



Choose a room that can be closed off from the rest of the house where you spend a lot of time (preferably a bedroom). Dust and vacuum as usual. Rid the room of clutter. Keep the windows shut at all times.

Determine if your environment is contaminated by mold. Your Mold Test Kit contains 8 test plates. The lab requires a minimum of 4 plates at a cost of \$175 for the first 4 plates and \$30 for each plate thereafter. It is important to know the genus and count of the mold in your environment. The more rooms you test, the better understanding you will have of your environment. You should also perform a slap test on your bed, pillow favorite chair and carpeting/rug. Cars are often the culprit. If you feel ill or achy when in your car, then you should test your car. You can send all 8 plates into the lab (recommended) or you can choose up to 4 to keep at home. If you keep 4 at home, secure the lid with tape, wrap the plates in tinfoil and place them in a warm place such as a kitchen drawer. After 4 days, remove the tinfoil and look to see if mold is growing. You can compare these plates to the pictures of the plates you receive back from the lab.

Proceed as follows:

- Follow your doctor's instructions and use medications as prescribed.
- Purchase a **HEPA Air Cleaner** (most any brand will be sufficient -- it does not need to contain an ionizer.) Run continuously and spray the filter daily with Mold Solution to help bio-balance the dust and allergens that become trapped in the filter.
- Dilute **Mold Solution Concentrate** by adding one 16 oz bottle to a gallon of filtered or distilled water. Do not use chlorinated tap water. Fill spray bottle and mist the entire room lightly. Be sure to lightly spray the bed, pillows, drapes and carpets. Do this at least once a day.
- Set up the **Botanical Dispenser** and **CitriSafe™ Air Treatment Refill** per instructions on the products. Put on or near your headboard. The CitriSafe™ Dispenser slowly emits a safe, odorless concentrate of citrus and vegetable extracts over 4 to 6 weeks. Covers 400 sq ft. Bio-balance your room while you sleep.
- Cover all the vents in the room with **Vent Covers**. To install, simply cut the filter media to the size of the incoming air vents in your bedroom and attach using the installation strip that is included with the kit. Vent Covers should not be used long-term – 4 weeks maximum. Longer than that can put too much stress on your central air unit. Spray the vent covers twice a day with CitriSafe®Mold Solution. Also spray the filter on your central air conditioning unit daily.
- If you have a window air conditioning unit, spray it twice a day with Mold Solution
- Burn the **Mold Bio-balancing Treatment Candle** (black mug) for 3 hours in the enclosed room in the beginning and once a week thereafter. The room should be vacated during this time.
- Wash bed linens and curtains (if possible) in **CitriSafe Laundry Liquid Concentrate**. Add 2 capfuls of Mold Solution Concentrate or ½ cup of diluted Mold Solution to the rinse cycle.
- Burn the Maintenance Candle at least 2 hours a day every day or while you sleep if you can do so safely.
- Drink up to 8 drops of Agrumax™ in 2 ounces of juice twice a day. Follow with 8 ounces of filtered water.
- Drink 6 to 8 glasses of filtered or bottled water a day. Do NOT drink chlorinated water.
- Wear your Ionic Air-Refresher Unit whenever you are away from your safe room.
- Do **NOT** allow pets in the room. Pet Paks are available – includes shampoo, rinse, treats, drops, etc.
- As you begin to feel better, ask your doctor about other CitriSafe® products and protocols.

Within two weeks after you send your Mold Test Plates to the ImmunoLytics Lab, a Pharmacist/Environmental Specialist will call you with the results of your Mold Test Kit and to help you evaluate your progress.

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