



### Top Takaways: #267 Treating Toxic Mold with Dr. Margaret Christensen

1. Dr. Margaret Christensen is the founder of her boutique functional medicine practice called the [Carpathia Collaborative](#).
2. Dr. Christensen is also the host of the [Toxic Mold Summit](#) where 40 speakers discuss their expertise on mold toxicity.
3. Over 50% of houses have had water damage issues, causing the growth of harmful mold.
4. Mold can effect the body physically and mentally, causing reaccuring infections, anxiety, and even depression.
5. Mycotoxins are the types of mold that grow inside water-damaged buildings, and can be very harmful to humans.
6. Because mycotoxins are fat soluble, they can travel in the body to the brain and into the membranes that are in your cells.
7. Mycotoxins both suppress the immune system significantly, as well as trigger autoimmune and histamine issues.
8. When the moldmycotoxins begin colonizing the body, its immune system becomes suppressed, leaving you more susceptible to other infections including those that are lying dormant.
9. The use of antibiotics can actually cause the body to be more susceptible to fungal growth, which produces mycotoxins.
10. Two great ways to test for mycotoxins in the body are urine mycotoxins testing, visual contrast sensitivity testing.
11. During Dr. Christensen's Toxic Mold Summit you will learnd all about the best ways to test your home for mold and remove the mold, from expert mold inspectors.
12. One scientist from Israel is using probiotics, diffued through an HVAC system to colonize the indoor environment with healthy bacteria, which prevents mold exposure.
13. It is extremely important to retrain the limbic system, stopping the brain from sympathetic fight or flight, which will keep you in reactivity, which will prevent your body from healing itself.
14. One of the best ways to remove mold toxins from the body is by working on your gut health; using glutamine, colostrum, and phosphatidylcholine to mobilize the liver and get the bile flowing.
15. Using binders, infrared saunas, coffee enemas, and sweating in egenral are also great ways to remove these toxins.

16. Wendy uses [Catalyst Foundation](#) to very effectively treat her mold exposure.
17. To sign up for Dr. Christensen's free online Toxic Mold Summit happening from January 28<sup>th</sup> to February 3<sup>rd</sup>, go to [Toxicmoldsummit.com](#)!
18. You can also learn more about her work at [CarpathiaCollaborative.com](#)

Wendy Myers: Hello. Welcome to the Myers Detox Podcast. My name is Wendy Myers of [MyersDetox.com](#). On this show we talk about everything related to heavy metal toxicity and detoxification. Toxic metals are one of the biggest contributors to fatigue. My name is Wendy Myers, and in my decade of research I have discovered that toxic metals affect mitochondrial performance. Your mitochondria are your little cells' powerhouses that make your body energy. Toxic metals, like arsenic, aluminum, thallium, and cesium, those poison enzymes that produce energy in your body. These toxic metals are found in your air, food, and water. They're everywhere. They're unavoidable in our environment today. Everyone has them in their body. The question is what metals do you have and at what levels? Click the link below to take my quiz to evaluate your level of heavy metal toxicity.

Wendy Myers: Today is a very important topic, mold toxicity. There's many people with chronic illness, debilitating fatigue, going in and out that revolving door with their conventional and even functional medical practitioners, because they aren't getting the diagnosis to find the underlying root cause of their symptoms. For many people they have mold infestation. They have colonization of mold in their bodies that release the mold mycotoxins. These are the causes of their symptoms. Some people are particularly sensitive, especially people that feel like they have multiple chemical sensitivity. They have tons of food sensitivities, lots of reactivity, histamine reactions, just very ill people in general. You need to be looking at mold toxicity.

Wendy Myers: We talk about symptoms. We talk about testing. We talk about different strategies to detoxmold and moldmycotoxins from your body with Dr. Margaret Christensen. She is the host of the [Toxic Mold Summit](#), and you can find that at [ToxicMoldProject.com](#), where she is hosting this online summit. It's an online event with 40 speakers talking all about the topic of mold toxicity. Today is just a tip of the iceberg. If you wanna learn more information, you can click the link below this video and learn so much more, get a complete education absolutely for free about mold toxicity.

Wendy Myers: Our guest today, Dr. Margaret Christensen, is board certified in integrative medicine and an Institute for Functional Medicine faculty member for 12 years. Dr. Christensen first became interested in functional medicine 15 years ago when trying to solve the riddle of her and her family's complex health challenges, unbeknownst to her at the time were the consequences of severe toxic mold exposure. She became intimately familiar with chronic fatigue, fibromyalgia, autoimmune, hormonal, neurological, and psychiatric symptoms of unrecognized biotoxin illness.

Wendy Myers: She's been a board certified OB/GYN for 23 years, and her boutique functional medicine practice has grown into what's called the [Carpathia Collaborative](#). This is her practice that's a large multi-disciplinary functional medicine practice based in Dallas, Texas, covering the full spectrum of complex chronic disease. The practice provides 360 degree functional lifestyle and nutritional medicine and includes an on-site teaching kitchen, yoga studio, and an educational library that serves as a site for community learning events. She's very passionate about educating her clients and colleagues about root cause, whole systems medicine. You can learn more about her at [CarpathiaCollaborative.com](#). You can also click below, the link in this video, to learn more about her. You can also join her on the Toxic Mold Summit at [ToxicMoldProject.com](#). Dr. Christensen, thank you so much for coming on the show.

Dr. Margaret C.: So glad to be here. Thanks so much for inviting me, Wendy.

Wendy Myers: So, you are hosting the Toxic Mold Summit, and I was a speaker on your summit. I think it's just been a great event that's so important and timely, because I think a lot of people are suffering from mold toxicity, so I love that you're hosting these events. Tell us a little bit about why you wanted to host such an event.

Dr. Margaret C.: Well, Wendy, unfortunately toxic mold exposure's incredibly, incredibly common. Over 50% of houses have had a water damage issue, 60% of commercial buildings. This includes things like churches, and schools, dorm rooms, as well as office buildings. It can be an underlying, chronic, low grade trigger for many, many, many different diseases that present either as chronic infections, or autoimmune issues, or chronic fatigue. Nobody realizes that that's why they're not getting better, and they're chronically on different medications. Even if they've had a whole functional medicine approach, you know, they've been treating, for example, for Lyme's Disease, and they're not getting better, this is one of the top things that we need to look for. You're into metals and all that. We think about mold, metals, infections, as well as stress and trauma. Mold is really incredibly common, and people don't think about it.

Wendy Myers: Yeah. If you go to your conventional medical doctor, you are not going to get treatment, or testing, or even a mention of mold, metals, emotional trauma.

Dr. Margaret C.: Yeah. There you go. Then some of the really common presentations that we'll see over and over again that ... if you've had a history of chronic, recurrent sinus infections or any kind of upper respiratory infections. If your kids are all sick too, you know, hey keep getting strep throats or getting ear infections, then that's one of the things you have to think about. Is this something in the environment that's creating that problem?

Dr. Margaret C.: Psychiatric issues is another one, anxiety, depression. Mold causes terrible anxiety and sleep disturbances. Then your brain is fried for a long time, and so you can get really depressed. We can see psychosis from it, a lot of kind of mold rage, as well as, like I mentioned, kind of severe depression. Those are some of

the common things. Then people have a lot of mystery illnesses. If you're having chronic fatigue and fibromyalgia, you're reacting to everything, every chemical, smells, your foods. Toxic mold has to be at the top of the list of what you're thinking about.

Wendy Myers: Yeah. So, people who are very debilitated, that are very, very ill, they've been to doctor, after doctor, after doctor, they wanna be looking at mold as a potential underlying root cause.

Dr. Margaret C.: Absolutely. Again, you have to think about, and this is something that you really teach a lot about, is the total body burden. What are all the different toxins in the body? Unfortunately, the mycotoxins, that's the toxins that the bad kind of molds make ... Again, we're not talking about the kind of mold that's outside, that you have high mold spores in the spring and fall, although those can cause allergies and a lot of chronic congestion. But the type of mold that grows inside water damaged buildings can trigger the mycotoxin production, these really bad toxins that are fat soluble. So, what happens is they get into your brain. You know? They get into all of your tissues. They get into the membranes inside the cells.

Dr. Margaret C.: Depending on where your genetic weak link is depends on how you manifest. Are you gonna have a lot of gut and GI issues that are gonna turn into autoimmune problems? Are you gonna have a lot of neurological symptoms, numbness, tingling, weakness? Chronic pain and inflammation. I tell you what. Mold toxins, one of the biggest things that it causes is some type of pain inflammation syndrome, so migraines. Again, I would put depression in that category, but whole body pains, fibromyalgia. Those are, again, some of the things that you need to think about if you're having those symptoms and nobody's asked. You start getting that history of, gosh, did I grow up in a moldy basement, or when I went off to college my dorm room smelled bad, and we were drinking a lot of beer, and I had a bunch of sinus infections, and got a lot of antibiotics. These are the kind of questions that I get from a history.

Wendy Myers: Yeah. What are some of the common conditions that can be triggered by mold?

Dr. Margaret C.: Well, I mentioned a few already. Again, chronic infections. If you're talking sinus infections, that's one of the first things I think about, recurrent sinus infections, but think about other infections as well. For example, if you've had recurrent urinary tract infections, or interstitial cystitis, for men prostatitis, or frequent urination, that's something. Then if you have a history of having a tick born illness, Lyme's Disease or whatever, one of the docs that I talk to, who is a Lyme literate doc, and she's got a big practice on the East Coast, she said in her experience, in her practice almost 100% of her clients have had toxic mold exposure prior to the triggering of the Lyme, so that's something.

Dr. Margaret C.: We talked about, again, psychiatric challenges. Again, I always wanna think about that. Neurological diseases, so if you have any chronic, degenerative disease, Parkinsons, ALS, MS, again, those are things that we need to think

about, and Alzheimer's. Oh my gosh. Dr. Dale Bredeesen has been doing all this work around reversing cognitive decline, reversing dementia. He's calling toxin dementias type three, and mold is at the top of the list, particularly for women and early dementia. You gotta think about that. Neurological conditions, autoimmune, again, anything autoimmune. The mycotoxins themselves both suppress the immune systems very significantly, as well as kind of trigger autoimmune problems and histamine issues.

Dr. Margaret C.: Again, I had a gal who came in the other day who, you know, long-term history of rheumatoid arthritis symptoms and been on all the big immunosuppressive drugs. I started getting a really good history on her, and, "Oh, no. I've never been in a moldy house. We built a brand new house, but oh. Wait a minute. While we were building that house, we lived across the street in this house for a year that it kept flooding. We were on a creek, and it kept flooding, and it smelled really bad. You know what? The kids were all sick." I'm like, "Yeah. That was it. That was part of what triggered you." Sure enough, we tested her, and she had mycotoxins out the wazoo. So, autoimmune.

Dr. Margaret C.: Hormones. Oh my gosh. If you're having hormonal challenges, whether it's endometriosis, infertility, PMS, a lot of hormonal imbalances, these mycotoxins, we know from the animal industries, because mycotoxins can be found in lots of grains, they are really big hormone disrupters. One of the things that causes a lot of miscarriages and fertility issues in animals, the same thing can happen with people. Again, that's another area to think about. If you have a woman who has really bad endometriosis, she's having trouble getting pregnant, she's trying to IVF and feels like crap all the time, check those mycotoxin levels.

Dr. Margaret C.: We talked about hormones. We talked about neurological conditions. We've talked about mystery illnesses, chronic fatigue, fibromyalgia. POT syndrome is another one, postural orthostatic tachycardia. That's another one. You know, cardiovascular disease, Ann Shippy talks a lot about that, Dr. Ann Shippy. Mycotoxins just, they disrupt your mitochondria energy production. They suppress your immune system and inflame it at the same time. In those two ways you can have all kinds of havoc being wreaked.

Wendy Myers: Yeah. So, you have a mold exposure, and you have an infestation of the mold in your body. It starts colonizing your body and starts releasing the mold poop, which is the moldmycotoxins. Then that can just over occupy your immune system, and you become more susceptible to other types of infections or infections that are lying dormant in your body that then will pop out during times of stress, like Lyme, or Epstein-Barr, or shingles, for instance, just as an example. Mold can cause your immune system to be suppressed, so to speak, because your immune system is so occupied dealing with that, and you're just a sitting duck for other infections.

Dr. Margaret C.: You're absolutely correct. We have several different folks talking about it. Again, Amy Myers talks about the autoimmune connection. In the bonus section of the Toxic Mold Summit Dr. Dennis Hooper, who was one of the first who studied

how to get mycotoxins, and that's Realtime Lab, that's one of the testing, he talks about mycophenolic acid, which is one of the mycotoxins that's produced. That's what's used when they're doing bone marrow transplants in people. When they're trying to kill off your immune system, they use mycophenolic acid. So, can you imagine?

Dr. Margaret C.: Just like you're saying, you've been living in a moldy environment. You breathe it all. It's in your sinuses. It's colonizing in your sinuses. You're getting mycotoxins produced there, going straight through the olfactory nerve and just through the thin, bony plate that's in the sinuses, you know, into the brain, and irritating and inflaming it, and then suppressing your immune system at the same time. No wonder we see a lot of illness. Some people just get a little bit ill, and other people get just really sick. Part of it depends on your genetics, your other exposures, and what you talk about, your total body burden.

Wendy Myers: Yeah. So, I also wanna mention that one person could be exposed to mold, the same kind of mold, and be fine, and deal with it. Another person, it just completely takes it down. It depends on your genetic susceptibility and your health status at that time.

Dr. Margaret C.: Well, something that you mentioned too, again, when you suppress the immune system and then you get an infection, what does everybody take for when they have an infection in this country? We all take antibiotics. Then what do antibiotics do? Well, they kill off the good guys and the bad guys. So, then you've knocked off your good, healthy bacteria. That suppresses your immune system. You get fungal or yeast overgrowth. We have Evan Brand talking about that. Then what do yeast produce? Yeast is a fungus. It produces its own mycotoxins. We have these, again, internal fungal suppression, as well as external, and then rounds and rounds of antibiotics suppressing our immune system and just kind of creating more havoc.

Dr. Margaret C.: The really good news is that there is actually lots of simple steps to take, and a lot of things that you've taught your clients is part of it, but if you have a history of being on a lot of antibiotics, we've gotta work on cleaning up your gut, binding the toxins there, helping to heal and seal the gut, before we start up regulating a whole lot of detoxing, because you don't want to detox and then recirculate.

Wendy Myers: Let's talk about mold testing. One of the best ways to test for mold exposure in the body are what tests?

Dr. Margaret C.: Well, there's different ways. Those of us now who are doing a lot of this are using urine mycotoxin testing, and there's a couple different labs available. We talk about that throughout the summit. So, you can do some urine mycotoxin testing. There's a very simple test you can do online. It's called a VCS, or visual contrast sensitivity test.

Wendy Myers: I've done that test.

Dr. Margaret C.: Yeah. It's free to \$10 or to \$15, depending. It's a screening test only that is helping to pick up how well you discriminate very fine, gray lines, because the tiny little nerves in the capillaries, the little blood vessels that feed the back of the eye, are some of the first to go with any kind of, well, we're gonna call it biotoxin exposure. So, this can be from heavy metals, molds. It can be Lyme toxins. It can be if you've had bad spider bites, they can produce some of these same teeny, tiny, little fat soluble toxins. It disrupts your ability to visualize or see gray lines. So, that's a very simple screening test that folks can do. But, again, if you are wanting to know, where's my mold exposure, then probably the urine mycotoxin testing is now at the top of the list.

Dr. Margaret C.: Dr. Shoemaker had developed a whole panel of blood testing to do, including some genetic testing. We're finding that that is not really necessarily as much. Some of the inflammation markers, like TGF beta and MSH, we talk a lot throughout the summit, again, various ... how we're using that testing. Those are some other ways. Then of course you also wanna test your home, or your work environment, or your car, depending on where you think your exposure might be coming from. How you test is also critical. There's simple things that you can do at home, but if you're really sick, you probably need somebody who's a really qualified mold inspector to come out. During the summit, I think it's on day five this summit, we have mold inspectors, and different testing methods, and different ways to remediate, again, how to help clean up your environment, from very simple things that you can do, again, to the more complex.

Wendy Myers: Yeah. I mean, I sold my home actually because I realized that I had mold in my home. My house is about 100 years old. I did a bunch of treatments on the house in attempt to do remediation, but I just decided in the end I wanted to start fresh. It's one of those things where I felt a lot better once I moved to a new environment. How difficult is home remediation? I mean, I think 50% of homes have some sort of mold exposure and mold issues, and remediation can be very, very expensive. How effective do you think remediation can be?

Dr. Margaret C.: Again, part of it depends on who's doing it, and how it's done, and what are the products that are being used? If you're already a person who's super multiple chemicals sensitive and all that, then, again, it may be better for you to find a new place. We talk about this, again, several different people throughout the summit, how to approach this, but we have now much better air quality systems that you can put in your house. For example, I have a positive air pressure system in my house. It has a high carbon filtration unit on it. So, I'm pushing air out of my house, rather than it being sucked in from underneath the house or in through the walls, which happens when you turn on fans with lots of filtration. There's different fogging agents, from hydrogen peroxide fogging agents to now some citrus fogging agents that are pretty amazing that can help clean up the environment.

Dr. Margaret C.: If you're a super reactive, high histamine person, that may not work for you, but I just think about my own experience with this, because, first of all, I was completely clueless when I got exposed, why I had chronic fatigue, why my brain wasn't working. I had to close my practice, and I still didn't know what was wrong with me. I thought, "Okay. Well, I just must have spent a lot of years delivering babies, and not sleeping, and having four of my own, and I'm just burned out." Two years later, I'm still not sleeping. I'm not working, and I feel like crap. It turned out we had black mold in our house.

Dr. Margaret C.: Now, I didn't know that until we moved out, because we found it on inspection. We brought all of our stuff with us to the next place, which probably was also moldy. But the thing about it is I started ... This is how I got into functional medicine. I just started with changing my diet, getting on some high quality nutrients, and I decreased my total toxin load enough that I actually felt a whole lot better for a while, until I got a really bad re-exposure and was working in an office building that had a really bad problem. That's when things got so bad that I had to stop working again.

Dr. Margaret C.: Here's the good news. You start working on the various levels of the toxins, and you can feel significantly better. We talk about, during the summit, ways to do that, as well as you gotta do some limbic system retraining. If you are a person who's had head injuries, concussions, head, neck, or back injuries, that puts you at higher risk. There's things that we talk about to help improve brain function, so that you're not so reactive. If you're a person who has severe histamine reaction, so again, you're breaking out in hives all the time, you can't tolerate any supplements, you can't ... then you're probably one that needs to move to a place, at least temporarily, that has concrete floors. Get an organic cotton mattress to sleep on. Don't bring anything with you. Wash all of your clothes. There's some stuff that you can actually wash clothes and laundry in to help. We talk about that.

Dr. Margaret C.: You need to move out, but others, if we work on improving air quality through super high filtration, you get things remediated, you can do some fogging. Now, one of the cool things ... There's not enough studies on it, but it's happening. One of the scientists I talk to is from Israel, using probiotics diffused through the HVAC system or through just in the air that colonize the indoor environment with the same types of good, healthy bacteria that are supposed to be outside. So, it's really no different than what we do when we give people probiotics. We're trying to get rid of the bad guys by crowding them out with the good guys. You can do that. The studies are coming out, but they've been working with a couple different universities and have been using this technology in Israel for about the past five to eight years with some really remarkable stories on how you can improve air quality without having to gut everything.

Wendy Myers: Yes. Because some people, if they live in a really humid environment or a rainy environment, like they live in Florida, or England, or Hawaii, they might have to move to Arizona, or California, or a drier climate, because you just can't escape the dampness and the mold.



Dr. Margaret C.: Interesting, because even in some of those dry climates they use swamp coolers that are notorious for leaking. I just wanna give people hope that you don't necessarily have to leave your home. You don't necessarily have to get rid of everything. Yeah. Probably your mattresses and the soft things, yes. Everything's gotta get wiped down. Part of it just depends on how sick you are and how long you've been sick. A huge, huge piece of anybody who's been chronically ill is working with the brain and working with limbic system retraining. We have Annie Hopper is one of my interviewees. I think that that is a critical piece for anybody who's been sick for a long time, is how do you help your brain get out of the sympathetic fight or flight, which is gonna keep you in reactivity. It's gonna keep your histamine dumping. It's gonna keep your body from preventing from healing itself.

Dr. Margaret C.: How do you turn on the parasympathetic? Rest and digest. There's so many ways that we can do it, things like essential oils, and meditation, limbic system retraining. I know you had some very cool electronic devices that you use. They're kind of the Star Trek out there. This is really where energy medicine can come in at a whole nother level to really help us.

Wendy Myers: Yeah. I use the NES Health Star Trek system. It's the bioenergetics program that we offer. It's amazing for building up your immune system again and stopping all the ... just getting your immune system working better, so it can fight mold, and infections, and things of that nature. Let's talk a little bit about how you detoxmolds. What kind of supplements can you take? What kind of strategies can you use, you've talked about a couple, but to remove mold from your body and moldmycotoxins?

Dr. Margaret C.: Well, first of all, it's really important to try and work on gut health, so using things like glutamine just to help to heal and seal the gut. If you can't tolerate that, then some colostrum. If you can't tolerate that, then there's things that we can give you under your tongue to help you. Because you want to heal up the gut. Then you want to be able to mobilize your liver detoxing, make sure your bile is flowing. There's lots of different things to use for that. I use a lot of phosphatidylcholine. It has to be very high quality liposomal phosphatidylcholine, not powdered ones, to get the bile flowing.

Dr. Margaret C.: Then we want to use binding agents. There's all different kinds okay binding agents. Dr. Shoemaker popularized using cholestyramine, which is a prescription binder. It's not one that a lot of us now, how have been doing this for a long time, are crazy about using all the time. You can use some of it a little bit. I don't use it a whole lot. I use it in combination with other binders. There's many different kind of binders, from zeolite, to charcoal, to pectins. Those are all ... Anything that can help to bind up these negative molecules and capture them and then pull them out, so they're not recirculating. So, depending on the type of mycotoxins, there's different binders that are better than others. We get into that during the summit. So, you want a binder.

Dr. Margaret C.: Then you wanna do all the things that you've always talked about, you know, infrared sauna. Things like coffee enemas can be really helpful. Yeah. Just sweating in general can be really good. Then we had more advanced therapies, again, for folks who have been really sick, they're really debilitated. You might just wanna start with some IV hydration. We do some IV phosphatidylcholine, and changing out all your cell membranes, doing an oil change in the body can be really, super helpful. Basically, it's mobilizing, and binding, and making sure that you're getting it out of you.

Wendy Myers: I'm a huge fan of this product. It's called Catalyst Foundation. I mentioned it in the summit also, because this is actually what I used when I sold my home, and I felt like my body was colonized with mold and moldmycotoxins. This is what I used. I did it daily, twice a day for about three months. Unbelievable how well it worked to not only get rid of mold, but candida, parasites, and other things. It's all natural. It has plant esters. It just binds onto anything that's not supposed to be in your body and your cells. It just dissolves it. It's an unbelievable product. Let's talk a little bit more about maybe some ... any other strategies or tips and tricks that people could learn about on the toxic mold summit.

Dr. Margaret C.: Yeah. We talk about, again, some of the advanced strategies of using things like nasal peptides, RG3, BPC-157, as well as something that's called VIP. VIP is something that folks who've, if they follow Dr. Shoemaker at all, may be familiar with, but there are some other ones. RG3 is really good to help decrease brain inflammation. If you have severe SIBO, gut issues, and you've had a lot of injuries, the BPC-157, that's something else we get into and we talk about.

Dr. Margaret C.: Then, again, dental issues. This is something I know you have kind of preached about too. If you've had a lot of root canals, if you have a bunch of metal in your mouth, and those are some of the things that we have to assess for, molds, metals, infections. We delve deeply into each of those areas during the summit. Then, again, retraining the brain, simple strategies you can do to change around your house, again, to help clean up your house. What are some recommended strategies to improve air quality? You I'm sure talk about things like water quality and water filtration. Those are things that we can do.

Dr. Margaret C.: Probably the other thing I think is so important is just raising awareness that this is an issue and catching it a whole lot earlier. It gets really expensive when this has been going on for five, 10, 15 years. If you can recognize early, hey, there's a problem. Everybody in the house is sick. We don't feel good. We've got irritability. We've got kids, you know, who are chronically, their nose is running. They've always got a strep throat. Mom's got bad migraines. You wanna think about that as, oh, okay. Maybe instead of going off to the doctor for everybody, is there something environmentally that is affecting us?

Wendy Myers: Yeah. Tell the audience where they can sign up and watch the Toxic Mold Summit for absolutely free.

Dr. Margaret C.: Okay. Well, you can go to my website, which is [CarpathiaCollaborative.com](http://CarpathiaCollaborative.com). Carpathia was the ship that rescued the survivors of the Titanic, so it's Carpathia, C-A-R-P-A-T-H-I-A, Collaborative, C-O-L-L-A-B-O-R-A-T-I-V-E, .com. That's where you can reach me. You can go to the [ToxicMoldProject.com](http://ToxicMoldProject.com) and sign up. I know that you have a link on your own website, so-

Wendy Myers: Yeah. You guys can just click the link below this video, if you wanna sign up!

Dr. Margaret C.: Yeah. That'd be great. Yeah.

Wendy Myers: ... sign up and go to the [Toxic Mold Summit](#). You've got 37 experts, or maybe more, that are talking all about toxic mold. I think this is such a hot topic. I'm so glad that you're doing this summit, because I think it's really that missing piece of the puzzle, like say for people that have tried the diet. They've tried supplements. They've tried heavy metal detox. They've tried other things and are just really at a loss as to what is going on with them. They wanna start looking into mold.

Dr. Margaret C.: Definitely. One of the things that you've mentioned that I forgot to say, which his incredible, is diet. I mean, diet is absolutely critical. As part of the Toxic Mold Summit, you can buy in addition the molddetox diet. So, it's a whole program, depending on if you're having histamine issues, if you're having SIBO issues, if you're having gut issues, which way to go and which nutrients we find are the most beneficial. But absolutely cleaning up your diet and being on a low sugar, Paleo-type, again, depending on what your particular situation is, we help you kind of sort it into buckets. Which is the best approach for you? Diet is probably the first place to start, diet and doing some sinus rinsing.

Wendy Myers: Fantastic. Well, everyone, join the [Toxic Mold Summit](#). Thanks so much, Dr. Christensen, for joining me today.

Dr. Margaret C.: You're welcome. Thank you, Wendy, for hosting.

Wendy Myers: Yeah. Everyone, thanks so much for listening to the [Myers DetoxPodcast](#). Please take two seconds to leave a review on [iTunes](#) for us, so we can reach more people with our message of healing. My goal is to reach millions and millions more people, transfer the message of how important it is to identify your heavy metal toxicity and detox it. So, thank you so much for listening, and we will be back next week, talking all about bile and how to increase your bile production.