

Break The **MOLD**

Resources

Keep an eye out for more video blogs on my website:
DRCRISTA.COM.

Or on Facebook and Instagram
[@DRJILLCRISTA](https://www.instagram.com/DRJILLCRISTA)

If you prefer YouTube, find my video channel by searching
#GOTMOLD, and subscribe.

WEBSITES & SUPPORT

Environmental Working Group
(ewg.org)

Dr. Ritchie Shoemaker
(survivingmold.com)

Paradigm Change
(paradigmchange.me, Mold Avoiders Facebook group)

Dr. Wayne Anderson
(gordonmedical.com/team/wayne-anderson-n-d)

Horowitz Lyme/Multiple Systemic Infectious Disease
Syndrome (MSIDS) Questionnaire
(cangetbetter.com/symptom-list)

Dr. Jill Carnahan—Low Mold Diet
(jillcarnahan.com/2015/02/08/low-mold-diet/)

ARTICLES & BOOKS

Clean, Green & Lean, Dr. Walter Crinnion
(crinnionopinion.com)

Mold Warriors and Surviving Mold, Dr. Ritchie Shoemaker
(survivingmold.com)

Toxic, Molds & Mycotoxins, Dr. Neil Nathan
(neilnathanmd.com/books)

Why Can't I Get Better? Solving The Mystery Of Lyme & Chronic Disease, Dr. Richard Horowitz
(cangetbetter.com)

Reversal of Cognitive Decline article, Dr. Dale Bredesen

Dirty Genes, Dr. Benjamin Lynch
(go.dirtygenes.com/books)

The Yeast Connection, Dr. William G. Krook

Eat Right 4 Your Type, Dr. Peter D'Adamo
(dadamo.com)

Your Guide to Forest Bathing: Experience The Healing Power of Nature, M. Amos Clifford

Nourishing Traditions, Sally Fallon & Mary Enig
(Bieler's broth recipe)

TRAINING

Environmental Health Symposium
(environmentalhealthsymposium.com)

The Forum for Integrative Medicine
(forumforintegrativemedicine.org)

Mold Illness Made Simple online course, Dr. Sandeep Gupta
(moldillnessmadesimple.com)

Dr. Paul Anderson
(consultdranderson.com)

Klinghardt Academy, Dr. Dietrich Klinghardt
(klinghardttacademy.com/Seminars-Workshops/)

Study with Tieraona, Dr. Tieraona Lowdog
(drlowdog.com/study-with-tieraona/)

Bredesen Protocol
(drbredesen.com/thebredesenprotocol)

American Association of Naturopathic Physicians
(naturopathic.org)

Academy of Integrative Health & Medicine
(aihm.org)

SIBO information & courses, Dr. Allison Siebecker
(siboinfo.com)
(sibosos.com/home-resources-2)
(thesibodoctor.com)

TESTING A BODY

(REQUIRES A DOCTOR'S ORDER)

Urine Mycotoxins: Vibrant Wellness
(vibrantwellness.com)

Urine Mycotoxins: Great Plains Laboratory
(greatplainslaboratory.com)

Urine Mycotoxins: RealTime Labs
(realtimelab.com)

Glutathione: Health Diagnostics & Research Institute
(hdri-usa.com)

Organic Acids Test: Great Plains Laboratory
(greatplainslaboratory.com)

TESTING A BUILDING

(CERTIFIED INSPECTORS)

MIDWEST

Indoor Environmental

Martine Davis
(airinspector.com)

NY, NJ, CT, PA, FL
Certified Mold Inspections, Inc
Steven Levy, CMC, CIEC, CMR, CIT, LEED AP
Cory Levy, CMI, ACAC, IICRC
(findingthemold.com)

Southern California
The Mold Guy
Mark Levy
(themoldguyinc.com)

WE INSPECT
Corey Levy and Brian Karr
(yesweinspect.com)

TEST BUILDING MYCOTOXINS
Real Time Labs (realtimelab.com)

FIND A DOCTOR

Go see a Naturopathic Doctor!
Find one at naturopathic.org.

Check the mold-literate practitioners list on my website
DRCRISTA.COM

AIR FILTERS

Ionizing type - Intellipure Premium Plus at
(intellipure.com) Enter code DrJill for 10% discount

HyperHEPA type - IQ Air at
(iqair.com)

PRODUCTS

(NOTE: SOME REQUIRE A DOCTOR'S PRESCRIPTION)

Sweetish Bitters - Gaia Herbs & Wise Woman Herbals

Glutathione Liposomal - Readisorb & Seeking Health

Resveratrol - Gaia Herbs

Liposomal Curcuma/Resveratrol - Empirical Labs

Peloid /Moor mud soak- DrCrista.com

Sauna

Be cautious about FIR saunas that emit EMFs.

Offering low EMF-emitting saunas:

Sauna Ray at saunaray.com

Radiant Health at radianthealthsaunas.com

Atomizers/Nebulizers - NasoNeb, NasoTouch

Nasal sprays

Fess brand Frequent Flyer

PurEssentiel brand Respiratoire

Xylitol nasal spray - Xlear

**NaturaNectar brand Propolis (please use this one only if others don't work
—our bees are struggling so this is a precious resource)**

Coffee - Bulletproof coffee at bulletproof.com/collections/coffee

Wine - Dry Farm Wines at dryfarmwines.com