Tecaya Health
Larrea Naturopathic Medicine

Comprehensive Functional Medicine Protocol for Mold Illness

This protocol provides a comprehensive 6-phase approach to diagnosing and treating mold illness, also known as Chronic Inflammatory Response Syndrome (CIRS). Each phase includes both gentle and aggressive treatment options to accommodate different patient needs and sensitivities.

Phase 1: Diagnosis & Initial Assessment

Essential Laboratory Tests

TEST	PURPOSE	PROVIDER/NOTES
Visual Contrast Sensitivity (VCS) Test	Inflammation/neurological function screening	vcstest.com
Mycotoxin Panel (urine)	Direct mold toxin exposure detection	LAB: Vibrant or Mosaic
Environmental Mold Testing	Source identification	ERMI/HERTSMI via Tucson Mold Inspectors
MARCONS Sinus Swab	Sinus colonization and biofilm detection	LAB: Dr. Tecaya or at-home swab
CIRS Labs (Shoemaker Panel)	Confirm biotoxin pathway activation	See detailed panel below

Shoemaker CIRS Panel Components

- HLA-DR/DQ genotype - Genetic susceptibility assessment
- C4a - Complement system activation
- MMP-9 - Matrix metalloproteinase (tissue breakdown)
- TGF-β1 - Transforming growth factor (fibrosis marker)
- VEGF - Vascular endothelial growth factor
- ADH/osmolality - Antidiuretic hormone function
- VIP - Vasoactive intestinal peptide
- Leptin - Metabolic hormone
- MSH - Melanocyte-stimulating hormone

Tecaya Health
Larrea Naturopathic Medicine

Comprehensive Functional Medicine Protocol for Mold Illness

Phase 2: Remove from Exposure

Environmental Remediation

APPROACH	GENTLE OPTIONS	AGRESSIVE OPTIONS
Remediate or relocate	HEPA filters, dehumidifiers, minimize time in moldy buildings	Full remediation or temporary relocation
Open drainage and elimination	Food fibers, cholegogues/bitters, magnesium	Laxatives, lymphatic massage
Binders (start low + slow)	Food fibers, Activated charcoal, zeolite, humic/fulvic, chlorella MycoPul, Tox-Affix, GI-Detox	RX Binders e.i. Cholestyramine (CSM), Welchol
Nasal antifungals and nasal repopulation	Xlear, Argentyn silver nasal spray. Livia Probiotic Nasal spray	RX Amphotericin B, BEG spray
Sinus rinse	Saline with optional iodine	Neti with EDTA/silver or antifungal meds
Address LPS, dieoff	Anthocyanins, polyphenols	

Tecaya Health
Larrea Naturopathic Medicine

Comprehensive Functional Medicine Protocol for Mold Illness

PHASE 3: Support Drainage and Detox Pathways

SYSTEM	GENTLE OPTIONS	AGRESSIVE OPTIONS
Liver	Milk thistle, dandelion, glutathione	IV glutathione, IV phosphatidylcholine
Gallbladder	Lemon water, bitters	TUDCA, ox bile, liver-gallbladder flush
Lymph	Dry brushing, castor oil packs	Lymphatic massage, red light therapy
Colon	Magnesium citrate, aloe, probiotics	Colonics, high-dose magnesium oxide
Skin	Epsom salt baths, rebounding	Infrared sauna, ozone therapy

Tecaya Health
Larrea Naturopathic Medicine

Comprehensive Functional Medicine Protocol for Mold Illness

PHASE 4: Reduce Inflammation + Stabilize the Brain & Immune System

TARGET	GENTLE OPTIONS	AGRESSIVE OPTIONS
Neuroinflammation	Curcumin, omega-3s, Lion's mane MonoPure or DHA.	RX Low-dose naltrexone (LDN), VIP nasal spray
Histamine response	DAO, HistaEze or HistaQuel	RX Ketotifen, cromolyn sodium
Cytokine modulation	Resveratrol, turmeric. CytoQuel	RX anti-inflammatories if necessary
Autoimmune activity	Gluten-free diet, low mold diet	Full autoimmune paleo protocol

PHASE 5: Repair the Gut and Rebuild Barriers

TARGET	GENTLE OPTIONS	AGRESSIVE OPTIONS
SIgA/Gut lining	L-glutamine, aloe, slippery elm	Serum bovine immunoglobulins, colostrum
Microbiome balance	Bifido strains, Saccharomyces boulardii	Antimicrobial herbs (if SIBO) GI Microb-X
Mucosal detox support	Fiber, pectin, flax, GI detox powders	High-dose binders + aggressive pathogen elimination

Tecaya Health
Larrea Naturopathic Medicine

Comprehensive Functional Medicine Protocol for Mold Illness

PHASE 6: Rebuild Mitochondria and Hormonal Health

TARGET	GENTLE OPTIONS	AGRESSIVE OPTIONS
Mitochondria	Catalyst, (CoQ10, PQQ) BioActive B's, Magnesium	IV NAD+, mitochondrial resuscitation protocols
Hormones (esp. cortisol, MSH, ADH)	Rhodiola, licorice, adaptogens HPA Adapt?	Bioidentical hormones, hydrocortisone taper
Sleep restoration	Melatonin, CBD, glycine	Rx sleep aids (Trazodone, etc.), neurofeedback

MAINTENANCE & PREVENTION

- Keep indoor humidity < 50%
- Air purifiers with HEPA + carbon
- Mold-free diet (low sugar, low yeast, avoid aged/fermented foods)
- Bi-annual re-testing of mycotoxins and CIRS panel, esp. if genetically susceptible (HLA-DR positive)
- Emotional support and trauma resolution (limbic system retraining like DNRS or Gupta)

OPTIONAL ADVANCED THERAPIES

- IV ozone (10-pass / MAH)
- Peptides (BPC-157, Thymosin Alpha-1)
- Hyperbaric Oxygen Therapy (HBOT)
- Neurotherapy (qEEG-guided)
- DNRS/Gupta for limbic system retraining