



WHAT TO DO IN A MOLDY ENVIRON- -MENT

Dr. Diana Stafford
The Detox Doc

What do you do if you've pinpointed mold exposure as the underlying cause of your symptoms, but you can't yet get out of your moldy environment?



Of course, the most vital aspect of starting to recover from mold is avoiding it. However, these things take time. You're busy figuring out new housing, what to do with belongings, and a million other things. Should you even start a gentle detox?

Yes!

There are many action steps that can and should be taken even while still in the moldy environment as you work towards getting out.

So, what are some examples of interventions we recommend doing while you're still in the mold?



Reduce exposure to the problem area:

If isolated, seal off the space. For example, if your closet is the only place where mold was found, seal it off.

Plastic and duct tape work well for this purpose. When work is being done and mold, mold spores and mycotoxins are being released into the air, stay out of the environment. Depending on the space, outdoor humidity, and air quality, airing out the space may also be helpful.

Lifestyle Optimization:

It takes anywhere from three weeks to three months or more of solid effort to create an automatic habit. Starting to build and/or reinforcing healthy lifestyle habits now will give you a head start once you're out of the mold.

Sleep:

Your circadian rhythm is very important for overall health. Follow the guidelines in the "Optimize Your Sleep" chart that came with your Conquering Mold book.

Exercise:

Start slowly with a 5 to 15 minute walk 2 to 3 times per week, increasing as tolerated. Movement is essential for detoxification.



Drink Clean Water:

Make sure your water intake is (in ounces) around half of your body weight (in pounds) minimum. Mold dehydrates. Filtered water, remineralized reverse osmosis water, and spring water are the best options to keep hydrated. Keep a glass or stainless steel water bottle handy.



Keeping hydrated also helps with regular bowel movements, which are essential while healing from mold!

Filter and Purify the air:

Air purifiers with HEPA air filters are ideal for maximum filtration. When you use a high quality air filter, you also filter out VOCs and other chemicals related to chemical sensitivities. This helps with overall toxin exposure. Some good options are [AirDoctor \(discount link\)](#) and [GermGuardian](#). [HiTech Air Reactors](#) are also very effective: for HiTech inquiries, call Ray Robison at (405) 820-3762 and mention my name.

For a budget-friendly option, you can create a “Corsi-Rosenthal box” or build your own air purifier with a box fan and single ac filter and tape, replacing the filters as needed.

It is also important to look for filters that are not emitting ozone. Ozone is a respiratory irritant. Mycotoxins in the presence of ozone become more toxic and damaging to the respiratory passages.

Also, make sure you have sufficient air filtration for your space. If you have to choose where to put an air filter, I always recommend putting it where you sleep.

Dehumidify the Air:

Keeping humidity at less than 50% goes a long way to prevent further mold growth. As with air filters, make sure you have enough dehumidifiers for the space.

[Here's a dehumidifer I use.](#)



Other detoxification techniques that help include sauna once weekly and/or lymphatic massage every other week. Using these treatments more frequently while still in a moldy environment can flare symptoms. Deep breathing techniques are also very valuable when out of the mold but are not indicated while in the mold.

Starting supplements - [these can be found on my Fullscript supplement site:](#)

While strong detoxification is not indicated while still in the mold, organ support and gentle detoxification can help the entire healing process. Here are some examples of supplements that can be started while still in the mold:

Organ support:

Protecting the body with organ support is important and can be done while in a moldy environment. An example of this is milk thistle. Milk thistle stimulates the body's production of the master antioxidant glutathione. It is organ protective to the liver and kidneys. It is gentle and well-tolerated. It does induce cytochrome p450 so we have to be careful to check for any interactions with medications.

Quercetin:

Quercetin is a bioflavonoid found in colorful fruits, vegetables, leaves, and seeds. It has been shown to be protective to the cells while exposed to some mycotoxins.

Omega-3's:

DHA is neuroprotective, protecting the brain, blood-brain barrier and nerves from mycotoxin damage.



Nasal sprays:

Probiotic nasal sprays or nasal swabs provide support for your sinus microbiome and prevent colonization with mold.

Probiotics:

Probiotics can be useful even while still in the mold. As always, starting with a small dose and using the principles of titration discussed in *Conquering Mold* is recommended.

Mitigate EMF exposure:

Turn off your WiFi router at night. Use speakerphone whenever possible and use airplane mode when you are not using your phone for calls and texts. You can buy an [EMF meter](#) to test for magnetic field levels in your environment.

Next Steps

For questions on mold, mycotoxins, and bacteria in the body or to get started with mold detox, contact Diana Stafford, MD at 757-799-2032, doctorstafford.com and on social media linked below:



www.ConqueringMoldTheBook.com

To get your indoor environment tested, check the list of professionals at ISEAI.org.

Disclaimer

The information contained in this document is for educational purposes only and not intended as personal medical advice. The information discussed is not intended to replace the advice of your doctor.