

# Break The **MOLD** Peel The Orange

Use *all* the tools in →  
LAYER 1 **AVOIDANCE** and  
LAYER 2 **FUNDAMENTALS**  
to prep for the next phase

*Pick* the tools in →  
LAYER 3 **PROTECT** and  
LAYER 4 **REPAIR** so you  
don't get sicker while you  
LAYER 5 **FIGHT** mold

