

Reduce Mold Toxins in Body & Reduce Mold Exposure Page 1

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If everybody is like a plastic bucket, 76% of them have a hole in the bottom to drain out mold breathed in. The immune system quickly tags these mold spore or toxin particles as invaders and eliminates them. However, the other 24% do not have a hole in their bucket and unable to eliminate these mold toxins. If your mold toxin score is high (over 100,000 if Dr Richard Loyd tests you), you are part of the 24%.

One fourth of the population need to do something every day regarding mold to remain healthy. Getting in the habit of reducing the mold toxins that are already in the body is one thing, but regularly treating your environment (where you spend most of your time) is as equally important. Also, be aware that going to a friend's house with a mold issue for just a couple of hours, can increase your mold score by 200,000!! But there are also ways to reduce your score by 200,000 points in one hour. Remember this score can go up by 200,000 – 400,000 points a day as your body accumulates mold toxins. So, it's important to do something every day to reduce that score. Here are 3 quick ways to reduce your score....

There are 3 Options to REDUCE "Mold Toxin" Score in the Body

- 1. Kenrico Quick Qu-1 patches reduce from 190,000 – 230,000 points overnight.** Amazon sells for \$30 for 20 pairs which is **about \$45 a month** if you use every night. They also help detoxify the body. (Do not buy the Kinoki Foot patches which only reduces between **20,000 – 60,000** points overnight.)



- 2. Dr. Loyd's 80300 Activator (\$150) can reduce your mold toxin score 100,000 points per 24-hour period.** Plug it in. Operates independently from all other devices. Saliva sample is placed on top of the copper mesh and it runs remotely. A recent experiment - person had a mold toxin score of 480,000, ran the activator 24/7 with saliva sample for 4 days. The score came down to 80,000. (The mold toxin score is constantly going up & down depending on where you are)



3. Soak your feet in 2 separate dish tubs & 9-volt battery for one hour a day reduces your mold toxin score by 200,000 points each day. Buy 2 dish tubs at Walmart or dollar store. Add pinch of sea salt. Connect 2 stainless steel spoons using these instructions. Purchase alligator connector at a Fry's or Best Buy. (To buy on Amazon for \$10, search "9V Battery Snap in Connector with Alligator Clips 12-inch Leads", but don't buy the 3 connectors for \$9 because of the very poor reviews). **Dr Loyd's office 206-244-1383 sells the connector for \$8.75+ shipping.** Replace the alligator connector every couple of months because it rusts. The 9-volt battery needs to be replaced often as well.

- ↳ *The footbath.* Put one bare foot in each tub. Put the **RIGHT** foot in the **BLACK (negative)** side and put the **LEFT** foot in the **RED (positive)** side. Some people whose bodies are very toxified only do 1 – 5 minutes at first, gradually increasing time to 30 or even 60 minutes. Do the footbath at least once a day. The water in the left side may change color slightly as toxins are released from the body through the foot.

**Black = RIGHT =
Negative (-)**



**Red = LEFT =
Positive (+)**



Reduce Mold Exposure by Treating your Home and your Car

Sylvan Variable Ozone Generator (from 5000mg/hr to 12,500mg/hr) **OZONE GENERATOR** is easier to transport (has handle), has built-in timer, & adjustable ozone output knob. It's less powerful (5000 mg/h) so need to run it ABOUT 2 hours in each room 2x/wk depending on room size. You cannot be in the room while Ozone is running. **(\$150 - \$200 on Amazon)**

 Sylvan VARIABLE OZONE MACHINE 0-5,000MG/HR



For the car, buy a **Mini Car Ozone Ionizer** – plugs into cigarette lighter. Mold grows in the carpet because rain sprinkles in when you open the car door, & your wet shoes are placed on the floor mats. (Purchase on Amazon - **about \$12.** (Don't get the 3 for \$12 because cheaply made)