

# GETTING RID OF MOLD

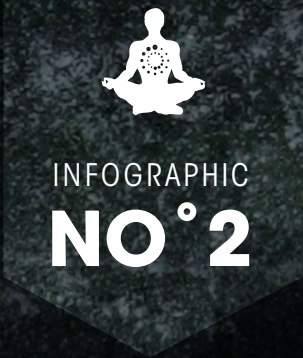
- + Identify all sources of leaks in your home or office and find where humidity is trapped
- + Once a professional has verified all leaks and air exchanges are fixed, use testing to ensure that all mold spores are gone
- + Only rebuild once you are sure that all mold spores are gone. Use a professional drying system through your local Remediation Contractors

## WHAT TO DO

- + Identify potential toxic fungi and molds in your home and office
- + Find a doctor who understands mold and fungal exposure and can help you to recover
- + Eat a Bulletproof Diet and stay away from foods that feed yeast and fungus in the body like carbohydrates and sugar

THE SCIENCE  
BEHIND  
MOLDY  
COFFEE  
READ>

# MOLDY



### ARE YOU A MOLD VICTIM?

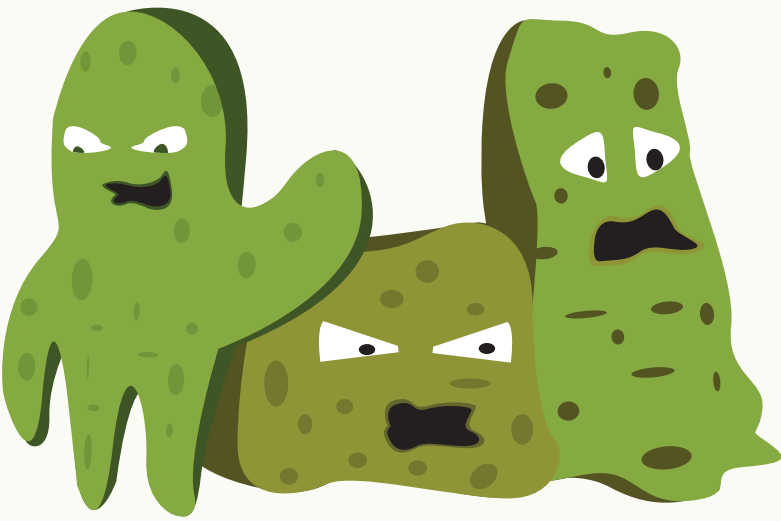
The list below contains **37 OF THE MOST COMMON SYMPTOMS FROM MOLD EXPOSURE**. If you are experiencing one or more of these symptoms, you should consult a healthcare provider.

#### COMMON SYMPTOMS:

**FATIGUE** • WEAKNESS • ACES • MUSCLE CRAMPS • **UNUSUAL PAIN** • ICE PICK PAIN HEADACHE • **LIGHT SENSITIVITY** • RED EYES • BLURRED VISION • TEARING • SINUS PROBLEMS • COUGH • SHORTNESS OF BREATH • ABDOMINAL PAIN • DIARRHEA **JOINT PAIN** • MORNING STIFFNESS • **MEMORY ISSUES** • FOCUS/CONCENTRATION ISSUES • WORD RECOLLECTION ISSUES • DECREASED LEARNING OF NEW KNOWLEDGE **CONFUSION** • DISORIENTATION • SKIN SENSITIVITY • **MOOD SWINGS** • APPETITE SWINGS • SWEATS (ESPECIALLY NIGHT SWEATS) • TEMPERATURE REGULATION OR DYSREGULATION PROBLEMS • EXCESSIVE THIRST • INCREASED URINATION • STATIC SHOCKS • **NUMBNESS** • TINGLING • **VERTIGO** • METALLIC TASTE • TREMORS

CREATE AWARENESS  
#MOLDYMOVIE

by getting rid of this



you help this



### PROCESS



#### WHAT COULD BE WRONG?

- + FIND A DOCTOR TRAINED IN THE SHOEMAKER PROTOCOL OR FAMILIAR WITH MOLD ILLNESS
- + YOUR DOCTOR WILL ORDER TESTS TO FIND BIO-TOXINS AND INFLAMMATORY MARKERS



#### TESTING TO CONFIRM EXPOSURE

- + ORDER THE **ERMI TEST** AND TAKE SAMPLES FROM YOUR HOME OR OFFICE



#### TEST YOUR HOME BEFORE DOING ANYTHING

- + DISTURBING THE MOLD SPORES CAN MAKE A SITUATION MUCH WORSE

## BULLETPROOF TOOLS



- + **GLUTATHIONE FORCE**  
This helps your body to detox and recover from exposure to toxins



- + **COCONUT CHARCOAL**  
Highly absorbent charcoal with millions of tiny pores that can capture, bind, and remove up to 100 times its weight in toxins



- + **UNFAIR ADVANTAGE**  
Works on the mitochondria and recovery from exposure to toxins

CONTENT DEVELOPED IN COLLABORATION WITH MOLD EXPERT, DR. RITCHIE SHOEMAKER. FOR MORE INFORMATION RELATED TO MOLD ILLNESS & THE SHOEMAKER PROTOCOL, VISIT: [WWW.SURVIVINGMOLD.COM](http://WWW.SURVIVINGMOLD.COM)

DISCLAIMER: THIS INFORMATION IS NOT DESIGNED TO DIAGNOSE OR TREAT DISEASE OR ILLNESS. THERE ARE SEVERAL ONLINE MOLD SCREENING TESTS AVAILABLE, BUT ONLY A TRAINED HEALTHCARE PROFESSIONAL CAN DIAGNOSE AND TREAT ILLNESS.

[BULLETPROOFEXEC.COM/MOLDY](http://BULLETPROOFEXEC.COM/MOLDY)