**Chronic Inflammatory Response Syndrome (CIRS)**

24% of the population has a genetic predisposition to Chronic Inflammatory Response Syndrome. As a result of exposure to certain bacteria, molds, fungi, dinoflagellites and algae, one may be susceptible to biotoxins. If triggered by an exposure to biotoxins, this syndrome may be experienced as a range of symptoms such as fatigue, weakness, brain fog, headaches, dizziness, muscle pain or visual disturbances.

For instance, during treatment for Lyme disease the bacteria die-off creates toxins that are transformed and/or eliminated from the body through the liver, lymph, kidneys and skin. Those with a genetic predisposition to CIRS may have a harsh unrecoverable (Herxheimer) reaction as a result of exposure to biotoxins, or even continue to exhibit symptoms from persistent toxins long after Lyme has been eradicated. Treatment must focus on tonifying detoxification organs and binding to the biotoxins in order to eliminate them from the system. There are herbal formulas and amino acids used to support the liver, lymph and kidneys, as well as cholestyramine, charcoal, bentonite clay and chlorella used to bind biotoxins. The following are also thought to be important details to follow:

* 2-3 liters of water daily
* Lemon/lime in water
* Epsom salt baths
* Castor oil packs over the liver
* Alka seltzer gold
* Liver, lymph and kidney detoxification
* Lymph massage by a therapist or self-directed
* Sauna, steam room, biomat

**Testing You**

**HLA DRB and DQ Testing**

Blood testing may be done to identify the HLA DRB and DQ haplotype. HLAs (Human Leukocyte Antigens) are gene markers found on the surface of cells and present toxins to the immune system. CIRS is caused by the failure of HLAs to present toxins to the immune system, whereas an ineffective immune response is created. As a result, one part of the immune system called the innate immune system continues to be activated, causing the symptoms listed above, whereas the adaptive immune system never responds. There are also biomarkers for neuro-immune, vascular and endocrine function that may be tested. Most of these tests are best done at LabCorp. Go to [www.labcorp.com](http://www.labcorp.com) to find the closest facility to you (Bedford NH, Worcester MA, Troy NY are the closest to the clinic).

**Visual Contrast Sensitivity (VCS) Testing**

Unlike visual acuity which measures clearness of vision, visual contrast measures the difference in luminance (bright and dim) between two images. Research has shown that neurotoxins can create visual contrast sensitivity deficits. You may test visual contrast sensitivity for $15 at [www.survivingmold.com](http://www.survivingmold.com), or for free at www.VCSTest.com.

**Mycotoxin Urine Testing**

Urine testing may be done to detect mycotoxin antibodies. Mycotoxins are small molecules produced by molds and can negatively affect lung health, the immune system and increase sensitivity to bacterial toxins. There are two testing options.

IMPORTANT: Take 500mg liposomal glutathione twice daily AND (if possible) 15-30 min of sauna/steam room/hot tub daily for one week before urine testing.

* ***Real Time Laboratories***

Real Time Laboratories uses ELISA technology and looks for 16 different mycotoxins that are associated with the indoor molds: Ochratoxin A, Aflatoxin Group, Trichothecene Group (including 10 macrocyclic tricothecenes), and Gliotoxin derivative.

* ***Great Plains Laboratory***

Great Plains Laboratory Mycotox Profile uses mass spectroscopy technology and looks for 7 different mycotoxins: Aflatoxin M1, Ochratoxin, Sterigmatocystin, Roridin E, Verrucarin A, Enniatin B1, and Zearalenone.

**Testing Your Home or Workplace**

**Mold Test Kit with ERMI**

[www.EMSL.com](http://www.EMSL.com) or 800-220-3675

* + ERMI (Environmental Relative Moldiness Index) is the best test for indoor mold growth.
  + Purchase *MTK-ERMI-5D* online for ~$165.
  + Dust sample collection kit and analysis for the 36 fungal species that comprise the ERMI. Results in 5 days.

**Food Avoidance for a Low Mold Diet**

* Alcohol, including beer, wine, and hard liquor
* Wheat, oats, barley, rice, sorghum, and rye
* Peanuts, walnuts, cashews
* Hard cheeses
* Mushrooms
* Apple juice, coffee, and chocolate
* Cottonseed oil
* Sugar
* Beet sugar
* Tomato paste
* Beans

**Resources**

**Websites**

www.survivingmold.com (Ritchie Shoemaker MD)

[www.iseai.org](http://www.iseai.org) (International Society for Environmentally Acquired Illness)

drcrista.com

[www.lisanagy.com](http://www.lisanagy.com) (Lisa Nagy MD, survivor)

[www.aaemonline.com](http://www.aaemonline.com) (American Academy of Environmental Medicine)

www.homelab.com

www.molekule.com

[www.pureroom.com](http://www.pureroom.com)

www.paradigmchange.me

**Books**

*Surviving Mold* by Richard Shoemaker MD

*Prescriptions for a Healthy House* by Paula Baker-Laporte, Erica Elliot and John Banta

*Toxic* by Neil Nathan

**Indoor Environmental Professionals**

Purely Green Home, [www.PurelyGreenHome.com](http://www.PurelyGreenHome.com), 603-886-0345

Purely Green Environmental, [www.PurelyGreenEnviro.com](http://www.PurelyGreenEnviro.com), 603-886-0345

www.environmentalanalytics.net

www.safestartiaq.com

[www.aerobiological.com](http://www.aerobiological.com)

[www.armourappliedscience.com](http://www.armourappliedscience.com)

[www.acac.org/find/location\_search\_2.aspx](http://www.acac.org/find/location_search_2.aspx)

**Shoemaker Certified Practitioners**

Margaret DiTulio APRN, FNP; Regenix Healing, Atkinson, NH; [www.regenixhealing.com](http://www.regenixhealing.com), 770-734-3649

Lauren Tessier ND; Life After Mold, Williston, VT; [www.LifeAfterMold.com](http://www.LifeAfterMold.com), 802-595-6004