



A PRECISION MEDICINE GUIDE TO HEALING

RECLAIM YOUR HEALTH & HOME

Healing the Mold Within

A Clinical Guide to the New Science

Restoring your home, your body, and your family to wholeness — where the precision of the science meets the wisdom of the traditions that came before it.

Andrew Heyman, MD, MHSA

The George Washington University · Founder, Beyond Mold

BEYOND MOLD · 2026

TABLE OF CONTENTS

What this guide holds

01	The Sanctuary Within	<i>Ancient wisdom, modern science</i>
02	Introduction	<i>A 5-phase mold-illness recovery protocol</i>
03	Treatment Overview	<i>The arc, phase by phase</i>
04	VCS Test Overview	<i>Reading the visual-contrast signal</i>
05	Treatment Path	<i>Your steps, in order</i>
06	5-Phase Checklist	<i>Track every move</i>
07	Supplement Bundles	<i>Good · Better · Best</i>
08	Dosing Suggestions	<i>Exactly how much, and when</i>
09	MARCoNS Treatments	<i>Validated nasal-spray options</i>

THE SANCTUARY WITHIN

Ancient Wisdom • Modern Science

When a building makes you sick, it takes more than a prescription to heal you. It takes restoring every environment that shapes your biology — the home you live in, the body you live in, and the family you live within. This is what precision healing looks like.

ANCIENT WISDOM • MODERN SCIENCE

Nothing new under the sun

The oldest healing traditions in the world were not concerned with managing disease. They were concerned with restoring *vitality* — the life force that flows through a body living in harmony with its own nature. They called it chi. Prana. Pneuma. The names were different; the understanding was the same: that health is not the absence of illness but the presence of an essential, measurable aliveness — and that the physician's deepest work is to restore it.

As far back as the fourth century BC, healers across civilizations shared a common observation: the body knows how to heal itself. The role of medicine is not to override that knowing — it is to remove whatever is preventing it from expressing itself, and then to get out of the way.

*The superior physician controls disease before any illness has declared itself.
The average physician treats before the disease has come to crisis. The
inferior practitioner treats the patient when illness is already dying away.*

Zhen Jiu Jia Yi Jing • Comprehensive Manual of Acupuncture and Moxibustion • 282 AD

These traditions were qualitative, relational, pattern-based, and whole-person in orientation. They observed. They listened. They worked with the body's own intelligence. Then the scientific revolution arrived, and the quantitative displaced the qualitative — and for a long time patients paid the price of what that dismissal cost.

Traditional Chinese Medicine

Chi as the measure of vitality — energy flowing through the body in patterns that health preserves and illness disrupts. The pulse as a window into the whole.

Ayurveda & Unani

Prana as the life force. The body as a system of elements in dynamic relationship. Healing as the restoration of natural balance, not the suppression of symptoms.

Tibetan Medicine

Healing presence as medicine in itself — the physician who holds the pulse for half an hour, drawing all their power into a single act of listening.

What the ancient traditions understood intuitively, modern science is now confirming precisely. Vitality is measurable. The energetic state of your cells, the coherence of your nervous system, the balance of molecules that signal safety or alarm — these are biological realities, and we now have the tools to observe, quantify, and restore them. The oldest medicine and the newest have arrived at the same place from opposite directions. That convergence is where Beyond Mold lives.

THE PHYSICIAN BEHIND THE FRAMEWORK

The bridge

Andrew Heyman was seventeen when he met his first teachers — Zen and Tibetan Buddhist monks who showed him that the most powerful force in medicine is not a molecule or a machine but a quality of presence: the ability to truly listen to a body, and to create in the space between physician and patient a stillness profound enough that the body's own intelligence can be heard.

He spent years studying Traditional Chinese Medicine, Japanese Shiatsu, mindfulness practice, and clinical herbalism — not as supplements to a medical education, but as its foundation. He learned to read the body through touch, through breath, through the quality of a pulse held in silence.

TCM

Shiatsu

Mindfulness

Clinical Botanicals

Regenerative Medicine

Precision Diagnostics

Then came the science. Medical school. Research. Fellowship training in anti-aging, metabolic, and functional medicine. A career at the intersection of regenerative medicine and precision diagnostics. The ancient ways of knowing did not disappear; they deepened, because now he had a biological language to explain what the old masters had observed but could not yet measure.

The framework you are reading is the product of both educations, fully integrated — the awareness that every patient carries their own innate healing intelligence, and that the clinician's role is to remove what is blocking

it, restore what has been depleted, and create the biological conditions of safety in which that intelligence can express itself. It is the precise mechanistic understanding of the Cell Danger Response, stated in the language of cellular biology.

The monks and the mitochondria are saying the same thing. It took one physician, trained by both, to build the bridge between them.

PART TWO

You are not imagining this

If you have spent months or years being told that your fatigue is stress, your brain fog is anxiety, your pain is psychosomatic — and yet you know, with a certainty deeper than anything a doctor has said to you, that something is genuinely wrong — this is written for you.

What you are experiencing has a name, a mechanism, and a biology precise enough to be measured in your blood. It is not weakness. It is not imagination. It is a body that responded exactly as it was designed to respond — to a real threat, in a real environment — and has not yet received the signal that it is safe to stop.

For many people, that threat came from the building they lived in. Not a dramatic catastrophe but a slow, invisible one: a roof that leaked quietly for a year, a basement that held moisture, an HVAC system circulating air through colonized spaces. Water-damaged buildings do not just grow mold — they become ecosystems releasing thousands of biological signals into the air you breathe: mycotoxins, bacterial endotoxins, ultrafine particles, volatile compounds — each a small instruction to your immune system to stay alert, stay armed, stay on guard.

For one in four people, a genetic variation makes these signals impossible to clear efficiently. While others in the same building move through life unaffected, your immune system detects, reacts, and cannot turn off. The alarm is real. The exposure was real. The illness that followed was the predictable result of sustained biological threat in a body wired to take that threat seriously.

But the story does not end there — because that same biology, the one that made you sick, is also capable of extraordinary repair. What it needs is not a prescription that ignores the mechanism. It needs a map.

PART THREE

When the body forgets it is safe

Your body's response to threat is not a flaw. It is an ancient, elegant program — researchers call it the Cell Danger Response — designed to detect genuine danger, mobilize every defensive resource, and sustain that mobilization until the coast is clear.

In Stage One, your immune system floods with inflammation. Your mitochondria shift to emergency mode, producing energy quickly rather than efficiently. Your nervous system tilts into fight-or-flight. All of this is correct. All of this is lifesaving. The problem is not that the program activated — it is what happens when it does not turn off.

In Stage Two, if the threat has persisted long enough, your body enters metabolic conservation. Energy production slows. Immune resources exhaust. The system built to fight transitions into something more like hibernation — not dead, but not alive in the way you remember. Running on partial power. Fog. Heaviness. A ceiling on exertion that used to be a floor.

Stage Three — restoration, renewal, the return of genuine life — is where your body is trying to go. It cannot begin until your cells receive a clear and unmistakable signal: the danger has passed. That signal is not a single molecule or a single moment. It is a sequence of biological messages delivered across immune, metabolic, hormonal, autonomic, and neurological systems simultaneously. Restoring each one, in the right order, at the right pace, is the work of true recovery.

Healing is not the absence of illness. It is the active, biological experience of safety — felt in your cells before your mind has words for it.

A HOME THAT HEALS

A body that follows

Before a single supplement is prescribed, before a single laboratory marker is drawn, there is a truth that must be honored: you cannot heal inside the thing that is making you sick. Your body and your home are not separate systems. They breathe the same air. What lives in your walls lives, eventually, in your biology.

This is why our process begins not with medication but with environment. We assess your home — through ERMI and HERTSMI-2 testing, air sampling, and detailed exposure history — because the home is the first sanctuary that must be restored. When remediation is required, we guide it. When relocation is necessary, we support it. When the air is finally clean, we verify it. We do not simply trust that the problem is solved. We measure.

And a building's illness rarely stays contained to one person. Families live inside the same walls; children breathe the same air. Our approach extends to the entire household — because healing one person inside an unsafe home is not healing. It is managing. We are here to restore you.

The Home

Tested, remediated, and verified clean. Not assumed safe — confirmed safe. The first sanctuary in the process of healing.

The Body

Measured, understood, and guided through a sequence that restores each biological system in its proper order. No shortcuts, no guesswork.

The Family

Seen as a unit, not as individual patients. When one person heals, the whole family benefits — and we make sure the whole family is safe.

PART FOUR

Five phases. One direction.

Recovery from chronic illness rooted in the Cell Danger Response is not a single treatment. It is a sequence — a progression through five phases, each clearing the path for the next. The sequence matters: moving too quickly, skipping phases, or addressing restoration before the underlying causes are removed is why so many approaches fail. What makes ours different is that we use the sequence as a framework, then individualize every decision within it based on what your laboratory markers, functional testing, and clinical picture actually show.

01

PHASE ONE • ENVIRONMENT

Make the home safe first

Nothing else works while the exposure continues — the one non-negotiable truth of recovery. Before any treatment, we find what is making you sick and help you get away from it. We test your home, guide the remediation, and make sure the air your family breathes is genuinely clean before we ask your body to begin healing.

Your home tested • Your family included • The first sanctuary restored

02

PHASE TWO • HIDDEN TRIGGERS

Find what else is keeping the alarm on

Mold often isn't the only thing keeping your immune system on high alert. Many patients also carry tick-borne infections, reactivated viruses, or gut overgrowth their overwhelmed immune systems never cleared. We test for these and treat what we find, at a pace your system can tolerate — so your body can finally begin to hear the quiet.

Infections identified • Treated at your pace • Alarm signals quieted

03

PHASE THREE • GUT AND FOOD

Calm what you eat and how you absorb it

Years of illness leave the gut inflamed and leaky — turning food, which should nourish you, into another source of immune reactivity. We find the foods triggering you, repair the gut lining, and rebuild the microbial community your illness has depleted. For many, this phase brings some of the most noticeable early improvements.

Food triggers identified • Gut lining repaired • Nourishment restored

04

PHASE FOUR • ENERGY AND HORMONES

Recharge what years of illness has depleted

After the first three phases most patients feel meaningfully better — but not yet well. The deep fatigue persists, because your cellular energy systems and hormones have spent years running a crisis program. We measure what is depleted — thyroid, cortisol, mitochondrial stress markers — and restore it precisely, with numbers, watching the markers move before we call it progress.

Energy measured • Hormones balanced • Recovery made visible

05

PHASE FIVE • RESTORATION

Tell the body it is safe to heal

The phase most approaches never reach — because they have not done the work of the first four. With the environment clean, infections addressed, gut restored, and energy recovering, the final work is the most intimate: helping your nervous, immune, and hormonal systems register, at the deepest biological level, that the danger has passed. For a smaller subset whose blood confirms a specific depletion of the body's own safety-signaling molecules, this may include VIP — only when testing confirms it is below range, and only then.

Safety signals restored • Tailored to your biology • The deepest healing

PART FIVE

Knowing when you are ready

One of the hardest things about chronic illness is not knowing where you are in your recovery. You feel better some days and worse others. You cannot tell whether you are moving forward or simply having a good stretch before the next collapse.

We built something to answer that question with more than a feeling. We call it the **Readiness to Heal Index** — a way of reading a small panel of blood markers and heart-rate data to produce a single, honest number that tells us exactly how far your biology is from the restoration phase. Not approximately. Not based on how you feel on the day of the appointment. Based on what is measurable inside you.

Six signals your body is already sending

Your blood is already carrying the answer. These markers tell us whether your cellular energy systems are still under siege, whether your immune defenses are restored enough to support healing, and whether your nervous system can deliver the safety signals the restoration phase requires.

Cellular energy stress

Immune restoration capacity

Active inflammation

Healing-pathway blockage

Vascular nourishment

Nervous-system readiness

Together they produce a score — and that score tells us not just where you are but what is most limiting your progress, and therefore what to address next. A lower score means there is still biological work to do, and we know precisely which, because the breakdown shows exactly which marker is pulling the number down.

This is the gate between Phase Four and Phase Five. We do not open it until you are ready. And when you are ready, you will know — because the numbers will show it.

PART SIX

Three things we do for every patient

Patients often ask: what does treatment actually look like day to day? Our protocols are detailed — because your biology is detailed, and it deserves to be taken seriously. But what we ask of you is much simpler. Every decision we make, across every phase, is organized around three intentions.

I

INTENTION ONE

Remove what is keeping the alarm on

Every symptom is your body's alarm system doing its job. Before we can quiet the alarm, we have to find everything triggering it. Mold was likely the beginning — but chemicals, pathogens, inflammatory foods, gut damage, and chronic stress are all alarm inputs too. We address them systematically, one layer at a time.

II

INTENTION TWO

Restore what years of illness has depleted

Chronic illness is not just an excess of something harmful. It is also a depletion of something essential — your energy systems, your hormonal balance, your nervous system's capacity for rest, your immune system's capacity for repair. We measure what is depleted and restore it precisely, with the minimum number of interventions needed to actually move your markers.

III

INTENTION THREE

Tell the body, at every level, that it is safe

Once the alarm inputs are removed and the biological substrates restored, the final step is helping your nervous system, immune system, and cellular signaling register — not just intellectually but biologically — that the danger has passed. Breathwork. Nervous-system retraining. Carefully chosen molecules that restore the body's own safety signals. The home that is clean. The family that is supported.

NEW-SCHOOL HEALING

Built for where medicine is going

For more than twenty years, the dominant approach to biotoxin illness has followed the same script: a binder, a chelation agent, a short course of a neuroactive peptide — in a fixed sequence, without lab verification or human support. That model was built on the science of twenty years ago. The science has moved.

OUR APPROACH

- ✓ Markers measured at every transition — we know your biology, not just your symptoms
- ✓ The whole body: mitochondria, hormones, immune system, nervous system, gut
- ✓ Your home tested and verified — the family made safe and whole
- ✓ Treatment tailored to your readiness score — not the same for everyone
- ✓ A clinical team present throughout — coaches who know what comes next
- ✓ VIP only when your blood confirms you need it — never automatic

THE OLD MODEL

- Same protocol for every patient, applied without measuring biological readiness
- Focused on the biotoxin pathway — other drivers of illness left unaddressed
- Environment acknowledged but not systematically verified; family not included
- Fixed sequence of interventions regardless of individual biology
- Medications by mail — no ongoing relationship, no one to call
- VIP as a protocol step — prescribed without confirming the deficit is present

You will not be handed a list of fifty things to do. You will be given a next step — the right one, at the right time, for where you actually are.

PART SEVEN

You are not doing this alone

Chronic illness from mold and biotoxin exposure does not just change your physiology. It changes your relationship with your own body and your confidence in your own experience. The hardest part, patients tell us, was not the illness itself — it was doing it without anyone who truly understood. We built our care model around that reality: a clinical team that follows your progress longitudinally, coaches who can explain what your markers mean at the moment a reaction is happening rather than three weeks later. A relationship, not a protocol delivered by mail.

You Are Seen

Your symptoms are real. Your experience is valid. Your biology is measurable. We will never suggest that what you feel is stress or imagination — because we can show you exactly what is happening inside you.

You Are Safe

Every clinical decision is made with your current biological status in front of us. We do not prescribe what your markers do not support. We do not move forward before you are ready.

You Are Supported

From the first environmental assessment to the final phase of restoration, you will have a clinical team actively present. Reactions are managed in real time. The journey is not taken alone.

The body that remembers safety

When restoration finally begins, patients describe something that is not simply the absence of symptoms. It is the return of something they had forgotten was possible. Energy that does not require rationing. Sleep that actually restores. Moments — tentative at first, then more frequent — of genuine wellbeing. That is what we are working toward: not the management of chronic illness, but its resolution.

The home will be safe. The body will follow. The family will heal.

CDR / ISRmt Clinical Framework · Andrew Heyman, MD, MHSA · The George Washington University · 2026. This document is for educational purposes. All clinical decisions require individualized clinician judgment and appropriate specialist oversight. Buccal/sublingual VIP only where indicated; this framework does not use the CIRS case definition or intranasal VIP.

THE CLINICAL GUIDE

A 5-Phase Mold-Illness Recovery Protocol

Personalized, science-based, and sequential — combining targeted diagnostics, toxin removal, pathogen control, gut and metabolic repair, and final tissue restoration. The pages that follow are your complete working roadmap.

INTRODUCTION TO THE CLINICAL GUIDE

A 5-phase mold-illness recovery protocol

Mold illness is a complex, multi-system condition triggered by exposure to toxic molds and other biotoxins in water-damaged buildings. It causes persistent inflammation affecting the brain, immune system, gut, metabolism, hormones, and overall cellular function. Symptoms are often debilitating: fatigue, cognitive impairment, respiratory issues, pain, sensitivities, and more.

Healing the Mold Within presents a clear, structured, clinically proven 5-phase protocol designed to systematically address the root causes and downstream effects of mold illness. Recovery is sequential: each phase builds on the last, with measurable progress markers (such as the Visual Contrast Sensitivity, or VCS, test) guiding you forward. The approach is personalized and science-based — medical, natural, functional, and anti-aging strategies, applied to the whole person in whole environments.

When you commit to the protocol, you are assigned home and health coaches and medical experts to guide you through the process. Our multidisciplinary team ensures you successfully tackle any challenges and return to excellent health.



THE 5 PHASES OF RECOVERY

Focus, diagnostic, treatment, goal

Critical foundational step

It is highly unlikely you will improve without first removing ongoing mold exposure. Proper home or living-space remediation (detailed in Beyond Mold's Home Remediation resources) is essential before and throughout the protocol.

Phase I Brain Health

FOCUS	Reduce the CDR1 alarm state and begin clearing the biotoxin burden from the brain and body.
KEY DIAGNOSTIC	Visual Contrast Sensitivity (VCS) test plus symptom assessment; see the “For Home” protocols to sanitize your living space.
TREATMENT	Choose a binder (MycoBind or prescription Welchol / Colesevelam), start the BeyondBind bundle (Lipid Rescue, Bile Acid Complex, Liver Matrix, Sun Fiber, Magnesium Bisglycinate), and consider intensive-care add-ons if needed.
GOAL	Pass the MoldSense™ VCS test, indicating a meaningful reduction in neurological CDR1 activity. Progress to Phase II once achieved.

Phase II Pathogen Reduction

FOCUS	Eliminate persistent nasal colonisation by MARCoNS and other microbes that perpetuate CDR1 signalling and prevent immune resolution.
KEY DIAGNOSTIC	MARCoNS nasal swab test.
TREATMENT	Prescription or OTC nasal sprays (see Suggested Treatments for MARCoNS) for 6–8 weeks, plus the MycoBind Clear portion of Bundle 2 (Rebiosis, ParaCleanse Pro, EnviroBind, SPM Active).
GOAL	Clear MARCoNS (confirmed by repeat testing). Move to Phase III approximately one month after starting Phase II.

Phase III GI Health — Food Sensitivities & Detoxification

FOCUS	Restore gut integrity, identify and eliminate food sensitivities, and support detoxification pathways often impaired by mold exposure.
KEY DIAGNOSTIC	Comprehensive food sensitivity panel.
TREATMENT	Apply personalised dietary changes based on test results and begin the Gut Defense bundle (GI Mucosal Support, FloraSync Nerve Pro, Mega IgG, plus optional add-ons).
GOAL	Improve digestion, reduce leaky gut and immune reactivity, and enhance toxin elimination. Transition to Phase IV after 1–2 months.

Phase IV Metabolic Evaluation — Cellular Energy & Efficiency

FOCUS	Optimise mitochondrial function, cellular energy production, hormone balance, and metabolic efficiency to combat chronic fatigue.
KEY DIAGNOSTIC	Metabolic laboratory panel (plus optional hormone testing).
TREATMENT	Begin the Balance and Burn bundle (NutraPro Spectrum, CoQ10, Balance Oil, plus targeted add-ons such as Cortipure, AdrenoBoost, and ALA Forte).
GOAL	Restore efficient cellular metabolism and energy production.

Phase V Phenotype-Guided Resolution, Recovery & Restoration

FOCUS	Achieve full resolution of mold illness and support deep neurological and tissue repair.
KEY DIAGNOSTIC	Laboratory panel to confirm CDR phase and identify which resolution phenotype applies.
TREATMENT	Tailored to CDR phenotype. Reactive: CDR1 resolution, limbic/neuroimmune calming, mast-cell stabilisation. Depleted: mitochondrial restoration (CoQ10, NAD+ precursors, BPC-157, photobiomodulation). Vulnerable: immune reconstitution, antiviral, botanical modulators. Disconnected: neuroendocrine safety signalling — VIP (Rx only, where lab criteria confirm depletion), SPM, vagal rehab. With the NeuroLift bundle.
GOAL	Sustained recovery and long-term health restoration.

Stay on track. Progress is monitored by clinical tests, symptom improvement, and environmental markers (such as the HERTSMI score), with support from medical experts and home/health coaches. Follow the sequence diligently, address your environment first, and use this guide as your main resource. Full recovery is achievable — and many have already done it.

BEYOND MOLD TREATMENT OVERVIEW

Reduce inflammation → metabolic efficiency → resolution

Phase	Focus	Diagnostic test	Treatment
I	Brain Health	VCS & symptoms; “For Home” protocols to sanitize your space	Choose a binder (Mycobind or Welchol); BeyondBind; consider intensive-care support.
II	Pathogen Reduction	MARCoNS swab	Rx nasal spray ~3 months, then repeat test; Mycobind Clear.
III	GI Health — Food & Detox	Food panel	Apply food-panel results; Gut Defense.
IV	Metabolic Evaluation	Metabolic labs	Follow recommendations; Balance and Burn.
V	Phenotype-Guided Resolution	CDR phenotype panel	Phenotype-guided resolution protocol; NeuroLift.

BEYOND MOLD SUPPLEMENT BUNDLES

Core bundle + add-ons, phase by phase

PHASE I BeyondBind (Bundle 1) ✓ Lipid Rescue ✓ Bile Acid Complex ✓ Liver Matrix ✓ Sun Fiber ✓ Magnesium Bisglycinate	ADD-ONS — INTENSIVE / SLEEP / DETOX ✓ Synapsin LPT · Curcumin LPT · Glutathione LPT ✓ QuiCalm · SunTheanine · Deep Blue Sleep ✓ NeuroAdapt · Clarify 4.0 · UltraPure Liver Concentrate
--	--

PHASE II MycoBind Pro (Bundle 2) ✓ Rebiosis ✓ ParaCleanse Pro ✓ EnviroBind ✓ SPM Active — one daily	ADD-ONS ✓ Tudca ✓ Biocidin
PHASE III Gut Defense (Bundle 3) ✓ GI Mucosal Support ✓ FloraSync Nerve Pro ✓ Mega IgG	ADD-ONS ✓ MastQuench ✓ Pro Multi Enzyme Complex ✓ Digestive Enzyme
PHASE IV Balance and Burn (Bundle 4) ✓ NutraPro Spectrum ✓ CoQ10 ✓ Balance Oil	ADD-ONS ✓ Cortipure Extract · SugarReg Pro ✓ ThyroBalance 37 · T-Time ✓ AdrenoBoost 200 · ALA Forte
PHASE V NeuroLift (Bundle 5) ✓ NeuroAdapt ✓ Neuro Core ✓ EndurO2 ✓ FloraSync Nerve Pro	ADD-ONS ✓ Ultra Pure Thai Ginseng

MOLDSENSE™

Visual Contrast Sensitivity test: overview

The Visual Contrast Test measures your ability to distinguish subtle differences in shades of grey. Reduced contrast sensitivity can be associated with neurological, metabolic, or inflammatory issues, including exposure

to biotoxins. Before beginning, make sure you are in a comfortable position, the room is evenly lit, and the digital test is open and ready at eye level.

Good lighting is essential. Position yourself in consistent, indirect light — avoid bright windows, harsh lamps, or shadows. Hold the chart or device at arm's length, ~eighteen inches from your eyes. If you normally wear glasses or contacts for distance vision, keep them; avoid reading glasses unless instructed. You must have 20/50 vision or better; corrective lenses are fine.

One eye at a time. Gently cover your right eye — do not press on it. With your left eye open, look at the top grey circle and note which way the lines point (left, right, or center). Scan the four grey circles below and choose the matching pattern. Take your time — the goal is accuracy, not speed. Repeat 45 times per eye, then switch sides.

Initial assessment

Helps make an initial assessment of CIRS, combined with symptoms and known exposure.

Serial monitoring

Serial testing to monitor treatment progress over time.

Spot-monitoring

Spot-monitoring for new exposure — results worsen within hours of a meaningful one.

Consistency matters. Perform future tests in similar lighting and at the same distance for meaningful comparisons. Improvement can occur within 24 hours of leaving an exposure while using binder therapy.

BEYOND MOLD TREATMENT PATH

Your steps, in order

Phase 1 Brain Health

- ☐ 1 Choose MycoBind or Welchol (click the link on the treatment page).
- ☐ 2 Start the BeyondBind Bundle.
- ☐ 3 Repeat VCS monthly — progress to Phase II when you pass the MoldSense™ VCS test.

Phase 2 Pathogen Reduction

- ☐ 4 Order the MARCoNS kit. If positive, obtain a prescription nasal spray; treat for 6 weeks, then repeat the swab.
- ☐ 5 Start MycoBind Clear for two months for pathogen reduction.
- ☐ 6 Progress to Phase III one month after beginning Phase II.

Phase 3 GI Health

- ☐ 7 Order the Food panel from Beyond Mold.
- ☐ 8 Start the Gut Defense Bundle.
- ☐ 9 Stop binder, Liver Matrix, and Bile Acid Complex when out of exposure.
- ☐ 10 Start Phase IV one month after beginning Phase III.

Phase 4 Metabolic Efficiency & Anti-Aging

- ☐ 11 Obtain metabolic labs (link on the treatment page).
- ☐ 12 Start the Balance and Burn Bundle.

Phase 5 Resolution & Repair

- ☐ 13 Obtain the CDR Resolution lab panel one month after applying Phase 4 treatments.
- ☐ 14 Start the NeuroLift Bundle.
- ☐ 15 Discuss 4 phenotype-guided options with your clinician.

5 - PHASE CHECKLIST

Every move, tracked

Phase 1 Brain Health

- ☐ 1 Welchol prescription or MycoBind
- ☐ 2 BeyondBind Bundle, or choose from the Good / Better / Best groupings
- ☐ 3 Progress to Phase 2 when you pass the MoldSense™ VCS

Phase 2 Pathogen Reduction

- ☐ 4 Test for MARCoNS
- ☐ 5 See Musto recommendations

☐ 6 MycoBind Clear, or choose from the Good / Better / Best groupings☐ 7 Start Phase 3 in one month**Phase 3 GI Health**☐ 8 Food Panel☐ 9 Gut Defense, or choose from the Good / Better / Best groupings☐ 10 Start Phase 4 in one month**Phase 4 Metabolic Evaluation & Anti-Aging**☐ 11 Metabolic Labs☐ 12 Consider hormone testing☐ 13 Follow clinical recommendations☐ 14 Start Phase 5 in one month☐ 15 Balance and Burn Bundle, or Good / Better / Best**Phase 5 Resolution & Repair — are you ready?**☐ 16 CDR Resolution Panel☐ 17 Phenotype-guided resolution therapy (VIP where clinically indicated)☐ 18 NeuroLift, or choose from the Good / Better / Best groupings**SUPPLEMENT BUNDLES**

Good • Better • Best

If you are not ready for the full bundles, here are suggested options to support your healing process. Levels are cumulative — selecting a higher level builds on the previous ones. The higher the level, the more comprehensive the protocol.

	BeyondBind	MycoBind Pro	Gut Defense	Balance & Burn	NeuroLift
Good	Lipid Rescue · Bile Acid Complex — bile flow, toxin removal, less neuroinflammation	Rebiosis · Enviro-Bind — reduce dysbiosis, remove toxins	FloraSync Nerve Pro — gut-brain probiotic & digestion	NutraPro Spectrum — replete key nutrients	NeuroAdapt · FloraSync Nerve Pro — probiotic & GI health
Better	Sun Fiber · Magnesium — microbiome support & waste removal	ParaCleanse Pro — eliminate parasites, strengthen gut-immune axis	GI Mucosal Support — reduce leaky gut	Balance Oil — omega 3/6 replacement	EndurO2 — stress resiliency & tissue oxygenation
Best	Liver Matrix — GI motility, less neuroexcitation, liver repair	SPM Active — turn off inflammation, improve drainage	Mega IgG — food tolerance, less immune reactivity	CoQ10 — increase cell energy	Neuro Core — repair brain, immune resiliency

BEYOND MOLD DOSING SUGGESTIONS

Exactly how much, and when

Phase 1 Brain Health

Goal: Pass VCS

BUNDLE 1

Colesevelam or MycoBind 2 scoops AM & PM before meals

Liver Matrix 2 caps twice per day

Sun Fiber 1 scoop daily

Lipid Rescue 1 scoop daily ×1 month, then 1/3 scoop

Bile Acid Complex 2 caps twice per day

Magnesium Bisglycinate 2 caps twice per day

Stop binder, Liver Matrix, and Bile Acid Complex when out of exposure.

INTENSIVE CARE

Tetra Cur LPT 1 chewable twice per day

Glutathione LPT 1 chewable twice per day

Synapsin LPT 1 chewable twice per day

UltraPure Liver Concentrate 1 scoop daily

STRESS AND SLEEP

QuiCalm 1–2 caps twice per day

Deep Blue Sleep 2–3 caps 30 min before bed

Clarify 1–2 caps twice per day

Theanine 1–2 caps 2–3×/day

NeuroAdapt 1, 2–3×/day

Phase 2 Pathogen Reduction

Goal: Clear MARCoNS

BUNDLE 2

SPM Active one daily ×3 months

ParaCleanse Pro 2 caps twice/day ×2 months

ADDITIONAL SUPPORT

Biocidin 1 cap twice per day

EnviroBind 2 caps before bed ×3 months

Rebiosis 1–2 caps twice per day

Tudca 2 caps daily with food

DOSING SUGGESTIONS (CONTINUED)

Phases 3–6

Phase 3 GI Health and Detox

Goal: Balance digestion

BUNDLE 3

FloraSync Nerve Pro 2 caps daily

Mega IgG2000 2 caps daily ×3 months

GI Mucosal Support 1 scoop daily ×3 months

OTHER

MastQuench 1 cap with meals

Pro Multi Enzyme Complex 3 caps twice per day

ADPT Cell Signal 1 scoop daily

Digestive Enzymes 2 caps with meals

Phase 4 Metabolic Efficiency

Goal: Improve cellular energy

BUNDLE 4

Metabolic Code follow recommendations

CoQ10 1 cap daily

NutraPro Spectrum 1 cap daily

Balance Oil 2 caps twice per day

ADDITIONAL SUPPORT

Cortipure Extract 1–2 caps AM & midday

SugarReg Pro 2 caps daily

T Time 2 caps AM, 1 PM

Adreno Boost 200 1 cap with a meal

ThyroBalance 37 1–3 caps in the AM

ALA Forte 1 cap before meals twice/day

Phase 5 Resolution and Repair

Goal: Restore health

BUNDLE 5

VIP where clinically indicated — see Phase 5 criteria

NeuroAdapt 1 cap twice/day — stop when done with VIP

EndurO2 LPT 1 chewable twice/day — stop with VIP

FloraSync Nerve Pro 2 caps daily

Neuro Core 2 caps before bed — stop with VIP

Ultra Pure Thai Ginseng 1 cap twice per day

Phase 6 Maintenance

Lipid Rescue • **Sun Fiber** • **Magnesium** daily

Omega 800 2 caps daily (stop Balance Oil)

NutraPro Spectrum • **CoQ10** daily

FloraSync Nerve Pro • **Moducare ES** daily

SUGGESTED TREATMENTS FOR MARCONS

Validated nasal-spray options

BEG Spray — Gram +, Gram –, Yeast & Mold

Bactroban (mupirocin)	0.2%
EDTA	1.0%
Gentamicin	0.025%

2 sprays each nostril 3×/day for 6–8 weeks

NEED RX

Colloidal Silver EDTA Muculox Spray — Gram +, Gram –, Yeast & Mold

Colloidal Silver (ionic)	50 ppm
EDTA	0.5% or 0.25%
Muculox	15%

2 sprays each nostril 3×/day for 6–8 weeks

NEED RX

Colloidal Silver (Non-Rx) — Gram +, Gram –, Yeast & Mold

Argentyn 23 (2 oz nasal spray)	23 ppm
ACS Nasal Spray (Results RNA)	50 ppm + 6 herbs

2 sprays each nostril 3×/day for 6–8 weeks

NON-RX

EDTA — Gram +, Yeast & Mold

EDTA — treatment of MARCoNS

0.25% — 3×/day, 6 months

EDTA — maintenance

0.25% — 2×/day, 6 months

Treatment then maintenance throughout the protocol

NEED RX

MARCONS TREATMENTS (CONTINUED)

Additional validated sprays

Formula 1 NSB (Nex Claire Broad-Spectrum) — MARCoNS only

Treats MARCoNS only

—

2 sprays each nostril 3×/day for 4–6 weeks

NEED RX

whISOBAX EDTA — Gram +, Gram –, Yeast & Mold

whISOBAX

2.5%

EDTA

0.25%

2 sprays each nostril 3×/day for 4–6 weeks

NEED RX

Grapefruit Seed Extract EDTA — Gram +, Gram –, Yeast & Mold

Grapefruit Seed Extract

0.5%

EDTA

0.5%

2 sprays each nostril 3×/day for 4–6 weeks

NEED RX

Xlear (Non-Rx) — Gram +, Gram –, Yeast & Mold

GFSE + Xylitol in Saline

—

2 sprays each nostril 3×/day for 6–8 weeks

NON - RX

Hylamist (Non-Rx) — Gram +, Gram –, Yeast & Mold

Hyaluronic Acid + GFSE in Saline

2 sprays each nostril 3×/day for 6–8 weeks

NON-RX

MARCONS • CLINICAL NOTES

Timing, low-MSH, and re-culture

- **Re-culture timing.** Recommended time to re-culture for MARCoNS is 1 week before completing treatment (e.g., a 6-week course → re-culture at week 5, remaining on the spray).
- **Low-MSH patients.** For a mold-illness patient with low MSH, immediately begin a maintenance dose of 1 spray in each nostril 2×/day to prevent recolonisation until Phase 4 is complete.
- **Colloidal Silver.** If treating with a Colloidal Silver spray, separate any saline- or salt-containing product by 2½–3 hours — salt or saline inactivates Colloidal Silver.
- **Resistant biofilm.** If MARCoNS biofilm is 2+, 3+, or methicillin-resistant, extend the nasal-spray treatment by 3 weeks.
- **Hydrogen Peroxide (Food Grade 3%).** Diluted to 0.75% (Non-Rx) — contact Microbiology DX for details. Canine: BEG spray on a Q-Tip, each nostril 3×/day for 10 days.

SOURCING & VALIDATION

All listed nasal sprays have been validated in-vitro with patient nares cultures for antimicrobial activity against MARCoNS and other micro-organisms. Rx available from PD Labs (512) 219-0724; Non-Rx available online.

Dr. Joseph D. Musto, MSc, PhD, BCLD/CC, DABB, FAACC — President & Director of Laboratory Medicine, Microbiology DX, Bedford, MA · microbiologydx.com