



Protocol Guide for Managing Chronic Sinusitis & Mold Sensitivity

Mold is a year-round antigen that is the root cause of many allergic and inflammatory health symptoms. The most effective way to stop your immune system's cycle of reaction to mold is to simply remove the mold from your body AND your indoor environments.

DEVELOPED BY SINUS SPECIALIST - DONALD P. DENNIS, M.D., F.A.C.S.

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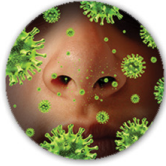
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Body Protocol Components

The purpose of using these recommended products is to rid your nose, gut, and fatty tissues of fungus. We focus on the two primary entry points for mold: the nose by inhalation, and the gut by ingestion. These protocols are designed to not only eliminate mold from the body, but to also boost the immune system and help the body to block the fungal inflammation response.

1 Mold Enters the Nose and Finds a Home



The Nasal Passages and Sinuses are Ideal Growing Environment for Mold:

- Dark
- Moist
- Warm
- Nutrient Rich

2 Mold Triggers Immune System Response



Results in:

- Inflammation
- Swelling
- Allergic Reactions
- Loss of Cellular Energy and Resiliency

3 Immune Response Causes Multiple Symptoms...



- Congestion
- Post-Nasal Drip
- Headaches
- Fatigue
- Body Pain
- Gut Issues & More!

FACT: Exposure to mold and mold components is well known to trigger inflammation, allergies & asthma, oxidative stress, immune system dysfunction, and aggravate or prolong healing to many chronic illnesses.

FACT: You may have tested negative for mold allergies in the past, BUT you were probably not tested for a **DELAYED** reaction. (Ask for an IgG test, not the common IgE or skin test.) Additionally, mold toxicity from mycotoxins is **NOT** the same as mold allergy. You **CAN** be sick from mold and test negative for mold allergies.

FACT: 93% of all Chronic Sinusitis occurrences have a mold component that is unresponsive to traditional antibacterial treatment.

FACT: 16-20% of the population have a genetic trait that causes their immune systems to **OVERREACT** to mold (fungus) and its mycotoxins.

FACT: It **IS** possible to see significant, lasting improvement without prescription medicine or antibiotics! The key is to focus on fungus (mold), so that you are treating the cause of your sickness.

FACT: There is no magic pill or surgery to cure Chronic Sinusitis. Unless you remove the antigen (mold), the sinusitis will reoccur.

If you do a **LITTLE** of the protocol, you get a **LITTLE** better. If you do more, you get more results.

When you do **ALL** of the protocol, you get **A LOT** better. Move at your own pace.

Introduce steps in the protocol systematically and **FEEL** the difference in your health and energy levels.

1. CLEAN YOUR NOSE AND SINUSES

CitriDrops Dietary Supplement



This natural botanical extract with potent antifungal and antibacterial properties unblocks the sinuses when used with a nasal wash, like the [Nasopure system](#). CitriDrops Dietary Supplement works by cleaning the fungus from your nasal passages. **INSTRUCTIONS:** For nasal wash, put 1 drop of [CitriDrops Dietary Supplement](#) per ounce water with salt and bicarbonate mix. If it burns, reduce the number of drops until there is no discomfort. If you experience any unpleasant

symptoms discontinue use and rinse out your nasal passages with saline solution. The product can also be taken orally by mixing 6-10 drops with water or juice. When taken orally, CitriDrops Dietary Supplement will help to rid your digestive tract and gut of opportunistic yeast and bacteria.

CitriDrops Nasal Spray



Extend antifungal protection throughout the day with this homeopathic nasal spray. It contains botanical extracts, Xylitol, and a homeopathic blend to break up biofilms, address bacteria and fungus, and encourage healing. **INSTRUCTIONS:** Carry [CitriDrops Nasal Spray](#) with you and use 2-3 sprays in each nostril 3-4 times a day. Aim the spray away from the sensitive tissue between the nostrils to eliminate the possibility of irritation and bleeding.

DISCONTINUE USE IF IRRITATION OCCURS. Spray can be used as a substitute for the nasal wash. It is ideal for travel and on-the-go use.

Nasopure™ Sinus Wash



Cleans and clears blocked sinuses with a therapeutic saline irrigation and moisturizing system. Clearing the mucus build up in the nasal passages helps to remove the mold that is causing the immune reaction. When the mucus is cleared, nasal sprays can reach more deeply into the sinuses to speed healing. The rinse works best when used with [CitriDrops Dietary Supplement](#) added to the saline solution. **INSTRUCTIONS:** Do not hold the

Nasopure tip tight against the nostril. You do not want to create a seal, but to allow some saline to come out of the side you are irrigating. This prevents forcing mucus and infection into the frontal sinus cavity or the Eustachian tube. [*Saline packet refills](#) are available on the website.

2. SUPPORT YOUR IMMUNE SYSTEM

Sinus Defense



[Sinus Defense](#) blocks the inflammatory response and builds fungal resistance by increasing cell-mediated immunity to fungal, bacterial, and viral pathogens. When the body has a more effective and efficient immune it can eliminate allergens and pathogens that commonly cause sinus infections and plague mold-sensitized individuals. Additionally, regular use of Sinus Defense has been shown to dampen the chronic inflammatory response

that characterizes mold-related illness. **INSTRUCTIONS:** Use 3 sprays 3X a day for maintenance. When exposed to mold or symptomatic, use 9 sprays 3X a day.

BetaMax 250



(for use with Sinus Defense) [BetaMax 250](#) (a Beta 1, 3 Glucan) raises the macrophage presence in the blood, so that the invading organisms can be more quickly removed from the body. It can amplify the effects of Sinus Defense® by up to 300%! The products are important to use together for maximum effectiveness.

INSTRUCTIONS: Take two tablets once a day on an empty stomach and away from sugar containing foods.

CellTropin™



(optional for anyone) A homeopathic L-Arginine responsible for releasing Nitric Oxide, which helps dilate vessels to improve blood flow and open cells for better detox capabilities. [CellTropin](#) also contains homeopathic pituitary factors to stimulate the pituitary gland to release and regulate Growth Hormone naturally. Growth Hormone helps make new cells of every kind in the body (muscle, skin, bone, brain, immune system). Without Growth

Hormone, there is energy and health decline. Many mold-harmed patients experience hormonal imbalances and/or a halt in Growth Hormone production as a result of mycotoxin toxicity. In CellTropin, pituitary extracts support the entire endocrine system, Astragalus stabilizes the DNA molecule for anti-aging, and Ginkgo Biloba supports brain function. Users report increased stamina, energy, and focus.

INSTRUCTIONS: Use 3 sprays 3x daily.

Environmental Treatment Protocol

To break the cycle of reaction to mold you MUST gain control over the level of mold you breathe in and ingest. For most people, low levels of naturally occurring mold can be tolerated by the immune system. However, when mold collects to unhealthy levels in homes, offices, and even cars, the immune system becomes overwhelmed which results in symptoms. Logically you must first FIND the mold source before you can remove it. Further, it only makes sense to use all-natural products for cleaning as those sensitive to mold are more than likely also sensitive to strong chemicals!

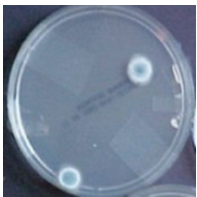
NOTE: Unless the amount of mold (fungus) in your environment is lowered, you will not experience long-term wellness regardless of medical therapy, surgery, or nutrition. When you breathe mold into your nose and lungs (a perfect moist environment), it multiplies faster than you can remove it; therefore, the net effect is a daily increase in total body mold. Unless the mold is removed from your indoor environment, the stimulus for the body's immune reaction to it will continue to make you ill, becoming progressively worse in a cascade effect.

Step 1: Find Mold

First FIND where mold is in your home, car, or office using [EC3 Mold Test Plates](#). Inspect your home for visual signs, dampness, and musty or earthy smells. Use the plates as directed to test the indoor air and to TAP test furniture and belongings. Then, incubate for 5 days. When you examine the plates, each circular growth or mold colony is counted. Ideally you want to have 4 or fewer colonies on each plate (2 or fewer if you are really sick). There are instructions with each kit on where and how to test for the presence of mold. If high levels of mold are found, you can progress your testing to using a [Mycotoxin Test Kit](#) or an [EMMA Test](#). These tests provide lab diagnostics and analysis to tell you which molds and mycotoxins are present and how high those levels are in your indoor environment. This is useful information as it identifies the toxins that are making you sick. It is important to note that it does not matter if your home is old or new, both can have mold contamination. Older homes have better air exchange but are more likely to have water leaks. Newer homes are constructed with energy efficiency in mind, but tighter means less air flow, which traps moisture and humidity inside. Building materials, adhesives and carpets serve as food for mold when exposed to moisture or humidity over 50%. Thus, it is a good idea to test all homes occasionally for the presence of mold. If you stay on top of it, problems can be fixed quickly and much less expensively.

HOW TO USE EC3 MOLD SPRAY: Use [EC3 Mold Spray](#) to mist areas that may have mold contamination including floors, walls, ceiling, carpets, or any surface where mold spores may have settled or are regularly in contact with outdoor mold, such as doormats. Let air-dry. This product is safe for all materials, surfaces, fabrics, upholstery, etc. Misting can be done as often as needed. After the product has dried you can HEPA vacuum to remove mold remnants. It is best to use a HEPA-certified vacuum to ensure that anything sucked up by the vacuum is not spit back into the indoor air or environment. Bagged vacuums are better than bagless. Bagless vacuums must be emptied outside of the home. For good measure, you should run a good HEPA air purification/filtration device AND, use [EC3 Mold Spray](#) to mist the area, AND burn [EC3 Candles](#) in your family room, bedroom and any other room where you stay for more than an hour each day.

Don't Forget to Clean the Mold Out of Your Car!



Normal
Healthy Level



Healthy Level
w/Disease Risk



Dangerous Level
w/High Risk

STEP 2: Remediation

Whether your issue is just a slow buildup of mold or exponential mold growth caused by a water intrusion, the process of cleaning is the same. The area to be cleaned should first be properly contained. Then, any water-damaged materials must be removed and effective mold-cleaning products must come into contact with surfaces to make sure to eliminate any mold spores.

STEP 3: REGULARLY Clean Surfaces and Belongings for Mold

Mist all surfaces, belongings, carpets, rugs, furnishings, etc. in the house with [EC3 Mold Spray](#) or [EC3 Mold Solution Concentrate](#) mixed per bottle instructions. Do this weekly or more often if mold counts are not going down. (Note: You can also use the [EC3 Sanitizer Fogger](#) with the EC3 Mold Solution Concentrate to treat larger areas or rooms for a more even coverage. This works best for very mold-sensitive patients.) When checking your environment with EC3 Mold Test Plates and the counts remain above the levels of 0-2, simply double the amount of EC3 sprayed until you achieve your results required for health. Misting with EC3 Mold Solution brings the fungus count in the air and on surfaces down immediately; but it does not keep it down permanently until the mold source is fully remediated. In the case of a water intrusions you need to resolve those issues first, otherwise remediation or cleaning will only have temporary results. Moisture-triggered mold can occur from weather events, plumbing leaks, poor ventilation and high humidity levels. If an item is covered with visible mold it really is best to discard it.

[EC3 Mold Spray](#) may also be used in your car. Spray all surfaces (seats, carpets, dashboard, etc.) as they are a surprisingly common source of mold growth. Also, if you used your vehicle while living or working in a moldy environment, or transported things from a moldy home or office in your car, contamination is likely. You can also spray EC3 into the car heating and air system to prevent mold spores from circulating. Before doing so, check your auto manual to determine the location of the air intake vents that supply your heater and air conditioner. Once you locate the intake vents, you can run the heater and air conditioner while spraying EC3 Mold Spray into the vents to distribute the solution throughout the "sinuses" of your car. You may also check your manual to access the cabin air filter (usually in the back of the glove box). Spray the filter with EC3 and allow it to dry prior to reinstalling. It is a good idea to change the cabin filter every 5 months.

Use EC3 Mold Spray to eliminate mold and bacteria from clothing and items that are not machine washable or that are not washed regularly. EC3 Mold Spray can be used on coats, hats, purses, luggage, shoes, bedspreads, pet beds, or any items where mold can accumulate. We also recommend removing shoes and leaving them at the door to prevent tracking outside mold onto carpets and floors. Areas where children and pets spend time, or areas that are often touched should be treated frequently due to potential of accidental hand-to-mouth ingestion.



EC3 Mold Solution & EC3 Candles are the first products to be proven to remove mold mycotoxins by a respected independent Lab!



HOW TO USE EC3 CANDLES: Place [EC3 Air Purification Candles](#) in each room that you spend 1 hour or more in each day. Burn each candle continuously for 3 hours the first time you use them. This brings the mold counts down in the rooms where the candles are burning to safer levels and results in a more even burn for later uses. Burn each candle a minimum of one hour every day thereafter for best results. This will maintain your initial results. If you have severe symptoms, burn the candle as long as

necessary to get relief with each use. Recent lab results have shown the EC3 Candle reduces known spore counts to 0 in 3 hours; and a human mycotoxin testing lab has shown that EC3 Candles remove mycotoxins that molds secrete! Each candle will effectively treat a 10 X 12 ft. area, so place more candles in larger rooms. Each candle will last approximately 22 hours if burned as stated. EC3 Candles are ideal for use when traveling or for when staying in hotels or guest rooms that are seldom used prior to having guests.

HOW TO USE HEPA AIR PURIFICATION/FILTRATION FOR MOLD SENSIVITY: Place a HEPA Air filter in each room you spend 1 or more hours in each day. It is truly important to reduce the particle count in the air you breathe! Whirlpool, Blue Air, Rabbit Air, and IQ Air have been tested and proven effective in removing allergens from the air. Spray the front of the HEPA unit weekly with [EC3 Mold Spray](#) to kill mold that is trapped in the filter. Remember, when you smell mold or see it, the counts are always excessive. If you have severe environmental mold contamination, prevention of severe illness or debilitating symptoms requires that you must either move to a mold-free location or get an IAQ or indoor environmental professional to evaluate and address the cause of the problems properly. If you find obvious mold growth, please contact a professional. Attempting to clean hazardous concentrations of mold without proper safety equipment and protocol can result in releasing dangerous amounts of mold spores into the environment and make your living situation dangerous.

WHEN TRAVELING

Take EC3 Mold Spray along to spray your pillows, sheets, bedspread, and other surfaces you come into contact with. Hotels are known to have construction and furnishings that are conducive to mold accumulation. Take an EC3 Candle to light in your room to kill the mold spores and mycotoxins that might be in the air. It is also a good idea to carry the [CitriDrops Nasal Spray](#) or use a [CitriDrops® rinse](#) to eliminate any mold that enters your nose and sinuses. The mold spores that find a home in your sinuses are the ones that make you sick.

STEP 5: Clean Mold From Your Clothes & Bedding



Every time you go outside, you are exposing yourself to mold—mold is a naturally-occurring part of our environments and is everywhere! The key to healing is to manage your exposure as much as possible. Thus, washing your clothing and linens with eliminating mold spores in mind is an essential piece of the puzzle. [EC3 Laundry Additive](#) is designed to effectively neutralize the mold spores that detergents simply do not address. It can be used with your regular detergent and is safe for all fabrics. EC3 Laundry Additive is both antibacterial and antifungal and is effective in removing strong odors or musty smells on towels, gym clothes, and other washables that remain damp in your laundry. The foul and musty odors that become ingrained in fabrics often come from biological growth such as bacteria and mold. EC3 Laundry Additive is free of perfumes or chemical fragrances and leaves laundry with a fresh, clean smell from only natural ingredients.

* There are more detailed body and environmental protocol instructions and 100's of articles about mold and health on www.sinusitiswellness.com.

* We urge you to **NEVER** use bleach when trying to remove mold as this can create a bigger problem when the mold releases invisible mycotoxins into the air that can be deadly.

* All products recommended by Dr. Dennis in his environmental and body treatment protocols are designed to be natural and safe. It is extremely rare for a person to be allergic to any of these products. However, to be safe, pour some of the product you intend to use on a tissue and sniff it in order to find out if have any sensitivity to it. If you react at all, discontinue use.

DISCLAIMER: THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSIS, TREAT, OR CURE ANY DISEASE. IF ADVERSE SYMPTOMS OCCUR DISCONTINUE USE. THE PRODUCTS AND PROTOCOLS PRODUCED AND DISTRIBUTED BY [MICRO BALANCE HEALTH PRODUCTS, LLC](#) AND WWW.SINUSITISWELLNESS.COM ARE NOT MEANT TO REPLACE THE CARE OF YOUR REGULAR PHYSICIAN. IF SYMPTOMS WORSEN SEEK MEDICAL ATTENTION.

EC3 Candles and EC3 Mold Concentrate are patented (US patent #8,088,418 B1) products of Dr. Donald P. Dennis when used as part of an environmental mold treatment protocol.



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