

Hey Friends,

I began compiling this list as a personal guide, a testament to the lessons gleaned from 11 years of grappling with mold, exposure, and the impact of chemicals, pesticides, and fragrances. It also serves as a resource for those who inquire about my journey to recovery. And because I'm an ADHD dumbass I tend to forget things easily.

In the middle of a reaction—be it to mold, fragrances, or chemicals (some call it getting “hit” with mold or whatever)—my cognitive clarity often waned, making it a challenge to recall the strategies I had acquired over the years to aid myself, my friends, or my family so I wrote this..

While this roster is by no means an exhaustive list of remedies or possibilities, it encapsulates, in the words of Dr. Jack Kruse, my singular experience (N=1) and what proved effective for me. It is crucial to emphasize that I am not a medical practitioner, a physician, nor a researcher; rather, I am a dumbass who refused to give up or just take the non-explanation/no answer from the 9 western doctors who had no clue how to deal with severe illness due to mold exposure. Through extensive trial and error, I discovered what worked for me, and many of these insights have been instrumental in aiding others.

For ongoing updates and additional details, please revisit hopechain.com, where I commit to regularly expanding upon this compilation. My hope is to transform this into a freely accessible e-book in the near future. Thank you for your readership, and I encourage you to like, subscribe, and share the wealth of information provided here on hopechain.com. Additionally, consider supporting this cause by [purchasing a T-shirt](#)—perhaps even 200 of them 😊— OR please [make a donation](#) to help us continue the mission of reducing suicides.

May God bestow blessings upon you and your loved ones. You will get through this!

Warm regards,

Dan Huber

WHAT IF YOU THINK YOU HAVE MOLD?

Are you sick? Did you get sick after moving into the house or starting a new job in a new building? Are some people sick in the house but not others? Does your house smell (Like Grandmas house)? Does the smell come and go when the weather changes? Do your eyes itch and you have constant nasal or respiratory infections or worse? Was your child's school impacted by a storm or have water damage and now she is sick all the time?

I bet you're confused, frustrated and possibly even scared. Not to worry, you can and will get through this. We did...actually twice and YES it F-ing sucked. We lost a lot of money, time, energy and even some friends over it. Here are a bunch of thoughts, ideas and solutions that we used over the past ten years.

Exposure to mold can lead to a variety of symptoms, and the severity and type of symptoms can vary depending on the individual, the type of mold, and the extent of exposure. Common symptoms of mold exposure may include:

1. **Respiratory Issues:**

- Coughing
- Wheezing
- Shortness of breath
- Chest tightness
- Sore throat
- Sinus congestion or runny nose
- Recurring infections
- asthma

2. **Allergic Reactions:**

- Sneezing
- Watery or itchy eyes
- Red or irritated eyes
- Skin rash or hives

3. **Nasal and Throat Irritation:**

- Runny or stuffy nose
- Postnasal drip

- Itchy or sore throat

4. **Eye Irritation:**

- Redness
- Watery or itchy eyes
- Blurred vision
- Vision declining...need glasses

5. **Skin Issues:**

- Skin rash or irritation
- Itching
- Dermatitis/dandruff

6. **Neurological Symptoms:**

- Headaches
- Memory problems
- Difficulty concentrating
- Brain fog
- Have to “bear down” in order to think
- Problems recalling words (Even when the “thing” is right in front of you. “Honey pass me the???? Black thing that you use to change channels on the TV”
- THE REMOTE? “Yes that’s the Curse word, curse word thing!”

7. **Fatigue and Weakness:**

- Feeling tired or lethargic
- Generalized weakness
- Post exercise malaise
- Cant get to sleep at night, cant wake up in the morning and have to take a nap at 2:00pm
- Wake up every day feeling like it could be your last...This is how I was.
- Sleep apnea

8. **Digestive Issues (less common):**

- Nausea and/heartburn.....bottle of tums next to your bed
- Diarrhea and/or constipation
- Abdominal pain
- Undigested food...problems digesting certain foods

9. **Muscle and Joint Pain:**

- Aches and pains
- Muscle weakness
- Shooting pains that come out of nowhere.

10. **Mood Swings and Behavioral Changes:**

- Anxiety
- Depression
- Irritability/anger
- Suicidal ideation

11. **Immune System Reactions (in individuals with weakened immune systems):**

- More severe respiratory symptoms
- Fungal infections
- Unexplained weight gain or loss
- Hair loss
- Messed up hormones (Low T in men)
- Thyroid problems Hashimoto's diagnosis

It's important to note that not everyone exposed to mold will experience these symptoms, and some individuals may be more sensitive to mold than others. Even in the same house one person can be on their death bed and others can seem to have no problem at all. I've seen this cause big marriage/relationship problems because it is so elusive and hard to figure out. It is not uncommon for it to be summarily dismissed as "being in your head" Or "You're depressed" Additionally, certain types of mold, such as black mold (*Stachybotrys chartarum*), are known to produce mycotoxins which can potentially lead to more severe health effects.

If you suspect that you or someone you know may be experiencing symptoms related to mold exposure, it's advisable to seek "Qualified" medical attention. Additionally, it's crucial to address and remediate any mold issues in the environment to prevent further exposure. If you are dealing with a significant mold problem, it's recommended to consult with a professional for proper removal and cleanup. ****BUT!!! These guys can suck too so find a very reputable one and ask for references!****

WE REALLY THINK WE HAVE MOLD....NOW WHAT?

1. **1. Prioritize Safety:**

- The safety of you and your family is paramount. If you suspect toxic mold, consider temporarily relocating to a safe environment while you assess and address the issue. DON'T bring furniture with you...clothes should be fine if you can wash them thoroughly...if possible contamination leave them outside in the sun for a few days.

2. **2. Inspect for Visible Signs:**

- Conduct a top to bottom visual inspection of your home for any visible signs of mold, such as discoloration, water stains, or unusual odors. Find the source of the water intrusion. This can be a leak from plumbing behind a wall or in the ceiling beneath a bathroom or behind a dishwasher . Roof leak, basement leak, also the HVAC system...it could be spraying mold over you every time you turn it on.
- Get a [moisture meter](#) to test the suspected area
- A [low cost FLIR camera](#) that connects to your phone can show temperature changes which can indicate water intrusion

3. **3. Test for Mold:**

- Consider conducting mold tests to confirm its presence and identify the specific types of mold present. This can help guide the remediation process.
- Purchase a low cost [at home test kit](#) to start

4. **4. Consult a Professional:**

- Engage a certified mold inspector or a professional with expertise in mold assessment to conduct a comprehensive evaluation of your home. They can provide expert guidance on the extent of the issue and recommended steps for remediation.
- Ask them for references and what type of testing they do...look for a pro! You can waste money on fly by night idiots who just want to make money off your desperate situation

5. **5. Address Water Intrusion:**

- Identify and fix any sources of water intrusion, such as leaks, dampness, or high humidity. Addressing the source of moisture is crucial to preventing future mold growth.

6. 6. Isolate Affected Areas:

- Seal off areas with visible mold growth to prevent the spread of spores to uncontaminated areas of your home.

7. 7. Consider Professional Remediation:

- Depending on the extent of the mold problem, it may be advisable to hire a professional mold remediation service with experience in safely and effectively removing mold.

8. 8. Use Proper Protective Gear:

- If you choose to handle the remediation yourself, wear appropriate personal protective equipment (PPE) such as an N95 respirator, gloves, and protective clothing.

9. 9. Thoroughly Clean and Remove Mold:

- Use appropriate cleaning solutions and methods to remove visible mold. Ensure affected materials are disposed of properly.

10. 10. Monitor for Recurrence:

- After remediation, continue to monitor for any signs of mold regrowth or new water damage. Address any issues promptly to prevent future mold problems.

Remember, if the mold problem is extensive or if you have underlying health concerns, it's advisable to seek professional help from certified mold remediators and healthcare professionals. They can provide specialized expertise in addressing mold issues and related health concerns.

11. 11. Ventilate the Area:

- Ensure proper ventilation in affected areas by using fans and opening windows. This helps reduce humidity levels and aids in drying out damp areas.

12. 12. Utilize Dehumidifiers:

- Use dehumidifiers to control humidity levels in your home. This helps create an environment less conducive to mold growth.

13. 13. Consider Air Purification:

- Invest in high-quality air purifiers with HEPA filters to help remove airborne mold spores and improve indoor air quality.

14. 14. Inspect HVAC Systems:

- Have your heating, ventilation, and air conditioning (HVAC) systems inspected for any signs of mold growth or moisture issues. Regular maintenance can prevent mold problems.

15. 15. Clean Personal Belongings:

- Items like clothing, furniture, and personal belongings in affected areas should be thoroughly cleaned or, if heavily contaminated, consider disposal.

16. 16. Seal Off Contaminated Areas:

- If possible, seal off contaminated areas from the rest of the living space to prevent further spread of mold spores.

17. 17. Consider Professional Testing:

- For comprehensive assessment, consider hiring a professional mold testing service to conduct a thorough evaluation of your home's air quality and identify specific mold species present.

18. 18. Address Water Damage Immediately:

- Swiftly address any water leaks, spills, or flooding incidents. Timely intervention can prevent mold growth and further damage.

19. 19. Replace Water-Damaged Materials:

- If materials like drywall or insulation have been extensively water-damaged and cannot be adequately cleaned or dried, consider replacing them to prevent further mold growth.

20. 20. Educate Yourself and Seek Support:

- Educate yourself about mold prevention and remediation techniques. Seek advice from reputable sources or consider joining online forums or communities where individuals share experiences and information about dealing with mold issues.

Remember, it's crucial to approach mold remediation with caution, and when in doubt, seek the assistance of qualified professionals who have the expertise and equipment to handle the situation safely and effectively.

21. Create Negative Pressure Isolation before you remediate:

- If possible, create a negative pressure environment in the contaminated area. This involves using specialized equipment like exhaust fans and plastic sheeting to isolate the space and prevent mold spores from spreading to uncontaminated areas.
- **Steps to Achieve Negative Pressure Isolation:**
 - Seal off all openings, doors, and windows leading to the rest of the living space using plastic sheeting and duct tape.
 - Install an exhaust fan that vents air from the contaminated area to the outside of the home. This fan should have a HEPA filter to trap mold spores before they are expelled.
 - Create an airlock entry by setting up an additional plastic sheeting barrier with overlapping flaps to act as a transition zone between the contaminated area and the uncontaminated space.
 - Ensure that the exhaust fan is powerful enough to maintain negative pressure, which means that air is constantly being drawn out of the isolated area, preventing the escape of airborne contaminants.
- By establishing negative pressure, you minimize the risk of spreading mold spores to other parts of your home during the remediation process. This technique is commonly used in professional mold remediation efforts to contain the contamination.
- It's important to note that achieving and maintaining negative pressure requires careful setup and monitoring, so if you're unsure about this process, consider consulting with a professional mold remediation service.

WHAT ARE MYCOTOXINS? ARE THEY MAKING ME SICK?

Mold Mycotoxins: Overview

1. Types of Mycotoxins:

- There are various types of mycotoxins produced by molds. Some of the most common include aflatoxins, ochratoxins, trichothecenes, fumonisins, and gliotoxin, among others.

2. Mold Species Producing Mycotoxins:

- Different molds produce specific types of mycotoxins. For instance, *Aspergillus* species are known for producing aflatoxins, while *Penicillium* and *Aspergillus* species may produce ochratoxins.

3. Routes of Exposure:

- Mycotoxins can enter the body through inhalation (breathing in airborne spores and mycotoxin particles), ingestion (consuming contaminated food or water), and dermal contact (skin exposure).

4. Common Sources of Exposure:

- Food contamination: Mycotoxins can contaminate crops like grains, nuts, and fruits, particularly if they are stored in damp conditions.
- Indoor air: Mold growth in buildings, especially in areas with water damage or high humidity, can release mycotoxin-laden spores into the air.
- Water damage: Mycotoxins can be present in water-damaged materials like wood, drywall, and carpeting.

Health Effects of Mold Mycotoxins

1. Allergic Reactions:

- Inhalation of mycotoxins can lead to allergic reactions, such as sneezing, runny nose, itchy eyes, and skin irritation, particularly in individuals with sensitivities.

2. Respiratory Issues:

- Prolonged exposure to mycotoxins can exacerbate respiratory conditions like asthma and bronchitis. Symptoms may include coughing, wheezing, and shortness of breath.

3. Neurological Effects:

- Some mycotoxins, like trichothecenes, can have neurotoxic effects, leading to symptoms such as headaches, dizziness, confusion, and difficulty concentrating.

4. Immune System Suppression:

- Long-term exposure to mycotoxins can weaken the immune system, making individuals more susceptible to infections and illnesses.

5. Gastrointestinal Issues:

- Ingestion of mycotoxin-contaminated food or water can lead to gastrointestinal problems, including nausea, vomiting, abdominal pain, and diarrhea.

6. Liver Damage:

- Aflatoxins, produced by certain *Aspergillus* species, are known to be hepatotoxic and can lead to liver damage or even liver cancer in severe cases.

7. Kidney Damage:

- Ochratoxins, produced by molds like *Penicillium* and *Aspergillus*, can be nephrotoxic and may lead to kidney damage with prolonged exposure.

8. Carcinogenic Effects:

- Some mycotoxins, particularly aflatoxins, are classified as carcinogenic and have been linked to the development of certain cancers.

Managing Mycotoxin Exposure

1. Prevention:

- The most effective way to manage mycotoxin exposure is through prevention. This involves controlling moisture levels in indoor environments, ensuring proper ventilation, and promptly addressing water damage.

2. Removal of Contaminated Materials:

- If mold-infested materials are identified, they should be safely removed and replaced to prevent further mycotoxin exposure.

3. Professional Remediation:

- In cases of extensive mold contamination, especially when mycotoxins are involved, it's advisable to seek the services of a professional mold remediation company with expertise in handling hazardous materials.

4. Medical Attention:

- If you suspect mycotoxin exposure has led to health issues, seek medical attention. Healthcare professionals can provide appropriate diagnosis and treatment.

It's important to note that individuals with compromised immune systems, allergies, or respiratory conditions may be more vulnerable to the effects of mycotoxins and should take extra precautions. Alternative treatments for mold mycotoxin exposure or illness can complement conventional medical approaches. It's important to note that while some alternative treatments may provide relief or support, they should not be used as a substitute for professional medical advice and treatment. Always consult with a healthcare provider before starting any alternative treatments. Here are some alternative approaches that have been explored for mold mycotoxin exposure:

HOW DO YOU GET BETTER?

1. 1. Detoxification Therapies:

- **Activated Charcoal:** Activated charcoal may help absorb mycotoxins in the digestive tract, preventing their absorption into the bloodstream.
- **Cholestyramine:** This prescription medication is sometimes used off-label to bind mycotoxins in the digestive system, facilitating their elimination.

2. 2. Nutritional Supplements:

- **Antioxidants:** Vitamins C and E, selenium, and glutathione are antioxidants that may help support the body's natural detoxification processes.
- **Probiotics:** These can help restore healthy gut bacteria, which can be disrupted by mycotoxin exposure.

3. 3. Herbal Remedies:

- **Milk Thistle:** Known for its liver-protective properties, milk thistle may help support liver function, which is important for detoxification.

- **Chlorella and Spirulina:** These algae are sometimes used to support detoxification and provide essential nutrients.

4. **4. Binders and Chelators:**

- **Bentonite Clay:** This natural clay is believed to have detoxifying properties and is sometimes used to bind mycotoxins.
- **Cilantro and Chlorella:** These natural substances are believed to help remove heavy metals and toxins from the body.

5. **5. Immune Support:**

- **Echinacea:** Some herbal remedies, like echinacea, are used to support immune function.

6. **6. Lifestyle Modifications:**

- **Dietary Changes:** Adopting an anti-inflammatory, nutrient-rich diet can support overall health and may aid in recovery.
- **Stress Reduction Techniques:** Practices like meditation, yoga, and deep breathing exercises can help support the body's natural healing processes.

7. **7. Hyperbaric Oxygen Therapy (HBOT):**

- This involves breathing pure oxygen in a pressurized room or chamber, which may promote healing and reduce inflammation.

8. **8. Intravenous (IV) Therapies:**

- IV therapies with nutrients and antioxidants may be used to support detoxification and overall health.

9. **9. Homeopathic Remedies:**

- Some homeopathic practitioners may recommend specific remedies based on an individual's symptoms and constitution.

10. **10. Acupuncture and Traditional Chinese Medicine (TCM):**

- These practices may be used to support the body's energy balance and overall well-being.
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It's crucial to approach alternative treatments with caution and consult a qualified healthcare provider who is knowledgeable about mold-related illnesses. They can help tailor a treatment plan based on your specific circumstances and needs. Additionally, ensure that any supplements or alternative therapies do not interact negatively with any existing medications or conditions you may have.

MOLD BOOKS

https://www.amazon.com/House-Making-Beginners-Guide-Toxic/dp/1523732482/ref=sr_1_14?keywords=books+on+mold&qid=1695049500&sr=8-14

https://www.amazon.com/Erik-Avoidance-Writings-Mold-2000-2015-ebook/dp/B015OORQD0/ref=sr_1_11?keywords=books+on+mold&qid=1695045312&sr=8-11

https://www.amazon.com/Mold-Money-Thousands-Dollars-Remediation/dp/0979468531/ref=sr_1_3?keywords=books+on+mold&qid=1695045312&sr=8-3

https://www.amazon.com/TOXIC-MOLD-BOOK-remove-mycotoxins/dp/B08BVWTFR3/ref=sr_1_9?crid=1CZGTFB8DPKW7&keywords=Toxic+mold&qid=1695049874&srefix=toxic+mold%2Caps%2C117&sr=8-9

https://www.amazon.com/Surviving-Mold-Life-Dangerous-Buildings/dp/0966553551/ref=sr_1_1?crid=2TN0CYZ93Y3UM&keywords=Richie+shoemaker+mold&qid=1695049967&srefix=richie+shoemaker+mold%2Caps%2C104&sr=8-1

Links to all the stuff we've used or are currently using:

<https://luciaeyes.com/>

BN-LINK BND-60/U47 Indoor Mini 24-Hour Mechanical Outlet Timer, 3-Prong, 2-Pack
<https://amzn.to/46gPR7D>

Nujehuo GLFZWJ 100% Silver Fiber EMF Shielding Bed Canopy, Blocks Radiation/EMF/WiFi/
5G & Other RF Attenuation 10MHz-10GHz 35-60dB(Size:Dome Double)
<https://amzn.to/3ZjBYmZ>

Activated Charcoal Capsules - 1,200 mg Highly Absorbent Helps Alleviate Gas & Bloating
Promotes Natural detoxification Derived from Coconut Shells - per Serving - 100 Vegan
Capsules
<https://amzn.to/45TwP7r>

Evviva Sciences Mold Test Kit for Home - 10 Simple Detection Tests w/Optional Lab Analysis,
Test HVAC System, Home Surfaces, & Indoor Air Quality Testing Kit - Downloadable
Identification Guide
<https://amzn.to/3RqbrSQ>

Jslinter 6-Pack Edison Light Bulb, Dimmable A19 Antique Vintage Style Old Fashioned
Incandescent Light Bulbs, Amber Warm e26 Base 60w
<https://amzn.to/45TQPqt>

Pinless Wood Moisture Meters Water Leak Detector for Lumber Concrete Building -Wall
Moisture Sensor Digital Humidity Tester for Firewood (Pinless)
<https://amzn.to/3ZmyKip>

ERICKHILL Wood Moisture Meter with 3-Color Backlight, Pen-Type Digital Moisture Detector,
Pin-Type Water Leak Detector Mold Detector for Wood, Firewood, Brick, Drywall, Paper, Floor,
Plaster
<https://amzn.to/3EHMef9>

FLIR One Pro LT iOS Pro-Grade Thermal Camera for Smartphones
<https://amzn.to/3t4Feg1>

Austin Air Bedroom Machine Air Purifier, For A Better Nights Sleep, HEPA Filtration System for
Allergies and Asthma (Sandstone)
<https://amzn.to/44W6Z1A>

IQAir HealthPro Plus Air Purifier - Medical Grade HyperHEPA filter for home large room up to
1125 sq ft - for Viruses, Bacteria, Allergens, Asthma Triggers, Smoke, Mold, Pets, Dust, Odor,
Swiss Made
<https://amzn.to/3PLLZX2>

Sunlite 25A/TB/R/6PK Incandescent Red A19 25W Light Bulbs with Medium E26 Base (6 Pack)

<https://amzn.to/3ZCDTTX>

LATNEX AF-5000 5G EMF Meter RF Detector Tester and Reader with Calibration Certificate - Tests and Measures RF and Microwaves, 3-Axis Gauss or Tesla Magnetic Fields and Electrical ELF Fields

<https://amzn.to/3PLMHDG>

TRIFIELD Electric Field, Radio Frequency (RF) Field, Magnetic Field Strength Meter -EMF Meter Model TF2 - Detect 3 Types of Electromagnetic Radiation with 1 Device - Made in USA by AlphaLab, Inc.

<https://amzn.to/452RDrP>

TRIFIELD Electric Field, Radio Frequency (RF) Field, Magnetic Field Strength Meter -EMF Meter Model TF2 - Detect 3 Types of Electromagnetic Radiation with 1 Device - Made in USA by AlphaLab, Inc.

<https://amzn.to/3LQwCKz>

Grounding Sheet 5% Silver Fiber with Grounding Cord for Better Sleep Native Health (36x91 Inch)

<https://amzn.to/3RrnWxQ>

GroundLuxe Organic Fitted Grounding Sheet - for King Size Bed

<https://amzn.to/3rodAUv>

Alka Seltzer Gold - 36 Effervescent Tablets

<https://amzn.to/3Pp3cUt>

Fasting Salts Capsules: Pure Electrolytes for Fasting. Sodium, Potassium, Magnesium, Phosphorus. Fasting Electrolytes Supplement from Nutri-Align Fasting Range. 120 Capsules

<https://amzn.to/3LuBxAm>

Ecological Formulas - Tri-Salts 200gms
<https://amzn.to/3rhRoLW>

TODICAMP Zeolite Powder - Zeolite Clinoptilolite Powder Sorbolit Ultra FINE 1-2 μm 95% - 3X Activated - 200g - 7.05oz - Zeolite Powder Supplement - 200 Days Supply (200 Days Supply)
<https://amzn.to/455hZK8>

Aztec Secret- Indian Healing Clay 1 lb – Deep Pore Cleansing Facial & Body Mask – The Original 100% Natural Calcium Bentonite Clay – New Version 2
<https://amzn.to/455ihRe>

pH Test Strips for Testing Alkaline and Acid Levels in The Body. Track & Monitor Your pH Level Using Saliva and Urine. Get Highly Accurate Results in Seconds.
<https://amzn.to/3PGaZyL>

Kirk's Castile Bar Soap Clean Soap for Men, Women & Children | Premium Coconut Oil | Sensitive Skin Formula, Vegan | Fragrance-Free/Unscented | 4 oz. Bars - 18 Pack
<https://amzn.to/3rfj1Ft>

The Honest Company 2-in-1 Cleansing Shampoo + Body Wash | Gentle for Baby | Naturally Derived, Tear-free, Hypoallergenic | Fragrance Free Sensitive, 10 fl oz
<https://amzn.to/46jmBa7>

The Honest Company Hydrating Face + Body Lotion | Fast Absorbing, Naturally Derived, Hypoallergenic | Fragrance Free Sensitive, 8.5 fl oz
<https://amzn.to/45Xy31w>

Desert Essence Fragrance Free Shampoo & Conditioner Bundle - 8 Fl Ounce - Pure - Vitamin B5 - Green Tea - Softer, Shinier & More Manageable - Aloe Vera - Unscented
<https://amzn.to/3EIW8xb>

Lubriderm Daily Moisture Hydrating Unscented Body Lotion with Pro-Vitamin B5 for Normal-to-Dry Skin for Healthy-Looking Skin, Non-Greasy and Fragrance-Free Lotion, 16 fl. oz
<https://amzn.to/3PLOLeU>

Native Deodorant | Natural Deodorant for Women and Men, Aluminum Free with Baking Soda, Probiotics, Coconut Oil and Shea Butter | Unscented
<https://amzn.to/3RrXBUN>

Native Deodorant | Natural Deodorant for Men and Women, Aluminum Free with Baking Soda, Probiotics, Coconut Oil and Shea Butter | Eucalyptus & Mint
<https://amzn.to/3PJ53VE>

Earth Breeze Laundry Detergent Sheets - Fragrance Free - No Plastic Jug (60 Loads) 30 Sheets, Liquidless Technology
<https://amzn.to/44XRbuU>

Earth Breeze Laundry Detergent Sheets - Fragrance Free - No Plastic Jug (60 Loads) 30 Sheets, Liquidless Technology
<https://amzn.to/3sYURj0>

Organic Enema Coffee - One Pound - by S.A. Wilson - Pack of 4
<https://amzn.to/3Pq2ruo>

PureLife Enema Coffee- 1 Lb - Organic Gerson Specific - Ground - Mold & Fungus Free - Air Roasted Medium / Shipped Fresh- American Owned and Operated Since 2012
<https://amzn.to/48cg6hg>

Purelife Enema Coffee - 1 Lb Organic Ultra Light "Gold" Air Roast - Lab Tested Mold, Fungus & Mycotoxin Free - Specialty Grade Pre-Ground - Gerson Accepted for Superior Liver Detoxification
<https://amzn.to/3t0u5H1>

Blubonic 12% Food-Grade Hydrogen Peroxide, Cleaner, Disinfectant, Stabilizer-Free, Pure Oxygen and Water, H₂O₂, Gallon/ 128 fl oz
<https://amzn.to/460ZnvV>

Blubonic 12% Food-Grade Hydrogen Peroxide, Cleaner, Disinfectant, Stabilizer-Free, Pure Oxygen and Water, H₂O₂, Gallon/ 128 fl oz
<https://amzn.to/48meCRO>

Arm & Hammer Baking Soda, 1 Pound (Pack of 12)
<https://amzn.to/3Pfriks>

BCAN 40/48" Foldable Mini Trampoline Max Load 330lbs/440lbs, Fitness Rebounder with Adjustable Foam Handle, Exercise Trampoline for Adults Indoor/Garden Workout
<https://amzn.to/3Pp593f>

Lifepro Vibration Plate Exercise Machine with Handles, Vibrating Plate Exercise Machine, Vibration Platform Machines, Vibration Plate Lymphatic Drainage, Handles Help with Balance
<https://amzn.to/46ejvum>

Wood Therapy Massage Tools | Set of 4 Wood Massage Tools | Maderoterapia Kit for Muscle Tension & Improved Circulation | | Fascia Massage Tool | Lymphatic Drainage Tool | Wooden Massage Tool |
<https://amzn.to/3rhIGNA>

MainBasics Dry Body Brush | Exfoliate for Flawless Skin, Reduce Cellulite, Boost Lymphatic Drainage & Blood Circulation with Massage Nodes
<https://amzn.to/3ZmX6IY>

LifePro Sauna Blanket for Detoxification - Portable Far Infrared Sauna for Home Detox Calm Your Body and Mind Regular Black
<https://amzn.to/3rrzMgx>

1Love Near Zero EMF Far Infrared Sauna Dome | Personal Sauna for Home | 1 Person Infrared Sauna with Therapeutic Stones | Dry Infrared Saunas for Home | at Home Sauna Spa | Indoor Sauna | Dry Sauna
<https://amzn.to/3LsG6eO>

AUVON Blood Glucose Monitor Kit, High Accuracy Blood Sugar Test Kit with 50 Glucometer Strips, 50 30G Lancets, 1 Lancing Devices, I-QARE DS-W Diabetes Testing Kit, No Coding Required, Travel Size
<https://amzn.to/3t7im9m>

CF13HC Commercial Chest Freezer - 12.7 cu. ft.
<https://amzn.to/3PJ7yY2>

GE Advanced Silicone Caulk for Kitchen & Bathroom - 100% Waterproof Silicone Sealant, 5X Stronger Adhesion, Shrink & Crack Proof - 10 oz Cartridge, Clear, Pack of 1
<https://amzn.to/451h794>

KETOTEK Digital Thermostat Outlet Plug Temperature Controller Outlet Socket 120V Heating Cooling Control 110V 15A Celsius/Fahrenheit Display
<https://amzn.to/3ZoTaYe>

AMOSIJOY 172GPH Canister Filter, Ultra-Quiet External Aquarium Filter with Free Media for Large Fish Tanks and Aquariums (172GPH)
<https://amzn.to/3Zkw1WU>

SafeSleeve EMF Protection Samsung Galaxy S21 Case: RFID Blocking Card Holder Wallet, Adjustable Stand Cell Phone Case, Vegan Leather for Women & Men (Red)
<https://amzn.to/3EIV64f>

SafeSleeve EMF Protection iPhone Case: iPhone 13 Mini RFID Blocking Card Holder Wallet, Adjustable Stand Case, Vegan Leather for Women & Men (Red)
<https://amzn.to/48nDhFF>

<https://www.safesleevecases.com/>

<https://medlineplus.gov/druginfo/meds/a682672.html>

<https://store.waveformlighting.com/collections/a19-bulbs/products/superwarm-1700k-flicker-free-a19-10w-led-bulb>

Mold books

Is Your House Making You Sick? A Beginner's Guide to Toxic Mold

<https://amzn.to/45VXWio>

Erik On Avoidance: Writings on Mold Avoidance: 2000-2015

<https://amzn.to/3PoD1gN>

Mold Money: How to Save Thousands of Dollars on Mold Remediation and Make Sure the Mold Is Gone

<https://amzn.to/3EJS7IY>

TOXIC MOLD BOOK: How to remove mold and mycotoxins from your home

<https://amzn.to/3RoMMhC>

Surviving Mold: Life in the Era of Dangerous Buildings

<https://amzn.to/45Ndsgp>