



ASPEN INTEGRATIVE
MEDICINE

Mold Detox Protocol

1. **Ozonated Olive Oil Capsules by purO3:** 1 pill at bedtime
Find on puro3.com
2. **Grapefruit Seed Extract 250mg by NutriBiotic:** 1 pill 2x/day before meals and at bedtime
Find on vitacost.com
3. **Olive Leaf Extract by NusaPure:** 2 pills 2x/day
Find on amazon.com
4. Do the General Detox Protocol
 1. **Coffee Enemas:** 1x/day
Do the enema in am after you poop; hold for 10-15 min then evacuate. Do 2x/day if needed but not after 4pm. If you don't poop, do the enema to help you poop and then repeat after pooping. *Fleet enemas from the local pharmacy will do, dump out sodium phosphate and add lukewarm, organic coffee.
 2. **Epsom Salt Baths:** Use 1 cup of salts—soak 30 min 3x/week
 3. **Ozone Saunas:** 30 min 2x/week
180 Degree Wellness (aka Midland Fitness) in Glenwood Springs or at Fahrenheit Spa in Basalt
 4. **Home Infrared Sauna Therapy:** 30-40 min 5x/week (if available)
 5. **IV Therapies:** Vit C, Myers nutrients (b-vitamins and minerals), glutathione, alpha lipoic acid, ozone, EDTA, NAD+, or MIC (methionine, inositol, choline)
 6. **Oxy-Powder by Global Healing:** 4 pills at dinner if constipated; 2 pills if not constipated.
Stop if getting diarrhea.
Find on globalhealing.com
 7. **Liver Cleanse by Thorne:** Use as directed.
Find on iherb.com