

[@kateinarizona](#) Mold Detox Protocol

What I personally did, what helped, and what I learned the hard way

This document reflects my personal experience navigating mold exposure and detox. It is not medical advice. Everyone's body is different, and this is simply what I found helpful for myself. I personally am using a combination approach that is from my own research and the care plan from my naturopathic doctor.

Step One: Get Out of Mold (or Reduce Exposure as Much as Possible)

It is generally advised to **remove yourself from mold exposure before starting detox protocols**, when possible. Detoxing while still being exposed can overtax an already inflamed, stressed system.

If you cannot immediately remove yourself from exposure:

- Minimize time indoors and in enclosed spaces as much as possible
- Increase ventilation when indoors
- Focus on reducing ongoing exposure first, then detox

It is also important to clean mycotoxins from your environment, as they are extremely small and can linger even after visible mold is addressed.

👉 [FREE ISEAI GUIDE ON SMALL PARTICLE CLEANING](#)

Supplements I Used

[Activated Charcoal](#)

My dose: 2 capsules, twice daily

Function: Binder that helps trap toxins for elimination

Notes:

- Take away from food, medications, and other supplements

- This can be constipating if drainage pathways are not supported
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NAC (N-Acetyl Cysteine)

My dose: 1 capsule, three times per day

Function:

- Supports liver detoxification
- Helps reduce oxidative stress
- Supports glutathione production

Notes:

- Can increase detox symptoms for some people
 - Start slow if sensitive
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Curcumin Phytosome

My dose: 1 capsule, twice per day (up to 3 daily if tolerated)

Function: Anti-inflammatory support

Notes:

- Helpful for reducing systemic inflammation
 - Best taken with food
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FC-Cidal

My dose: 1 capsule, twice per day

Function: Antifungal support

Notes:

- It is **critical** to keep drainage pathways open while taking this
- If drainage is poor, symptoms can worsen significantly (ask me how I know 😞)

Omega-3 Fish Oil

My dose: 1 capsule, twice per day

Function: Anti-inflammatory support

Notes:

- Supports brain, nervous system, and inflammation regulation
- Take with food for better absorption

Drainage Pathways (This Is Non-Negotiable)

Drainage pathways are how your body eliminates mold and mycotoxins.

If you are using:

- A **binder** (like activated charcoal)
- And/or an **antifungal** (like FC-Cidal)

You must support drainage — otherwise toxins can recirculate, and **you will feel worse**, not better.

Hydration

This is a **must**. Do not skip this or treat it casually.

- Drink plenty of water throughout the day
- [Add minerals](#) and/or high-quality electrolytes
- At minimum, add a pinch of sea salt to your water

Bowel Movements

Another **must**.

- Aim for at least one bowel movement per day
- Eat a nutrient-dense, whole-food diet
- Include healthy fats and fiber
- Use magnesium if needed to keep things moving

If toxins aren't leaving the body, they will recirculate.

Sweating

Sweating is a powerful detox pathway.

- Sauna 3–4 times per week for ~30 minutes
 - If you don't have access to a sauna:
 - Take hot baths using plain Epsom salt
 - Sweat intentionally and consistently
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Additional Support (Free + Powerful)

Sunlight

Free and incredibly important.

- Even cloudy daylight helps set circadian rhythm
- Supports immune function
- Improves energy and sleep quality

Try to get outside early in the day when possible.

Grounding

Free and surprisingly impactful.

- Bare feet on grass, dirt, sand, or rock
 - Can help lower stress, reduce inflammation, and improve circulation
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Sleep

Prioritize deep, restorative sleep as much as possible.

- No screens at least 1 hour before bed
- No food at least 2 hours before bed
- Dim lights in the evening

Optional but helpful:

- Incandescent or red light bulbs in the evening
👉 [LINK TO INCANDESCENT RED LIGHT BULBS FOR \\$2.80!](#)