

1 **Are You Missing Mold Illness?**

- By proceeding, the viewer agrees that the contents of this site, such as text, graphics, images, video, and other material contained on the Dr. Crista site are for informational purposes only.
- Dr. Jill Crista does not provide medical advice, diagnosis or treatment. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment.
- Always seek the advice of your physician or other qualified health provider with any questions you may have regarding your medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on the Dr. Crista site.
- If you think you may have a medical emergency, call your doctor or 911 immediately.
- Dr. Jill does not recommend or endorse any specific tests, physicians, products, procedures, opinions, or other information that may be mentioned on the site.
- Reliance on any information provided by Dr. Jill, Dr. Jill's employees, others appearing on the site at the invitation of Dr. Jill, or other visitors to the site is solely at your own risk.

2 **Peel The Orange**

- Are You Missing Mold Illness In Your Patients?
- Dr. Jill Crista

3 **Peel The Orange**

- Avoidance
- Air Filtration
- Food ~ Do's & Dont's
- Beverage ~ Do's & Dont's
- Med/Supp Cautions
- Fundamentals
- Health Hokey Pokey
- Emunctories

4 **How Mold Makes Your Job Harder**

- "Sensitive" patients~minute doses
- Counter-intuitive reactions
- Detox organs~drug clearance
- Immune depletion~chronicity

- Inflammatory reactions
- Sm vessel vasculitis & coagulation abnormalities~remedy delivery
- Cardiac~fatigue
- Neuro~"mold brain"
- Sleep
- ∴ Don't/can't stick to tx plan
- AND spiritually/energetically depleted

5 **How Mold Makes Your Job Harder**

- RESISTANCE!!!
- The MOST resistant of all enviro med pts to accept the cause

6 **Peel The Orange**

- 1 AVOIDANCE~critical/hardest
- 2 FUNDAMENTALS~BTGs
- 3 PROTECT~mycotoxins/die-off
- 4 REPAIR~gene/cell/organ/system
- 5 FIGHT~last step

7 **First 3 Rules of Toxic Exposure**

8 **Avoidance ~ Easy To Say . . .**

9 **First 3 Rules of Toxic Exposure**

10 **Avoidances**

11 **Avoidance of WDB**

- The most difficult part of tx plan
- Sick, fatigued, cognitively impaired, financially strapped
- More questions about this than other parts of tx plan
- Build referral base
- Use online resources/guidance

12 **Get Out & Take Little With You**

- Relocate w open-ended duration

- Usu must leave possessions behind
- Mold toxic patients are the most resistant of all enviro toxic pts to accept that mold is the issue
- Jedi mind trick? neuroinflam?
- The key to my success?

13 **Relocation During Remediation**

- Occupational study - no resp sx improvement after remediation
- Possible contributing factors:
 - Fragment formation
 - Mycotoxin increase
 - Contamination
 - Internal Colonization
- All above!
- PMID: 21413053

14 **Counsel Against DIY**

- ...testing and remediation
- Mold gets more toxic when bugged
- Aspergillus exposed to amphotericin B ↑ Gliotoxin prod
- Too much addt'l toxin burden for already symptomatic pt
- Guaranteed way to have aggrav
- PMID: 15272057

15 **And What About Hobbies?**

- Baker
- Brewmaster
- Cheese connoisseur
- Somelier
- Antiquer
- Historian
- Mushroomer

- Rare book collector
- Love it? or beholden to it?
- *cannabis ~ storage issue

16 Air Filtration

17 STORY | C-PAP Dementia

- Late 70s F, concerned adult kids ~ mom's safety
- Beg signs of dementia, garage door open overnight
- Dev confusion, balance issues, req cane
- HTN, C-PAP for insomnia dt RLS
- Large historic home, "bad about dusting"
- Stopped using C-PAP bc forgetful
- Readded C-PAP, kids dusted, air filter in bedroom
- Husband's insomnia improved. Hers worsened.
- High anxiety, worry, forget where she is, night wandering
- Nap ok in recliner ~ too far from her C-PAP to use
- Tested C-PAP machine ~ high Aspergillus + endotoxins
- Wasn't maintaining adequate cleaning sched
- Replaced tubing, cleaned machine appropriately
- Dementia sx's improved to no longer an issue
- * * *

18 Air Filtration

- Ionizing:
- Sanitizing = ionized oxygen (O₂⁻)
- Not making ozone (O₃)
- Filters mycotoxins at 0.007 microns
- Filtration:
- HyperHEPA
- Ultrafine particles to 0.003 microns

- Traps mycotoxins
- Incineration:
 - In-home Incinerator
 - Incinerates at 400°F, removes 99% airborne microbiological contaminants

19  **Air Filtration**

- NOT a replacement for remediation!!!

20  **Food ~ Do's & Dont's**

21  **Avoidance Foods ~ First Tier**

- Sweets of any kind
 - Dried fruits
 - Leavened bread
 - Yeast
 - Simple carbohydrates
 - Baked goodies
 - Mushrooms
 - Corn
 - Potatoes
 - Pickles & pickled foods
 - Vinegar
 - Soy sauce
 - Cantaloupe
 - Grapes
 - Aged cheese
 - Moldy cheeses
 - Peanuts
 - Peanut butter

22  **Avoidance Foods ~ Second Tier**

- All fruit

- Starchy vegetables
- All grains
- Fermented foods
- Shelled nuts
- Condiments made w vinegar or sugar
- Sour cream
- Soured milk products
- Mass-produced cocoa*
- PMID: 5723973, 24287569

23 **Effects of Cooking**

- Netherlands study 2016
- Pasta infected with ~
Enniatin
Deoxynivalenol (DON)
(tricothecene aka vomitoxin)
- Cooked in duplicate on diff days, under stdized conditions, simulating house-hold preparation
- Tested post-cooking
- 83-100% enniatin retained
- 60% tricothecenes retained
- PMID: 27451245

24 **What To Eat?**

- Rainbow of color
- Veggies rule (veggies>fruit)
- Feed the guts
- Say yes to good fats
- Eat stinky foods
- Adequate protein

- Bioflavonoids (polyphenols)
Inhibition of NF-κB signaling
↓ expression of proinflam markers
- PMID: 21432698

25 **Protective Foods**

- Colorful vegs ~
Beets, artichoke, asparagus, radishes (liver)
Broccoli, Brussel sprouts (sulfurophanes)
Tomatoes (lycopene neutralizes mycotoxins)
Cabbage, okra (enterocytes, mucosa)
Celery, cucumber (kidney fluid balance)
Bitter greens (cholagogue) arugula, broccoli rabe, endive, watercress, kale, dandelion greens
- Colorful fruits (1 serving/d)
- Organic beef liver (choline)
- EFAs
Avocado, olive oil, fresh seeds/nuts (refrig), cage-free eggs, wild fish
- Yogurt (probiotics)
- Butter (butyrate enterocyte)
- Turmeric-curry (liver/kidney/brain anti-inflam)
- Bitter chocolate, artisanal (cholagogue)

26 **Mold Combat Foods/Spices**

- Eat stinky!
Garlic
Onions
Scallions
Chives
Leeks

- Use spices with wild abandon
 - Ginger (hepatoprotective)
 - Clove (mycotoxin neutralizer)
 - Cumin
 - Rosemary
 - Sage
 - Thyme
 - Oregano
 - Basil
 - Bay leaf
- PMID: 28475920

27 Beverage ~ Do's & Dont's

28 Avoidance Beverages

- ANY sweetened beverage
- Fruit juice
- Oolong and black tea
- Moldy coffee
- Mass-produced cocoa
- Alcoholic beverages
 - esp org wine/grain-based
- Fermented cider
- Kombucha*
- Fermented bev avoidance maybe LT
- PMID: 5723973, 24287569, 22372472, 29117141, 19610336

29 What To Drink?

- Spring water
RO w sea salt
bioplasma cell salts
colloidal trace minerals
- Green tea (polyphenols)
anti-inflam
hepatoprotective ~ aflatoxin
cytoprotective ~ fusarium
myoprotective ~ citrinin
glucuronidation ~ MPA
- Coffee
cholagogue
indep verified mycotoxin free
- PMID: 17195249, 23410590, 27539359

30 **Med/Supp Cautions**

31 **Supplement Cautions**

- Are actual fungus ~
Medicinal mushrooms
Nutritional yeast
Sacch B...? (more next)
- Grown on fungus ~
"Aspergillus-activated"
B-vitamins
Digestive enzymes
- Contaminated with mycotoxin ~
Red yeast rice ~ citrinin
Resveratrol
Bee propolis
- Companies that don't test for mycotoxin contamination

32 **Sacch B**

- Literature ~
In vitro 24-hr culture to prevent mycotox during yeast ferm/beer prod/feed additive
Min animal studies
↓ mycotoxin effect on Hgb
No control group/all got Sacch B
- What I see ~
Aggravations
Yeast "control" but incr body burden
Is yeast protective from biofilm?
- Take-away ~
Use it to rebal prn after solidly on antifungals
Use it to prevent C. Diff w ABs
- PMID: 15613821, 30721525

33 Probiotics

- Not "a given" w mold illness
- Gentrification
- Correlation w SIBO
- Empirically ~ start w greens
sm dose of probiotics in presence of chlorophyll

34 Probiotics

- L. plantarum C88/MON03 ~
source fermented tofu
adhesion of aflatoxin in lumen
upreg antiox enzymes
↑GST expression via Nrf2 pathway
protects CYP3A4
- L. rhamnosus GAF01~
binds aflatoxin in solution
counteracts RBC, WBC, lymph immunotox effects
- PMID: 28129335, 24738739, 23030351

35 Probiotics

- L. casei strain Shirota~
strain is imp!t!
some strains control vs cause histamine
source fermented dairy
hepatoprotective
chlorophyllin ↑ efficacy

- *Props Dr. Lauren Tessier ISEAI*
- PMID: 21816119

36 Medication Cautions

- Antibiotics ~
Some are literal mycotoxins
Penicillium~penicillin, amoxicillin
"allergic to penicillin"
Acremonium~cephalosporins
Actinomycetes/actinobacteria~ tetracyclines, macrolides, aminoglycosides, rifamycins
- Antivirals ~
Actinobacteria~Ivermectin
- Antifungals ~
↑aggressive when threatened
Incr mycotoxin formation
Die-off
- DO NOT d/c suppressive meds!

37 Fundamentals

38 Circadian Rhythm

- Wake within the same hour every day
- Go to sleep within the same hour every day
- Adjust sleep/wake time by seasonal variation in light
- Eat meals at nearly the same times every day. Aim to eat most of your food earlier in the day versus later.
- Exercise within the same hour every day—the earlier in the day the better
- Go to bed with a little room left in your tummy

- Allow time every morning for regular bowel evacuation. 10 min minimum. Schedule it.
- BACK TO NATURE, back to health.

39 Health Hokey Pokey

- Air in 🤔
- Air out 🌳
- Air moved all about 🚶
- Water in 💧
- Water out 🚽
- Water moved all about 🦸
- Food in 🥦
- Food out 💩
- Food moved all about 🌀

40 Emunctories

41 Emunctories

- Methods used to excrete waste
- Breath ~ caution contamination of self, others, and "stuff"
- Bowels ~ minimum 2 BMs/d
- Urine ~ caution ADH resistance
- Sweat ~ exercise, FIR Sauna
- Menses ~ clots
- Ejaculate ~ "allergic" to semen

42 Emunctories

- From outside in/large to small
- system → organ/gland → blood → ECM → cell → gene
- If can't exercise:
Lymphatic massage
Peat mud/peloid therapy (my fav!)

- To aid detox:
Frequency-specific microcurrent
COPs over the liver/gut
Acupuncture

43 **Review**

- Avoidance
- Air Filtration
- Food ~ Do's & Dont's
- Beverage ~ Do's & Dont's
- Med/Supp Cautions
- Fundamentals
- Health Hokey Pokey
- Emunctories

44 **Thank You**

-
-
-
- Dr. Jill Crista
- Naturopathic Doctor
- support@drchrista.com