

MOLD & MYCOTOXINS

“HAVE YOU HAD MOLD EXPOSURE?”

As a root-cause practitioner, I have learned to ask this question when I hear someone struggling with certain symptoms or conditions. Why?

Because **if someone is currently exposed to elevated mold OR used to be in a moldy environment long enough to develop mold colonization inside the body**, it can be very difficult to help their symptoms or conditions until the mold is dealt with first.

Symptoms & Conditions Associated with Mold Toxicity:

- Severe fatigue, weakness
- Persistent headaches or migraines
- Sleep disruptions - insomnia, anxiety, sinus congestion/breathing, getting up to urinate frequently, night sweats
- Neurological issues, such as tremors or tingling
- Chronic sinus issues - congestion, post-nasal drip, inflammation
- Respiratory problems, asthma, shortness of breath
- Chronic muscle aches and joint pain, fibromyalgia
- Sensitive to chemicals or fragrances
- Increasing food sensitivities/reactions, worsening digestion
- Histamine intolerance, hives, rashes
- Mast cell activation syndrome (MCAS)
- Lyme disease, Multiple sclerosis or Parkinson's
- Chronic fungal/yeast issues
- Memory impairment, decreased word finding or difficulty concentrating
- Excessive thirst and/or increased urination (not due to diuretic)
- Interstitial cystitis (bladder condition)
- Metallic taste in mouth
- Vertigo, dizziness, lightheadedness
- Static shocks or ice-pick pain
- Blurred vision, red eyes, light sensitivity

Mold toxicity is not ALWAYS involved with the above symptoms or conditions, however, if it is a factor for you it can make all the difference when you deal with this straight on.

TEST TYPES

- **MOAT Panel** - helps determine if fungal colonization is present
- **Mycotoxin Panel** - helps determine if active exposure is present
- **MOAT + Mycotoxin Panel** - check for colonization and active exposure
- **Nasal Colonization Test** - checks for nasal colonization specifically
- **VCS Test** - inexpensive screening test, not diagnostic but useful
- **Mold Immunoreactivity Test** - even if mold levels are normal, you may have a high sensitivity to molds, guiding our plan-of-action for you



TEST DETAILS

TEST SAMPLE TYPES

- At-home urine test for OAT and Mycotoxin panels
- At-home nasal swab for Nasal Colonization (Marcons) test
- Blood draw for Mold Immunoreact.

LAB FEES

- \$229 for MOAT panel
- \$279 for Mycotoxin panel
- \$499 for MOAT + Mycotoxins panel
- \$265 for Nasal Colonization test
- \$15 for VCS Test ([available online](#))
- \$369 for Mold Immunoreactivity test

CONSULT FEES

- **\$225 for each Lab Review Consult**
- Includes one lab review, up to 1 hour consult and recommendations
- This is a **virtual consult**, so anyone can benefit, near and far

EXPERT REVIEW

Rebekah has pursued training specifically for mold toxicity and understands the significant impact it can have on a person's ability to resolve chronic health challenges. Navigating mold can be complex but having an expert to guide you on what to prioritize first can help take away the overwhelm and get you moving forward for good. Schedule a free Clarity Call if you need more information before getting started.

Rebekah Lund, Owner, Functional Practitioner, Certified Thermographer

