

# 10 Best & Worst FOODS for Moldies

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## 10 BEST FOODS

The foods that made this list are potent protectors from the damaging effects of mold exposure. Being that mold sickness is primarily a toxin sickness, these foods protect our organs of detoxification - the liver, kidneys, and digestive tract. They also protect critical systems from toxin invasion, such as the brain and nervous system. Many have been shown to restore immune system function after exposure to mold. Eat these foods on a daily basis. To give your recipes more pizzazz, add mold-killing seasonings.

Broccoli	Asparagus
Kale	Beets
Brussel sprouts	Cabbage
Tomatoes	Avocado
Arugula	Wild-caught Salmon

## 10 WORST FOODS

Foods on this list either promote fungal overgrowth inside our bodies, or are in the fungus family themselves. By avoiding these foods, you're reducing your total body burden of things in the fungal family. This powerful advantage helps to restore balance in your body. Many underestimate the power of food. Avoid these foods to help conquer mold.

Leavened bread	Mushrooms
Baked goodies	Peanuts
Aged & moldy cheeses	Potatoes
Dried fruits	Cantaloupe
Sweets of any kind	Grapes

