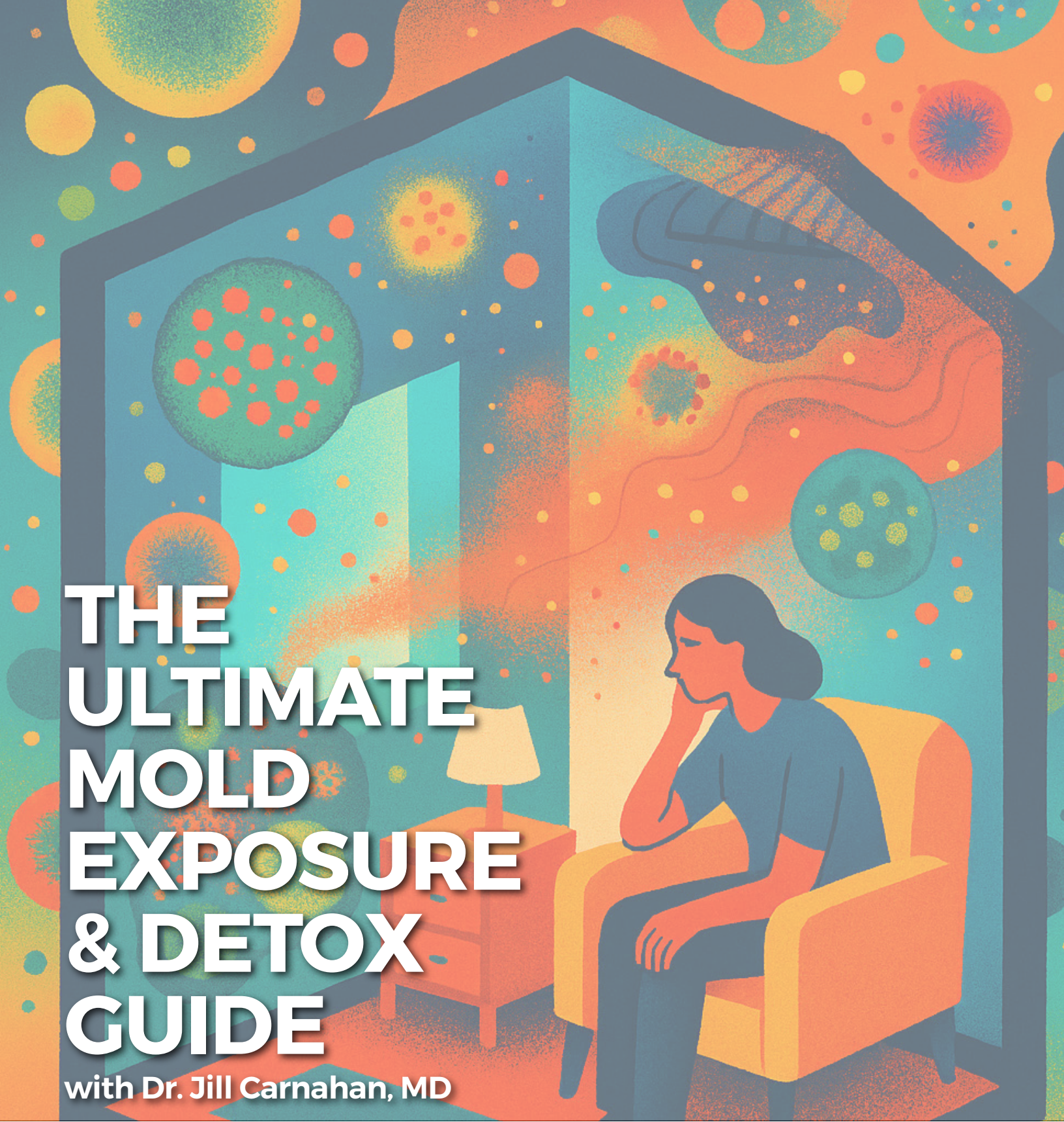




THE ULTIMATE MOLD EXPOSURE & DETOX GUIDE

with Dr. Jill Carnahan, MD

GET MDL CLEAN



MDLIFESPAN

Dr. Jill
Health®

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Just Say No To Toxins.

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WHAT'S INSIDE

- Mold Toxin Myths — Busted
- How Mold Affects Your Brain and Mood
- Where Mold Hides in Your Home (and What to Do About It)
- Testing and Tools for Identifying Mold Exposure
- Daily Detox Habits to Reduce Your Toxin Burden
- Why Traditional Mold Detox Fails
- The MDL Mold PlasmaXchange Protocol: A Smarter Solution



WELCOME FROM MDLIFESPAN AND DR. JILL CARNAHAN, MD

Every day, mold hides in the places we least expect, and its toxins can quietly harm our brain, immune system, and energy levels. This guide is designed to raise awareness and empower you to take the first steps toward a cleaner, healthier life. It is not a mold treatment manual, but a proactive resource for identifying risk, reducing exposure, and understanding next steps.

UNDERSTANDING MOLD TOXICITY

Let's start with the basics. Mold exposure becomes dangerous when you're dealing with microscopic toxins called mycotoxins, invisible compounds that cause more damage than the mold itself.

These toxins can:

- Cross the blood-brain barrier
- Disrupt immune function
- Damage mitochondria and DNA
- Cause chronic inflammation



"Mycotoxins from mold don't just contaminate our surroundings; they embed in our tissues, where they silently disrupt healing until properly addressed."

~ Dr. Jill Carnahan

WHERE MOLD HIDES

Mold loves hidden spaces and damp conditions. That means even clean-looking homes may be harboring toxic mold.

Common hiding spots include:

- ✓ Inside walls, under carpets, in HVAC systems
- ✓ Behind wallpaper and baseboards
- ✓ In grains, coffee, nuts, and dried foods

You don't have to see mold to be harmed by it. Invisible mycotoxins often circulate in buildings long after the mold has been removed.



“Symptoms often include brain fog, fatigue, memory loss, and hormone imbalance. frequently misdiagnosed as fibromyalgia or anxiety.”

~ Dr. Paul Savage



COULD MOLD BE BEHIND YOUR SYMPTOMS?

Mold toxicity doesn't look the same in everyone. It often mimics other conditions and gets misdiagnosed. But the patterns are clear.

TOP SIGNS OF MOLD-RELATED ILLNESS INCLUDE:

-  Brain fog, memory loss, difficulty concentrating
-  Mood swings, anxiety, depression
-  Fatigue that doesn't improve with rest
-  Sinus congestion, wheezing, or persistent cough
-  Sensitivity to smells, light, or static shocks
-  Joint pain, body aches, tingling or numbness
-  Digestive problems that can't be diagnosed or don't respond to treatment

MOLD TOXIN MYTHS BUSTED

There's a lot of misinformation about mold and what it really means to be exposed. Let's bust some of the most common myths:

MYTH	TRUTH
#1 ❌ You must see mold to be affected	✅ Invisible mycotoxins can harm you long before mold is visible.
#2 ❌ Only people with allergies react to mold	✅ Mold toxins can trigger neurological, immune, and hormonal issues in those who are sensitive.
#3 ❌ Bleach gets rid of mold	✅ While bleach is a strong oxidizer it does not penetrate deeply enough into porous materials to kill underlying colony and has very little effect on mycotoxins.
#4 ❌ Only "black mold" is dangerous	✅ Many mold species produce harmful toxins, not just <i>Stachybotrys</i> , also known as black mold.
#5 ❌ If you leave the moldy building, you're safe	✅ Toxins from water-damaged buildings may persist in your body for years unless properly mobilized and excreted
#6 ❌ Detoxing from mold is just a matter of taking a bunch of supplements, binders, and plenty of water to flush them out	✅ While this may help the detox process, the patients who would most benefit from additional support generally have impaired detoxification processes which makes them more likely to have persistent symptoms despite adequate supplemental regimen.
#7 ❌ A negative urine mycotoxin test means there are no mycotoxins in your home or body to worry about	✅ A negative test doesn't guarantee you're in the clear. It may mean your body isn't detoxing – not that exposure hasn't occurred.

Heavy Metals	Test Name	In Control	High Risk	In Control Range
	Urine Creatinine (mg/ml)		4.54	0.25~2.16
	Aluminum (ug/g)	5.89		≤54.00
	Antimony (ug/g)		4.18	≤0.78
	Arsenic (ug/g)	5.95		≤116.00

Mycotoxins are stored in fat, brain tissue, and cell membranes, not just eliminated in urine. If your detox pathways are blocked or overwhelmed, toxins may not show up on a test even when symptoms persist.



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HOW TO SPOT AND PREVENT MOLD IN YOUR HOME

You spend 90% of your life indoors. Let's make sure it's a safe space. Here's how to identify whether your home or office may be contributing to your symptoms:

Check Your Space For:

- ✓ Musty odors
- ✓ Visible signs of water damage, such as stains, peeling, warping
- ✓ Condensation on windows
- ✓ Water stains or visible mold growth
- ✓ Leaks in roofing, basements, plumbing
- ✓ Symptoms that improve when away from home

Prevention Tips:

- ✓ Fix moisture problems fast
- ✓ Reduce humidity (keep under 50%)
- ✓ Use HEPA filters + air purifiers
- ✓ Vent bathrooms and kitchens

DID YOU KNOW?

50% of U.S. homes may contain mold – and indoor air is often more polluted than outdoor air.



AVOIDING MOLD CROSS-CONTAMINATION

Even after mold is gone, it can linger on items. Take extra care to avoid bringing spores into clean environments.

Patient Name: DEMO DEMO
Date of Birth: 01-01-1111 Accession ID: 2403050025
Service Date: 2024-03-26 07:00 (PDT)

Total Tox Burden - Summary

High							Mycotoxins	Heavy Metals	Environmental Toxins
Test Name		Current	Previous	Result		Reference			
				75th	95th				
	Glyphosate (ug/g)	9.29		<					

Watch for contamination in:

- ✓ Fabric furniture, mattresses, pillows
- ✓ Paper, books, clothing
- ✓ Pet fur and shoes
- ✓ Electronics and laundry appliances

Wrap, store, or replace items when needed—and always clean outside.

TIPS



LEAVE SHOES AT THE DOOR.

Up to 40% of home contaminants come from outside — including mold spores tracked in on footwear.



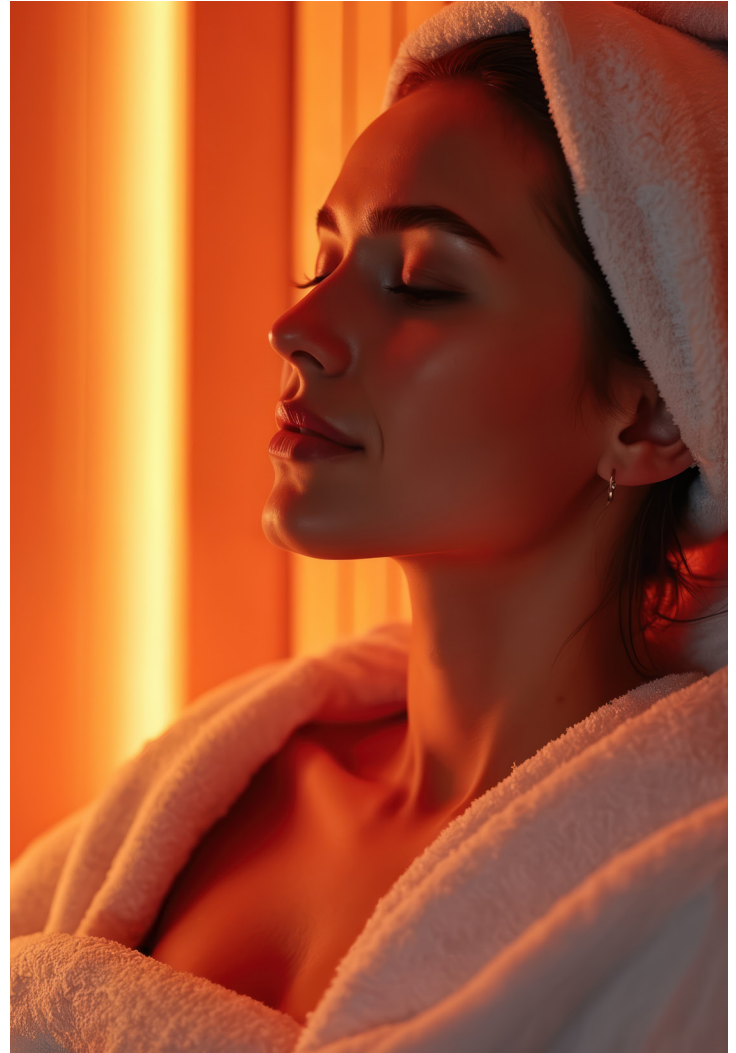
LIFESTYLE SUPPORT: DAILY DETOX HABITS THAT HELP

You don't need to overhaul your entire life. But a few strategic habits can reduce exposure and support your body's detox pathways.



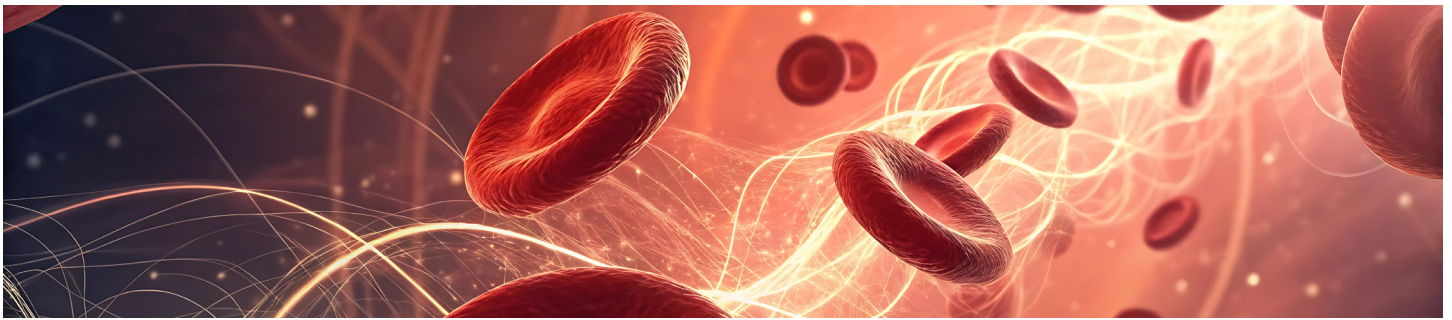
TRY THESE DAILY TIPS:

- Use HEPA filters and natural cleaners
- Strategically place room detoxifying plants in bedrooms and living rooms (e.g. peace lily, English ivy, spider plant, bamboo)
- Eat a low-mold diet (no sugar, wine, cheese, dried fruit)
- Stay hydrated and add electrolytes or lemon
- Take Epsom salt baths or use an infrared sauna
- Reduce EMF and fragrance exposure



“Environmental toxins are a hidden root cause of many complex, chronic illnesses I treat—mold exposure being one of the most significant.”

~ Dr. Jill



WHAT HAPPENS WHEN MOLD GETS INSIDE

Once mycotoxins enter your body, they don't just disappear. They bind to fat tissue and recirculate, affecting your brain, gut, immune system, and more.

They may cause:

- ✓ Liver and kidney stress
- ✓ Brain inflammation and mood changes
- ✓ Gut dysbiosis and food sensitivities
- ✓ Hormone imbalance
- ✓ Mitochondrial fatigue

WHY TRADITIONAL DETOX ISN'T ENOUGH

Binders, supplements, and saunas can help detoxification from mold but now there are more advanced options to speed up the process.



Filtering these stubborn toxins out of the blood to break the cycle. And that's exactly what PlasmaXchange is designed to do.



This is why advanced protocols like MDL Mold PlasmaXchange are so critical.

~ Dr. Paul Savage

"Mycotoxins are stored in fat, brain tissue, and cell membranes not just eliminated in urine."

DR. JILL'S MDL MOLD PLASMAXCHANGE PROTOCOL™

Think of PlasmaXchange as an oil change for your body. It filters out harmful compounds and restores the balance your body needs to heal. MDL Mold PlasmaXchange is an advanced, physician-led patent pending protocol designed to remove these toxins and help restore your immune health. At its core is therapeutic plasma exchange (TPE), a safe, minimally invasive process that removes toxins, inflammatory proteins, and immune triggers from your bloodstream.

This protocol was developed in collaboration with Dr. Jill, a pioneer in environmental and mold-related medicine, bringing her expertise to the MDLifespan team to create a comprehensive solution for mold-exposed patients.

This patent-pending, physician-led protocol includes:

- ✓ Therapeutic Plasma Exchange (TPE)
- ✓ Targeted detox binders and nutrients
- ✓ IV therapy for mitochondrial and immune support
- ✓ Personalized lab testing + consults with MDL experts



“This approach removes mycotoxins up to 300% more effectively than conventional methods.”

Dr. Paul Savage

WHAT TO DO NEXT

If you suspect mold is affecting your health, don't wait. Start by testing your body and environment, cleaning your home, and scheduling a free consultation.

WE'LL HELP YOU:

- ✓ Identify your exposure level
- ✓ Understand what's driving your symptoms
- ✓ Determine if the MDL Mold Protocol is right for you



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**SCAN TO
LEARN MORE**

MDL Mold PlasmaXchange Protocol Details

Disclaimer

MDLifespan PlasmaXchange protocols are designed to support general health and wellness. They are not intended to diagnose, treat, cure, or prevent any disease. This guide is for educational purposes only and should not replace medical advice.