

# BioBites

a virtual house call for  
your health and wellness

## Winter Mold: Forgotten But Not Gone

Tuesday, December 6th,  
12 noon ET

with Dr. Martin Hart, DC  
Keystone Total Health



MARION  
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## WINTER MOLD

- What do you think of when I say mold?

Dark, hot, humid, smelly?

Wet, moisture, fuzzy growing things?





## WINTER MOLD

We often think about mold more in the hot, humid months or even during the stormy seasons.

It's often forgotten when winter hits as things freeze and dry out a bit.

But with modern buildings, central air, indoor plumbing, mold is a major issue no matter the season.





# AGENDA

## 3-fold Mold Issues

- Mold the Allergen
- Mold the Toxin
- Mold the Infection

## CIRS

## The Hart Protocol:

## 7 Step Mold Recovery Process





A close-up photograph of a man with dark hair and a beard, wearing a white shirt, sneezing into a white tissue. His eyes are closed, and his hand is holding the tissue to his nose. The background is blurred.

## MOLD AS AN ALLERGEN

Most people think of mold as an allergy and this is true.

Allergies are an immune-based inflammatory response to a substance.


Mold comes into the body, the immune system attacks it, sometimes too strongly, creating massive inflammation.



- Itching
- Rash
- Nasal congestion
- Red, watery eyes
- Difficulty swallowing
- Shortness of breath
- Vomiting
- Body aches
- Loose stools
- Sneezing
- Coughing
- Bloody noses
- Wheezing
- Sense of panic/anxiety
- Post-nasal drip
- Asthma

## SYMPTOMS OF MOLD ALLERGIES





## MOLD AS A TOXIN

Mold produces toxins known as Mycotoxins.

Mycotoxins create many issues depending on where they are in the body.

EMF exposure increases mycotoxin output by 600x

This is often called Biotoxin Illness (other infections also lead to Biotoxin Illness)



## SYMPTOMS OF MOLD TOXICITY

- Brain fog/cognitive issues
- Headaches and migraines
- Visual disturbances
- Dizziness
- Fatigue
- Mood issues
- Seizures
- Odd neuro-symptoms
- Frequent urination
- Body aches and pains
- Hair loss
- Digestive issues
- Food intolerances
- Hormone imbalances
- Rashes, depigmentation
- Weight gain/weight loss
- Fibromyalgia symptoms
- Chronic infections







## MOLD AS AN INFECTION

Many of us have had fungal infections.

Think of:

Ring Worm

Cradle Cap

Vaginal Yeast Infections

Dandruff

Fungal Pneumonia

But where do these come from and what other infections are fungal driven?



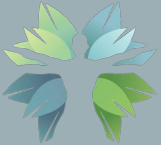
## MOLD AS AN INFECTION

Constant exposure to mold spores can allow fungal infections to take root in our body.

They can colonize (think of them setting up a home) in your sinuses, lungs, throat, digestive tract, brain, bloodstream, or on your skin.

Symptoms depend on infected areas.

A common overlooked cause of digestive issues is fungal overgrowth or SIFO.





## SYMPTOMS OF MOLD INFECTION

- Sinusitis
- Congestion
- Excess mucus
- Cough
- Brain fog
- Bloating
- Acid reflux
- Indigestion
- Constipation/Loose stools
- Body aches/Joint pain
- Rashes
- Body Odor
- Night sweats
- Vaginal odors/infections
- Brain-based symptoms
- Much, much more.

# CIRS

## Chronic Inflammatory Response Syndrome

Multi-system, inflammatory response to biotoxins from mold, Lyme, or other microbes. Typically a combination of mold allergies, toxicity, and infections.

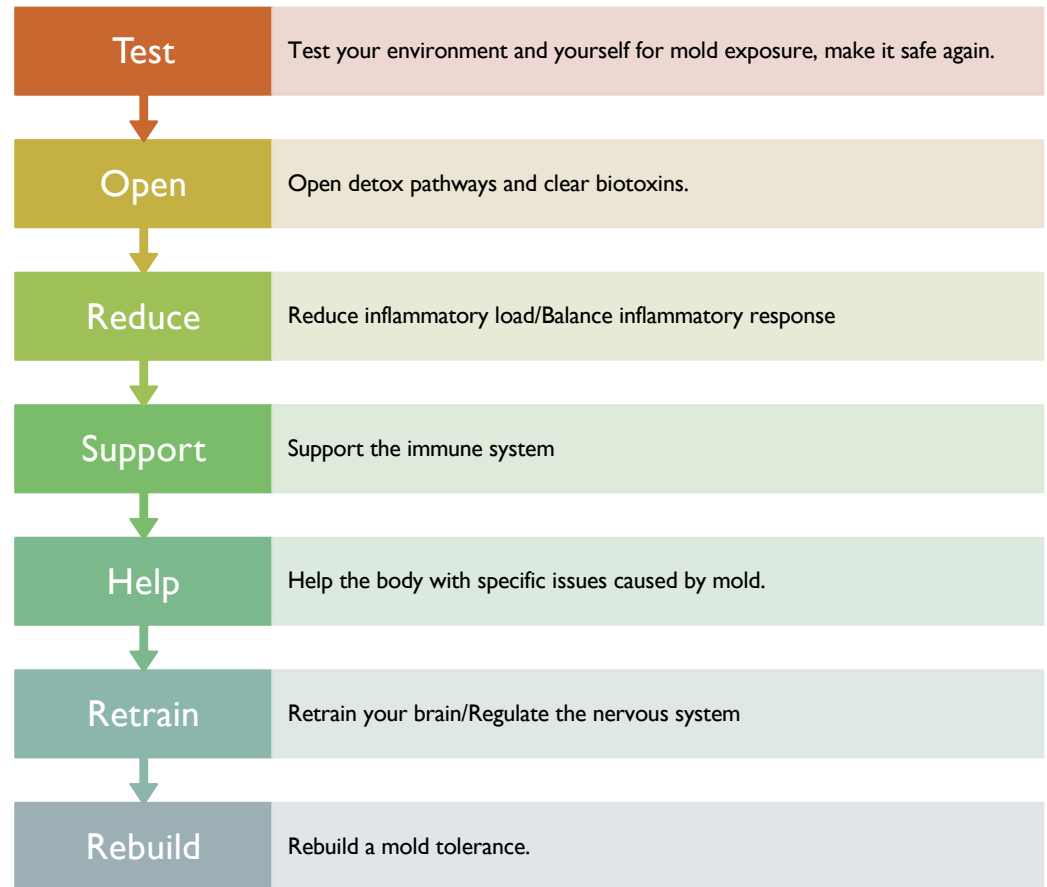
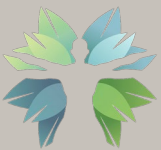
Body has intense, inflammatory response from subsequent mold exposures. Become walking mold tests.

Often associated with, but not always, the HLA genes.





THE HART PROTOCOL  
7 STEP MOLD  
RECOVERY PROCESS





## STEP 1: TEST

Test your environment for mold  
(Home, work, car, etc.)

Plate testing

EMMA

ERMI

Test urine for mycotoxins

Test for specific issues  
(inflammation, hormones, etc.)

Make your environment safe again.



A photograph of a glass filled with a vibrant green juice, placed on a dark grey tray. The tray also holds a lime, a lime slice, and some fresh basil leaves. In the background, a tall green blender is visible. The entire scene is set on a rustic wooden surface.

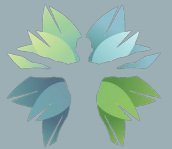
**STEP 2: OPEN DETOX PATHWAYS/CLEAR BIOTOXINS**

In Bio-Regulatory medicine, this is different than typical functional medicine detoxification.

Starts with drainage. Essentially working backwards through the phases of detoxification.

Focus on binding the mycotoxins and other biotoxins and removing them from the body, safely.

My goal is to make this as gentle as possible.







## STEP 3: REDUCE INFLAMMATORY LOAD

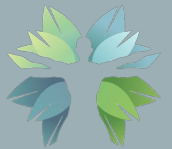
Allergies, toxicity, and infections all cause inflammation.

The goal is to both reduce our external causes of inflammation, such as food, toxic chemicals, and our internal sources of inflammation.

Eliminate inflammatory foods, especially gluten.

Reduce excess chemical exposure such as cleaning agents, perfumes, etc.

Create an anti-inflammatory protocol (fish oil, protease, ginger, turmeric).



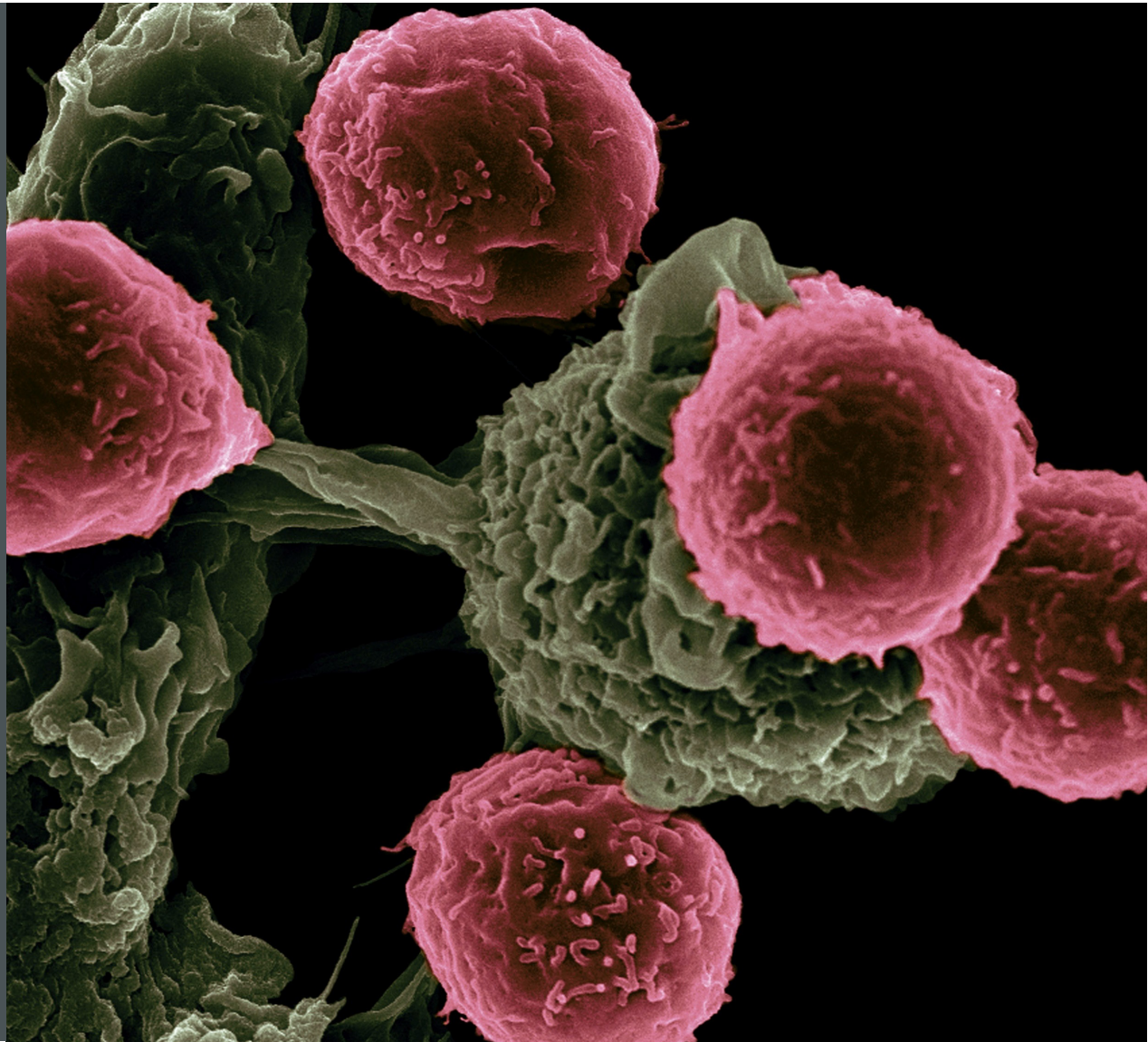


## STEP 4: SUPPORT THE IMMUNE SYSTEM

Mold illness/toxicity lowers the immune system's ability to fight infections.

Leads to issues such as:

- MARCoNS
- Chronic Lyme
- Recurrent sinus infections
- Upper respiratory infections



## STEP 5: PROCESS SPECIFIC ISSUES

Mold illness affects every system of the body, creating different symptoms and issues in those organ systems.

Sometimes they will resolve on their own with the other steps. But sometimes they need to be addressed directly.

- Hormones
- Fat Loss
- Brain Function
- Digestion



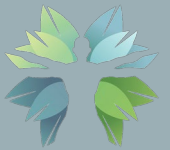


## STEP 6: RETRAIN THE BRAIN

Chronic illness, neuro-inflammation, and stress all dysregulate the neurological system.

Keeps us stuck in a stress response. Hyper-reactive, hyper-vigilant, and exacerbates our symptoms.

Regulate the nervous system via tapping, GUPTA, DNRS, or a customized plan like we create for our patients and clients.





## STEP 7: BUILD A MOLD TOLERANCE

With mold illness/mold toxicity, the body has become sensitized to mold.

This is an inflammatory, toxic, infectious, and partially genetic process.

By following the other 6 steps, we focus on the inflammation, toxins, and infections. Even supports epigenetic healing.

We need to directly focus on the body's ability to tolerate and process mold.



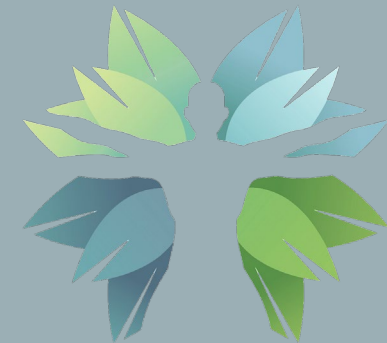




Q & A SESSION



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