

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

INFOGRAPHIC
NO° 2

ARE YOU A MOLD VICTIM?

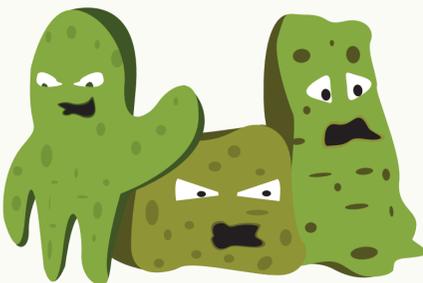
The list below contains **37 OF THE MOST COMMON SYMPTOMS FROM MOLD EXPOSURE**. If you are experiencing one or more of these symptoms, you should consult a healthcare provider.

COMMON SYMPTOMS:

FATIGUE · WEAKNESS · ACHEs · 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 BIOTOXINS 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

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.

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