realize what they're doing? Are they mold informed? No, doing? Are they mold informed? No, they're not. They're still providing an they're not. They're still providing an organic product. They're probably even organic product. They're probably even proud of that product. What they don't proud of that product. What they don't realize is how devastating that is to realize is how devastating that is to somebody who has also lived in mold for somebody who has also lived in mold for a period of time. The confluence of a period of time. The confluence of factors becomes too much for the body.

factors becomes too much for the body. So, yes, we are inhaling it, but we are So, yes, we are inhaling it, but we are also ingesting it. And sometimes we're also ingesting it. And sometimes we're getting it through contact. Like, I got getting it through contact. Like, I got um what was thought was a staph um what was thought was a staph infection back in the day during a move infection back in the day during a move because I pulled my stuff out of because I pulled my stuff out of storage, back in my 20s, you know, storage, back in my 20s, you know, moving into a new place, and um I moving into a new place, and um I suddenly was covered with these crazy, suddenly was covered with these crazy, scary rashes. The emergency room, you scary rashes. The emergency room, you know, couldn't figure it out. And years know, couldn't figure it out. And years later as I look back, I think, "Oh, it later as I look back, I think, "Oh, it was probably those storage boxes." Cuz I was probably those storage boxes." Cuz I knew as I was touching the um cardboard knew as I was touching the um cardboard boxes that I was flaring literally on boxes that I was flaring literally on contact. I could tell it was from all contact. I could tell it was from all the places on my body that had touched the places on my body that had touched the boxes. Um so, it's just

something to the boxes. Um so, it's just something to remember that we're also ab- sorbing remember that we're also ab- sorbing these through the um these through the um through the skin. They're very good at through the skin. They're very good at that. So, it puts even more pressure on that.

Histamine And Immune Overload

So, it puts even more pressure on the body once we actually do inhale the body once we actually do inhale because there's so many ways for because there's so many ways for um the body to get stressed out. We um the body to get stressed out. We think about histamine as a histamine think about histamine as a histamine bucket. Just like your total toxin load, bucket. Just like your total toxin load, you know, in the body as like a bucket you know, in the body as like a bucket overflowing. And and whenever it overflowing. And and whenever it overflows, it creates symptoms.

overflows, it creates symptoms. Remember, histamine is not bad. Remember, histamine is not bad. Histamine is actually amazing. Histamine Histamine is actually amazing. Histamine is a wonderful way to help your body is a wonderful way to help your body stay alive and do basic processes to stay alive and do basic processes to keep you alive. But, keep you alive. But, too much histamine in the body creates too much histamine in the body creates inflammation. And mold exposure inflammation. And mold exposure absolutely triggers a cascade of that.

absolutely triggers a cascade of that. Um creates immune system overwhelm where Um creates immune system overwhelm where mycotoxins suppress and dysregulate mycotoxins suppress and dysregulate immune function, creates gut damage and immune function, creates gut damage and destroys that beneficial bacteria, and destroys that beneficial bacteria, and damages the intestinal lining itself.

damages the intestinal lining itself. And yes, it can happen from inhaling And yes, it can happen from inhaling mold or ingesting mold on food. Enzyme mold or ingesting mold on food. Enzyme suppression like DAO, that's a big deal.

suppression like DAO, that's a big deal. DAO is your histamine clearing enzyme. DAO is your histamine clearing enzyme. So, if you're eating moldy food and it's So, if you're eating moldy food and it's harming your digestive tract or you're harming your digestive tract or you're inhaling mold through your sinuses and inhaling mold through your sinuses and then swallowing little bits of that um then swallowing little bits of that um mold colonization and the biofilms that mold colonization and the biofilms that set up shop in those delicate sinuses set up shop in those delicate sinuses all day long, that postnasal drip. Not all day long, that postnasal drip. Not only are you allowing fungus to grow in only are you allowing fungus to grow in your gut and create an environment where your gut and create an environment where pathogens thrive, but you're actively pathogens thrive, but you're actively damaging your gut lining where you're damaging your gut lining where you're supposed to be um protecting healthy supposed to be um protecting healthy mast cell function, and you're also be mast cell function, and you're also be supposed to be creating on the enzyme supposed to be creating on the enzyme DAO. What does that mean? It means that DAO. What does that mean? It means that histamine releases faster from mast histamine releases faster from mast cells and degrades slower because you cells and degrades slower because you don't have enough DAO. So, it's don't have enough DAO. So, it's impossible to really think about mold impossible to really think about mold and take care of it well and flush it and take care of it well and flush it out of the body for good without seeing out of the body for good without seeing the the the sinus the sinuses, the gut, the immune sinus the sinuses, the gut, the immune system, and the nervous system together system, and the nervous system together as a whole and understand how they're as a whole and understand how they're supposed to work and what has gone wrong supposed to work and what has gone wrong before you try to shove all this out before you try to shove all this out through your liver. Can you see why through your liver.

Mast Cell Activation Explained

Can you see why other detoxes haven't worked? It's like, other detoxes haven't worked? It's like, well, duh, there's a really complex well, duh, there's a really complex environment here right now. That's okay.

environment here right now. That's okay. >> [clears throat] >> [clears throat] >> [clears throat] >> We have

histamine overload. That's fine. >> We have histamine overload. That's fine.

Yes, we're more reactive than we used to Yes, we're more reactive than we used to be. That's okay. This is the connection be. That's okay. This is the connection most practitioners miss, but it's not most practitioners miss, but it's not too late. We just want to understand how too late. We just want to understand how the mast cells are working. They're just the mast cells are working. They're just stuck in the alarm position for really, stuck in the alarm position for really, really good reasons. So, if you have really good reasons. So, if you have irritation or inflammation in your irritation or inflammation in your sinuses, in your lungs, um even in your sinuses, in your lungs, um even in your gut and digestive tract, in your brain gut and digestive tract, in your brain or your nervous system, even in the or your nervous system, even in the bladder itself, um basically anywhere bladder itself, um basically anywhere your body meets the outside world and is your body meets the outside world and is trying to touch the outside world or trying to touch the outside world or flush out what has come in from the flush out what has come in from the outside world. That's where the mast outside world. That's where the mast cells live. So, if you have an cells live. So, if you have an irritation or inflammation in any of irritation or inflammation in any of these areas, I want you paying extra these areas, I want you paying extra special attention and see how it's a special attention and see how it's a much bigger story than just the sinuses much bigger story than just the sinuses because you have external to the body, because you have external to the body, which is your skin, and then you have which is your skin, and then you have the um the tube from your digestive the um the tube from your digestive tract, which actually starts in your tract, which actually starts in your sinuses, and then the excretory sinuses, and then the excretory pathways. Out through the urine, out pathways. Out through the urine, out through the bowels. So, anywhere along through the bowels. So, anywhere along that lining internally or externally is that lining internally or externally is where your mast cells are meeting the where your mast cells are meeting the world. Is where your mast cells are world. Is where your mast cells are meeting mold. And that's where your body meeting mold. And that's where your body is deciding how much, how fast to is deciding how much, how fast to release histamine. And we don't want to release histamine. And we don't want to you know, just suppress histamine with a you know, just suppress histamine with a medication because it actually dulls medication because it actually dulls your receptors and creates longer-term your receptors and creates longer-term dysregulation. Can actually lead to more dysregulation. Can actually lead to more sensitivity over time, which I know is a sensitivity over time, which I know is a bummer cuz all you want is some relief bummer cuz all you want is some relief right now. I totally get it. But if we right now. I totally get it. But if we actually help the body to regulate actually help the body to regulate itself in the right order, then itself in the right order, then ultimately for you, it's way less work, ultimately for you, it's way less work, less sensitivity, more resilience, more less sensitivity, more resilience, more energy. So, we got to support these energy. So, we got to support these little guys and not make them wrong for little guys and not make them wrong for doing their job. Their job was to scan doing their job. Their job was to scan for incoming threats and signals. So, of for incoming threats and signals. So, of course there's a ton of them in the course there's a ton of them in the sinuses. So, of course they're supposed sinuses. So, of course they're supposed to rescan for incoming threats and to rescan for incoming threats and signals. Of course, of course they're signals. Of course, of course they're supposed to give you instant brain fog supposed to give you instant brain fog and anxiety in a moldy building. Like, and anxiety in a moldy building. Like, hello, we're getting poisoned. We got to hello, we're getting poisoned. We got to get out of here. Hey, I don't like it in get out of here. Hey, I don't like it in here. I thought when I was walking into here. I thought when I was walking into my office every morning when I had a my office every morning when I had a mold issue in there that I just didn't mold issue in there that I just didn't like my job cuz I would get like instant like my job cuz I would get like instant stress.

stress. stress. Instant overwhelm. Like, I would feel Instant overwhelm. Like, I would feel instantly like emotionally upset as I instantly like emotionally upset as I sat down at my desk. I'm like, man, I sat down at my desk. I'm like, man, I got to get out of this job. I don't like got to get out of this job. I don't like it here. Um it was the mold. I was it here. Um it was the mold. I was walking into poison. My body was trying walking into poison. My body was trying to tell me, you should not be here. And to tell me, you should not be here. And with every fiber of my being, I knew I with every fiber of my being, I knew I wasn't supposed to be there. And yeah, wasn't supposed to be there. And yeah, some of that is about needing to update some of that is about needing to update my life path. Some of that was about my life path. Some of that was about just being poisoned in that space. So, just being poisoned in that space. So, we want to pay attention and start we want to pay attention and start learning what these signals mean. So, learning what these signals mean. So, when we're dysregulated by mold, your when we're dysregulated by mold, your mast cells treat everything as a threat, mast cells treat everything as a threat, and they just can't stop.

They can't and they just can't stop. They can't turn off. They can't take a break. They turn off. They can't take a break. They There's no off button when mold is in There's no off button when mold is in the building, literally in your body is the building, literally in your body is what I mean. So, we talked about this a what I mean. So, we talked about this a little bit already how mold activates little bit already how mold activates the mast cells cuz you suppress the the mast cells cuz you suppress the immune function, mycotoxins bind to mast immune function, mycotoxins bind to mast cell receptors. And certain mycotoxins cell receptors. And certain mycotoxins directly attach to receptors on the mast directly attach to receptors on the mast cells. That's what makes them harsher cells. That's what makes them harsher than others. Um that's why not all than others. Um that's why not all mycotoxins are the same. They actually mycotoxins are the same. They actually hit different parts of the body hit different parts of the body differently. Nature is so smart, mold is differently. Nature is so smart, mold is so smart. Every one of them has their so smart. Every one of them has their own little jobs to do out in nature. We own little jobs to do out in nature. We just removed ourselves from nature, so just removed ourselves from nature, so we don't have all of the factors we need we don't have all of the factors we need to keep mold in check the way we do out to keep mold in check the way we do out in nature. We don't have the sunlight, in nature. We don't have the sunlight, the fresh air. We don't have the the fresh air. We don't have the balancing microorganisms because we're balancing microorganisms because we're inside in an artificial environment, so inside in an artificial environment, so we don't get the balance we need. And we don't get the balance we need. And our our environment is ever more our our environment is ever more artificial, so we get less and less of artificial, so we get less and less of those balancing factors. So, when this those balancing factors. So, when this happens in the body, it's just one side happens in the body, it's just one side of a of a coin. It triggers of a of a coin. It triggers degranulation, so the mast cells explode degranulation, so the mast cells explode releasing their contents. Histamine, releasing their contents. Histamine, inflammatory cytokines, prostaglandins, inflammatory cytokines, prostaglandins, and yes, leukotrienes. So, it creates and yes, leukotrienes. So, it creates this chronic activation. Not just this chronic activation. Not just occasional flares, but also that occasional flares, but also that constant ongoing background noise of constant ongoing background noise of activation. Just like stress, stress, activation. Just like stress, stress, stress, stress. I'm reactive. I'm stress, stress. I'm reactive. I'm reactive. It's a weird little chant that reactive. It's a weird little chant that goes on in the background, isn't it?

goes on in the background, isn't it? You're just like not being able to rest, You're just like not being able to rest, repair, soften, have fun, be joyful. Not repair, soften, have fun, be joyful. Not enough stamina to just do the things you enough stamina to just do the things you actually want to do. This is why. So, actually want to do. This is why. So, your body's actually not making a your body's actually not making a mistake because it's trying to defend mistake because it's trying to defend against toxins, but it doesn't have against toxins, but it doesn't have enough of the basic supports from you enough of the basic supports from you that it needs to finish the job because that it needs to finish the job because it's trying to do it against this it's trying to do it against this backdrop of other stressors. Is this backdrop of other stressors. Is this helpful to anybody to see this? So, what helpful to anybody to see this? So, what happens in both the sinuses and in the happens in both the sinuses and in the gut lining is that your mucosal barrier gut lining is that your mucosal barrier actually breaks down. So, that's where actually breaks down. So, that's where we see um your tight junctions fail, and we see um your tight junctions fail, and actually the tissues are very similar actually the tissues are very similar between the sinuses and the gut. The between the sinuses and the gut. The enterocytes um are actually just enterocytes um are actually just damaged, and um we lose that protective damaged, and um we lose that protective mucus layer. So, why do you think your mucus layer. So, why do you think your body's trying to make extra mucus right body's trying to make extra mucus right now? It's trying to repair and create now? It's trying to repair and create this drainage material so it can flush this drainage material so it can flush out some of the junk, the mycotoxins, out some of the junk, the mycotoxins, the spores themselves. It's trying to the spores themselves. It's trying to flush out some of the biofilms that it flush out some of the biofilms that it can see and try to reestablish a can see and try to reestablish a protective layer. It's not an accident.

protective layer. It's not an accident. It's the body's own healing response. It's the body's own healing response. It's just uh not in a position to finish It's just uh not in a position to finish the job. It needs your help. So, um once the job. It needs your help. So, um once we see that um we see that um and once we realize, oh, we don't have and once we realize, oh, we don't have enough enough enough um DAO on hand, we don't have enough MAO um DAO on hand, we don't have enough MAO on hand, the the enzymes that are on hand, the the enzymes that are supposed to supposed to um actually process histamine for us, um actually process histamine for us, that means

that we have higher histamine that means that we have higher histamine in the body, higher reactivity because in the body, higher reactivity because of the mold and the mycotoxins, and it of the mold and the mycotoxins, and it just creates more and more inflammation, just creates more and more inflammation, which makes us trickier and trickier to which makes us trickier and trickier to unpack. It doesn't mean it's too late.

unpack. It doesn't mean it's too late. That's the good news. I also want to That's the good news. I also want to make the point of mold as neurotoxins.

make the point of mold as neurotoxins. Your brain actually rewires a little bit Your brain actually rewires a little bit on mold. So, on mold. So, you have you're not broken. You're just you have you're not broken. You're just exposed. And that's why I want to make exposed.

5 Ways Mold Rewires Your Brain

And that's why I want to make sure that you're really giving yourself sure that you're really giving yourself grace and understanding this piece. grace and understanding this piece.

Mycotoxins easily cross the blood-brain Mycotoxins easily cross the blood-brain barrier and um they access your brain barrier and um they access your brain instantly. They're lipophilic, which instantly. They're lipophilic, which means they're fat-loving. And your brain means they're fat-loving. And your brain is very um fat-dense, isn't it? That's is very um fat-dense, isn't it? That's what most of your brain tissue is made what most of your brain tissue is made out of. So, this allows your the out of. So, this allows your the mycotoxins not just to cross the mycotoxins not just to cross the blood-brain barrier cuz they're so blood-brain barrier cuz they're so small. They do that with ease. But also small. They do that with ease. But also they hang out in the brain cuz they're they hang out in the brain cuz they're naturally attracted to fat. So, they're naturally attracted to fat. So, they're getting there through the blood the getting there through the blood the through the bloodstream itself, through through the bloodstream itself, through the olfactory pass pathways. Your the olfactory pass pathways. Your sinuses are a shortcut to your nervous sinuses are a shortcut to your nervous system, to the brain itself. Your um system, to the brain itself. Your um olfactory nerve is literally just a olfactory nerve is literally just a couple of inches long. And mycotoxins couple of inches long. And mycotoxins pass up and through that no problem.

pass up and through that no problem. It's like a little highway for poison It's like a little highway for poison straight from your sinuses into your straight from your sinuses into your brain. Now, your brain doesn't have pain brain. Now, your brain doesn't have pain receptors. Isn't that interesting? That receptors. Isn't that interesting? That blew my mind when I learned that way blew my mind when I learned that way back in the day. Brain doesn't have pain back in the day. Brain doesn't have pain receptors. So, how does it tell you that receptors. So, how does it tell you that it's inflamed? It tells you that it's it's inflamed? It tells you that it's inflamed through brain fog, through inflamed through brain fog, through anxiety, right? Through the not being anxiety, right? Through the not being able to access your your um short-term able to access your your um short-term and long-term memories easily, through and long-term memories easily, through um slowing down of your words. The mold um slowing down of your words. The mold trail off is so common. I always think trail off is so common. I always think mold when I have a new client standing mold when I have a new client standing in front of me and they don't finish in front of me and they don't finish their sentences.

their sentences. It's like, yeah, and so and then it was It's like, yeah, and so and then it was like dot dot dot, dot dot dot. There's a like dot dot dot, dot dot dot. There's a delay because your brain is so inflamed.

delay because your brain is so inflamed. It's really internally it feels like It's really internally it feels like brain on fire. But on the outside, what brain on fire. But on the outside, what you're aware of is like just this you're aware of is like just this fogginess. Like, I can't get to fogginess. Like, I can't get to problem-solving. I don't feel creative problem-solving. I don't feel creative anymore. I don't have my sense of humor anymore. I don't have my sense of humor anymore.

anymore. anymore. Um and that's because of these the how Um and that's because of these the how easy it is for mold to access the brain easy it is for mold to access the brain and to set up shop straight through the and to set

up shop straight through the sinuses. It's like this perfect little sinuses. It's like this perfect little highway. It's not great, right? But as highway. It's not great, right? But as soon as we acknowledge it, then we soon as we acknowledge it, then we understand, oh, I'm not broken. All of understand, oh, I'm not broken. All of these mold-driven symptoms are these mold-driven symptoms are reversible. That's the part I want you reversible. That's the part I want you to get excited about. This not This to get excited about. This not This isn't who you are now. This is just what isn't who you are now. This is just what has happened. That's it. Your body's has happened. That's it. Your body's just having a very logical response to just having a very logical response to being poisoned. It's experiencing being poisoned. It's experiencing neurotoxicity, right? Because mold neurotoxicity, right? Because mold damages the actual brain cells. That's damages the actual brain cells. That's okay. You can make new ones. Your brain okay. You can make new ones. Your brain is highly plastic. Neuroplasticity is a is highly plastic. Neuroplasticity is a very real thing. So, don't worry about very real thing. So, don't worry about losing some brain cells along the way.

losing some brain cells along the way. You can get them back. But it does You can get them back. But it does affect you particularly in areas tied to affect you particularly in areas tied to mood, to memory, and yes, to sleep.

mood, to memory, and yes, to sleep. Neuroinflammation, that's that brain on Neuroinflammation, that's that brain on fire that we were talking about where fire that we were talking about where the immune system is flooding the brain the immune system is flooding the brain with those inflammatory cytokines. So, with those inflammatory cytokines. So, it's not just your joints. It's not just it's not just your joints. It's not just your skin. It's not just your gut. It's your skin. It's not just your gut. It's not just your sinuses. If you feel not just your sinuses. If you feel inflammation anywhere else that's driven inflammation anywhere else that's driven by mold, guarantee that your brain is by mold, guarantee that your brain is experiencing the same thing. It just experiencing the same thing. It just expresses it in a different way for you.

expresses it in a different way for you. And then yes, we experience that And then yes, we experience that oxidative stress oxidative stress um because mold produces free radicals, um because mold produces free radicals, depletes your glutathione and your depletes your glutathione and your antioxidant defenses, and clogs those antioxidant defenses, and clogs those neurons with waste. So, then we get that neurons with waste. So, then we get that neurotransmitter disruption. Your mold neurotransmitter disruption. Your mold is actually directly interrupting your is actually directly interrupting your body's ability to make serotonin and to body's ability to make serotonin and to use it. Serotonin is like your reason to use it. Serotonin is like your reason to feel good. Like it's the good stuff.

feel good. Like it's the good stuff. It's the joy in life. It's also It's the joy in life. It's also interfering with your ability to make interfering with your ability to make and use dopamine. Yes, it's your reward and use dopamine. Yes, it's your reward signal, but it also is the motivation signal, but it also is the motivation and the decision-making um capabilities and the decision-making um capabilities that you must have in order to love your that you must have in order to love your life. And it also interferes with GABA, life. And it also interferes with GABA, which is our very favorite because it's which is our very favorite because it's all about calming down, rest, support, all about calming down, rest, support, healing, feeling safe, you know, and it healing, feeling safe, you know, and it actually interferes with oxytocin, too.

actually interferes with oxytocin, too. So, your ability to connect with others So, your ability to connect with others and that kind of relational safety. So, and that kind of relational safety. So, basically, all the good stuff in life we basically, all the good stuff in life we are getting robbed of, not because we're are getting robbed of, not because we're not smart people, not because it's too not smart people, not because it's too late, not because your temperament late, not because your temperament sucks, or you've become a weird person sucks, or you've become a weird person over time. That's what I thought. Like, over time. That's what I thought. Like, what happened to me? I used to, you what happened to me? I used to, you know, feel pretty good about myself. I know, feel pretty good about myself. I wasn't great, but, you know, I I knew wasn't great, but, you know, I I knew what I wanted. I knew how to connect what I wanted. I knew how to connect with people. I thought of myself as a with people. I thought of myself as a generous person, a kind person. I had a generous person, a kind person. I had a sense of humor. Where did all that go?

sense of humor. Where did all that go? That's gone. That's gone. >> [laughter] >> [laughter] >> [laughter] >> And it's really all about the mold, >> And it's really all about the mold, guys. So, you can get yourself back.

guys. So, you can get yourself back. That's the good news. We just want to That's the good news. We just want to make sure that we understand what has make sure that we understand what has gone wrong so that we actually respect gone wrong so that we actually respect that process. Because when you pair that that process. Because when you pair that with mold and respiratory distress, mold with mold and respiratory distress, mold and sinus distress, mold and digestive and sinus distress, mold and digestive distress, mold and liver distress, and distress, mold and liver distress, and yes, yes, yes, mold and hormones as well. This is a mold and hormones as well. This is a really big inflammatory cascade. And it really big inflammatory cascade.

Correct Detox Order Of Operations

And it no wonder it feels overwhelming. So, no wonder it feels overwhelming. So, let's go back to our mold map right now let's go back to our mold map right now in the order in which we actually want in the order in which we actually want to address this in. So, we want to drain to address this in. So, we want to drain first, detox second. Remember, now you first, detox second. Remember, now you know and you can never unsee this. Um know and you can never unsee this. Um nervous system regulation is a critical nervous system regulation is a critical part of this. That's why it's A number part of this. That's why it's A number one on this list. Nervous system, we one on this list. Nervous system, we want to encourage it every day want to encourage it every day throughout the day to get out of fight throughout the day to get out of fight or flight to detox. Now, here's a or flight to detox. Now, here's a question. If you've been paying question. If you've been paying attention, you know the answer. Should attention, you know the answer. Should you do all the nervous system healing you do all the nervous system healing first and then detox? Should you spend first and then detox? Should you spend months and months on nervous system months and months on nervous system healing and then start your detox? No, healing and then start your detox? No, that's not going to work because your that's not going to work because your nervous system is constantly getting nervous system is constantly getting signals from the poison in your body, signals from the poison in your body, like mold and mycotoxins, I'm not safe.

like mold and mycotoxins, I'm not safe. So, we have to work on both of them at So, we have to work on both of them at the same time. We just fold in the the same time. We just fold in the nervous system stuff immediately and nervous system stuff immediately and then we ease in to the detox and then we ease in to the detox and drainage and repair stuff. Make sense?

drainage and repair stuff. Make sense? But they have to happen at the same But they have to happen at the same time. They are two sides of the same time. They are two sides of the same coin. So, nervous system regulation, coin. So, nervous system regulation, drainage pathway support, mitochondrial drainage pathway support, mitochondrial repair, my favorite, getting your energy repair, my favorite, getting your energy back. So good. Life becomes easier back. So good. Life becomes easier again. Now, remember, if you uh paid again. Now, remember, if you uh paid attention to the training on day one, we attention to the training on day one, we talked all about why we can't just throw talked all about why we can't just throw a bunch of glutathione at this, right?

a bunch of glutathione at this, right? Because we don't want to upregulate one Because we don't want to upregulate one aspect of detox too fast or mobilize too aspect of detox too fast or mobilize too fast. This is about supporting the body fast. This is about supporting the body to get into rest, digest, detox detox, to get into rest, digest, detox detox, repair mode. Then we support their repair mode. Then we support their drainage pathways to widen a little bit drainage pathways to widen a little bit and smooth things out. Then we speed and smooth things out. Then we speed things up. And we add in binders. And we things up. And we add in binders. And we add in mobilization. Really dead last um add in mobilization. Really dead last um do we add on anything that would speed do we add on anything that would speed up this process. So, that's really up this process. So, that's really critical. Here's another view of it, the critical. Here's another view of it, the mold matrix itself. It's easy once you mold matrix itself. It's easy once you know how the system works. So, that's know how the system works. So, that's the beginning. We assess. We make the the beginning. We assess. We make the decision, what's right for you? What are decision, what's right for you? What are the exposures we're working with? And the exposures we're working with? And then, of course, we go right into then, of course, we go right into stabilizing. Support the nervous system.

stabilizing. Support the nervous system. Stabilize those mast cells. Give them Stabilize those mast cells. Give them some love, won't you? They're just your some love, won't you? They're just your alarm cells. They're just stuck in the alarm cells. They're just stuck in the on position, but that doesn't mean on position, but that doesn't mean they're making a mistake. So, we don't they're making a mistake. So, we don't want to make them wrong for it. And our want to make them wrong for it. And our story for about ourselves can't be, "Oh story for about ourselves can't be, "Oh my gosh, I'm so reactive. Oh my gosh, I my gosh, I'm so reactive. Oh my gosh, I will never get well." Because that's will never get well." Because that's just more alarms setting off. We're just more alarms setting off. We're going to relax our way into healing, not going to relax our way into healing, not force it. We're going to ease our way force it. We're going to ease our way in. Learn to avoid certain triggers so in. Learn to avoid certain triggers so we're not poking the bruise that we're we're not poking the bruise that we're trying to heal. That makes sense, right?

trying to heal. That makes sense, right? That's what stability is all about. And That's what stability is all about. And yeah, a big part of that is supporting yeah, a big part of that is supporting energy production. Because a big reason energy production. Because a big reason why your detoxes have failed in the why your detoxes have failed in the past, you did not have enough energy in past, you did not have enough energy in the system to do the work that you were the system to do the work that you were asking your body to do. Your body's not asking your body to do. Your body's not stupid. It absolutely knows the mold is stupid. It absolutely knows the mold is there. It wants to get it out, but it's there. It wants to get it out, but it's not in a position to without some of not in a position to without some of these foundational supports. So, by these foundational supports. So, by telling it, "Hey, you should add to your telling it, "Hey, you should add to your to-do list right now, even though you're to-do list right now, even though you're inflamed, depleted, and super reactive." inflamed, depleted, and super reactive." It doesn't go well, does it? And so It doesn't go well, does it? And so frustrating experience. It's frustrating experience. It's unnecessarily frustrating.

unnecessarily frustrating. It doesn't mean we don't have ups and It doesn't mean we don't have ups and downs in the healing journey. Of course, downs in the healing journey. Of course, we do.

we do. There's going to be good days and bad There's going to be good days and bad days. And is this project going to, you days. And is this project going to, you know, resolve as fast as you want it to?

know, resolve as fast as you want it to? No. If we were all being honest, we'd No. If we were all being honest, we'd say, um "I'll give this a long weekend say, um "I'll give this a long weekend and then I want to be done." That's not and then I want to be done." That's not how it works with mold, but you and I how it works with mold, but you and I both know that. We're all adults here.

both know that. We're all adults here. This is going to be something that you This is going to be something that you ease into and chip away at and finally ease into and chip away at and finally flush it out for good. It but it is just flush it out for good. It but it is just that. It is just a project and it has an that. It is just a project and it has an end point. Everybody's pace is end point. Everybody's pace is different, so I'm not going to make you different, so I'm not going to make you promises but is it 10 days? Is it 30 promises but is it 10 days? Is it 30 days? Is it 6 weeks? Is it 6 months? It days? Is it 6 weeks? Is it 6 months? It could be any or all of the above. It's could be any or all of the above. It's more likely going to be longer than you more likely going to be longer than you want it to be. That's okay though want it to be. That's okay though because you're going to do it in the because you're going to do it in the right order. You are now more informed right order. You are now more informed than you ever have been before. You can than you ever have been before. You can be more discerning, more loving to your be more discerning, more loving to your body. And a magical thing happens when body. And a magical thing happens when you when you give your body grace around you when you give your body grace around this. You have more stamina for the this. You have more stamina for the work. It's not so frustrating. It's work. It's not so frustrating. It's like, "Okay, I'm just doing what I can like, "Okay, I'm just doing what I can today, you know, um today, you know, um maybe it's not uh all the whole list maybe it's not uh all the whole list that I wanted to get to, but that's that I wanted to get to, but that's okay." Then we can get into encouraging okay." Then we can get into encouraging drainage once we establish some drainage once we establish some stability. Then we can upregulate liver stability. Then we can upregulate liver and kidney support and flush out those and kidney support and flush out those bowels and flush out the sinuses with bowels and flush out the sinuses with those rinses and the formulas for those rinses and the

formulas for nebulizing. Then flush out the biofilms nebulizing. Then flush out the biofilms and all the junky colonized stuff. You'd and all the junky colonized stuff. You'd be amazed what you can see in our forum, be amazed what you can see in our forum, these big long parasites coming out of these big long parasites coming out of people's noses. It's creepy, I know, but people's noses. It's creepy, I know, but that's because mold created the perfect that's because mold created the perfect environment for parasites to thrive. So, environment for parasites to thrive. So, yeah, we'd have to do a little bit of yeah, we'd have to do a little bit of cleanup work. But we do that once we get cleanup work. But we do that once we get some stability. Gentle liver and lymph some stability. Gentle liver and lymph flow, lymphatic system support, flow, lymphatic system support, supporting detox with binders and bile supporting detox with binders and bile builders, deep in the detox mode, builders, deep in the detox mode, breaking up stagnation, like the junky breaking up stagnation, like the junky cholesterol bile stones that can form in cholesterol bile stones that can form in our liver and bile ducts, right? And our liver and bile ducts, right? And then we can get into the deeper work of then we can get into the deeper work of addressing other root causes if there addressing other root causes if there are any, you heavy metals, chemicals, are any, you heavy metals, chemicals, parasites, you know, this is an easy way parasites, you know, this is an easy way to think about the mold matrix and just to think about the mold matrix and just ease in. I want you to have access to ease in. I want you to have access to this information immediately and take this information immediately and take your health into your own hands. I want your health into your own hands. I want you to change your story about yourself.

you to change your story about yourself. This is so important. You are not too This is so important. You are not too reactive to heal. I thought that for reactive to heal. I thought that for years. I had such unlevelable depression years. I had such unlevelable depression and stress and I felt left behind by and stress and I felt left behind by life. I felt left for dead by God. As a life. I felt left for dead by God. As a very spiritual person, that's a deep, very spiritual person, that's a deep, deep, deep wound. But it wasn't me. It deep, deep wound. But it wasn't me. It wasn't my body. It certainly wasn't God.

wasn't my body. It certainly wasn't God. I was getting shown all the right I was getting shown all the right resources. I was just too brain foggy to resources. I was just too brain foggy to notice. It was all being lit up on a notice. It was all being lit up on a path for me to heal myself. And once I path for me to heal myself. And once I finally relaxed into that and took finally relaxed into that and took responsibility for my own healing responsibility for my own healing instead of expecting a white coat to fix instead of expecting a white coat to fix me, um everything started to change. And me, um everything started to change. And that's what I want for you, too. I want that's what I want for you, too. I want you to feel empowered out of this. I you to feel empowered out of this. I want you to feel brave. You are not too want you to feel brave. You are not too reactive to heal. You're not too brain reactive to heal. You're not too brain foggy to heal. And nobody can fix this foggy to heal. And nobody can fix this for you but you. Even as teaching the for you but you. Even as teaching the next crop of practitioners how to be next crop of practitioners how to be mold mold savvy, they're still going to mold mold savvy, they're still going to go out there and teach people how to go out there and teach people how to heal themselves. That's what the heal themselves. That's what the ultimate result is going to be. So, I ultimate result is going to be. So, I want this for you so much to not have to want this for you so much to not have to um keep suffering past this point. Have um keep suffering past this point. Have a new story about yourself after this a new story about yourself after this week. You just remember, your body's week. You just remember, your body's having a very logical response to the having a very logical response to the stresses it's been put under and it stresses it's been put under and it doesn't make mistakes. Symptoms are just doesn't make mistakes. Symptoms are just messengers. They are not failures. Your messengers. They are not failures. Your body's trying to tell you you've been body's trying to tell you you've been poisoned. That's all and it makes total poisoned.

Q&A

That's all and it makes total sense. Can you give more into the mold sense. Can you give more into the mold and EMF sensitivity link and what is and EMF sensitivity link and what is going on there? Thanks. Oh, I know. I going on there? Thanks. Oh, I know. I never should have talked about that never should have talked about that today cuz it's a huge, huge bag of today cuz it's a huge, huge bag of worms, isn't it? Think about it this worms, isn't it? Think about it this way. Um your EMF exposure, um what the way. Um your EMF exposure, um what the studies now show is that EMF exposure is studies now show is that EMF exposure is really good at um distorting our immune really good at um distorting our immune responses actually in a very similar responses actually in a very similar

fashion to mold. So, it creates this fashion to mold. So, it creates this upregulation of the reaction responses upregulation of the reaction responses where we're releasing inflammatory where we're releasing inflammatory cytokines and interleukins and histamine cytokines and interleukins and histamine as well into the body as well into the body um faster than we would otherwise. So, um faster than we would otherwise. So, it's a compounding effect with mold.

it's a compounding effect with mold. You're going to be more sensitive to You're going to be more sensitive to mold now than before we brought our cell mold now than before we brought our cell phone towers into our homes. Mini cell phone towers into our homes. Mini cell phone towers, that's what a Wi-Fi router phone towers, that's what a Wi-Fi router is. So, um that's why in in in my view, is. So, um that's why in in in my view, that's one of the biggest reasons why that's one of the biggest reasons why mold is such a bigger deal now than it mold is such a bigger deal now than it used to be because it would be fine um used to be because it would be fine um if we could handle just some of that if we could handle just some of that some of the time, you know, some some of the time, you know, some exposure some of the time as long as our exposure some of the time as long as our body can keep up with detox, digestion, body can keep up with detox, digestion, and repair. But that's the simplest way and repair. But that's the simplest way to think about it. There are so many to think about it. There are so many other inflammatory factors that come other inflammatory factors that come along with EMFs that compound molds um along with EMFs that compound molds um instincts and the ways that mold damages instincts and the ways that mold damages the body. But there it so they actually the body. But there it so they actually just kind of conflict each other.

just kind of conflict each other. And it's just a much bigger cumulative And it's just a much bigger cumulative burden to the body. It's really burden to the body. It's really interesting, isn't it? Can you tell my interesting, isn't it? Can you tell my family I'm not crazy?

family I'm not crazy? >> [laughter] >> [laughter] >> [laughter] >> I love that, Jennifer. It's a very >> I love that, Jennifer. It's a very common phenomenon. That you're the one common phenomenon. That you're the one person that gets it, and everybody else person that gets it, and everybody else is like, "What's wrong with you?" And is like, "What's wrong with you?" And they don't see that they're also having they don't see that they're also having some issues, maybe not as much as you, some issues, maybe not as much as you, but you know, it's affecting everybody.

but you know, it's affecting everybody. Sleep sanctuary looks like what? Oh, Sleep sanctuary looks like what? Oh, good question, Angie. We think about good question, Angie. We think about removing EMFs from the bedroom, for removing EMFs from the bedroom, for example. That's a good start. Get your, example. That's a good start. Get your, you know, smart devices out of the you know, smart devices out of the bedroom so that it's easier for your bedroom so that it's easier for your body to rest deeply. Think about what we body to rest deeply. Think about what we talked about today, um with just the EMF talked about today, um with just the EMF piece alone. That's a great place to piece alone. That's a great place to start in creating a sleep sanctuary.

start in creating a sleep sanctuary. You're not alone in this process. You do You're not alone in this process. You do not have to navigate this journey alone.

not have to navigate this journey alone. And also, most importantly, what your And also, most importantly, what your body's doing makes perfect sense. It is body's doing makes perfect sense. It is not too late for you to heal. Your not too late for you to heal. Your body's just responding to being body's just responding to being poisoned. That's all. So, of course we poisoned. That's all. So, of course we want to respect that and honor. We just want to respect that and honor. We just have to understand what happens in the have to understand what happens in the body once we become poisoned so that we body once we become poisoned so that we make the right decisions about how to make the right decisions about how to heal. That's why other mold detoxes heal. That's why other mold detoxes haven't worked because they're missing haven't worked because they're missing some parts of the physiology. You're some parts of the physiology. You're learning every time you try something.

learning every time you try something. You're learning as you go. You're You're learning as you go. You're getting smarter as you go, and it is not getting smarter as you go, and it is not too late for you to heal. I love too late for you

to heal. I love teaching the brain foggy, sensitive, teaching the brain foggy, sensitive, moldy people. I just adore it because I moldy people. I just adore it because I love watching you blossom and come back love watching you blossom and come back to yourselves. It is not too late for to yourselves. It is not too late for you to heal. Any mold-driven symptom can you to heal. Any mold-driven symptom can get reversed. That's my favorite thing get reversed. That's my favorite thing about this topic. We don't talk about about this topic. We don't talk about unwinnable topics. Like, give me a unwinnable topics. Like, give me a break. Why would we do that? So, it's break. Why would we do that? So, it's okay if it takes longer than you want it okay if it takes longer than you want it to, and it will. It's a project. You're to, and it will. It's a project. You're on the right track now, and you're on the right track now, and you're putting the pieces together. You can putting the pieces together. You can trust your body. It's on your side, trust your body. It's on your side, [music] [music] [music]