

12-WEEK MOLD & MICROBIAL GUT REPAIR PROTOCOL

Post-Detox ▪ Food-First ▪ Terrain-Focused



12-Week Mold & Microbial Gut Repair Protocol

Post-Detox | Food-First | Terrain-Focused

Purpose:

To reduce mold and microbial burden, support mycotoxin clearance, protect gut integrity, and promote long-term metabolic and immune resilience.

This protocol is initiated after a detox and dietary reset, ensuring detox pathways are open before antimicrobial or antifungal support begins.

FOUNDATIONAL DAILY HABITS (ALL 12 WEEKS)

Hydration

Minimum: $\frac{1}{2}$ body weight (lbs) in ounces daily

Preferred fluids:

- Filtered water
- Coconut water (8–16 oz/day max)
- Herbal teas (ginger, dandelion, peppermint)

Constipation Support (As Needed)

Goal: 1–2 complete bowel movements daily (if you eat 3 times daily, we would like at least 2 bowel movements)

Start with any of the following measures:

- Ground flax or chia: 1–2 Tbsp daily
- Magnesium glycinate or citrate: 200–400 mg nightly
- Vitamin C: 500–1,000 mg daily
- Smooth move tea at night
- Warm lemon water in the morning
- Aloe vera juice (inner fillet only)

MONTH 1 & MONTH 3

Botanical Antimicrobial + Gut Support Phase

Weeks 1-4 and Weeks 9-12

Morning – Empty Stomach

Pharmaceutical grade spore-based probiotic with multi-strain blend
+ pharmaceutical grade L-Glutamine
With warm lemon water
Wait 30-60 minutes before eating

(See recommendations below)

Breakfast

Black Seed Oil: 1 teaspoon

Oregano Oil: 1 drop (mixed into black seed oil)
N-Acetyl-Cysteine (NAC): 600 mg

- ✓ Antimicrobial support
- ✓ Biofilm disruption
- ✓ Glutathione support

⚠ Always take with food

⚠ Do not exceed 2 drops oregano oil/day unless directed.

(See recommendations below)

Binder (Midday or Bedtime)

Activated charcoal, clay, or chlorella, GI detox
Take 2 hours away from food, supplements, and medications

Cycling

5 days on / 2 days off
OR continuous for 4 weeks if well tolerated (Goal is 4 weeks
before starting Part 2 of the protocol)

MONTH 2

Antifungal Rotation Phase

Weeks 5–8

Choose ONE of the following pathways based on patient preference and tolerance.

Morning gut-repair routine remains the same in both options.

Morning (All month 2 options)

Pharmaceutical grade spore-based probiotic with multi-strain blend
+ pharmaceutical grade L-Glutamine
With warm lemon water
Wait 30–60 minutes before eating

OPTION A: PHARMACEUTICAL PATHWAY (When Acceptable)

With Meals

- Nystatin 500,000 units – three times daily
- NAC 600 mg with morning and evening doses

Binder

- Once daily, 2 hours away from meals and medications

- ✓ Targets fungal burden locally in the gut
- ✓ Minimal systemic absorption
- ✓ Preserves beneficial flora

OPTION B: NON-PHARMACEUTICAL PATHWAY (Botanical Rotation)

Clinical goal:

Maintain antifungal pressure, prevent resistance, and continue gut repair without pharmaceuticals.

Breakfast

- Black Seed Oil: 1 teaspoon
- NAC: 600 mg

✗ Oregano oil is paused this month to protect the microbiome.

Choose ONE Primary Botanical Antifungal (Rotate mechanisms, not intensity)

<p>Option 1: Caprylic Acid (Most Gentle)</p> <p>500–1,000 mg with breakfast</p> <ul style="list-style-type: none">✓ Excellent nystatin alternative✓ Very gut-tolerant	<p>Option 2: Pau D'Arco</p> <p>500 mg capsules twice daily OR 1–2 cups tea daily</p> <ul style="list-style-type: none">✓ Antifungal + immune support (must contact office to get on the list for this one)	<p>Option 3: Berberine (If Metabolic Issues Present)</p> <p>500 mg 1–2x/day with meals</p> <ul style="list-style-type: none">✓ Antifungal + insulin + sensitivity support + liver fat metabolism
<p>Optional Evening Support</p> <p>NAC 600 mg (for higher toxin burden)</p>		
<p>Binder (Same as Month 1)</p> <p>Once daily 2 hours away from food and supplements</p>		
<p>MOOD & NEUROTRANSMITTER SUPPORT (Optional – Months 2 & 3 if indicated)</p> <p>For individuals with mood symptoms, anxiety, low motivation, or neuroinflammatory signs:</p> <p>L-Tyrosine: 500 mg (morning) Vitamin B6: 100 mg daily 5-HTP: 100 mg (evening)</p> <p>Reassess after Month 3 before continuing.</p>		

DIETARY FOUNDATION (ALL 12 WEEKS)

- Whole-food, anti-inflammatory diet
- Adequate non-fungal protein
- No refined sugar
- No alcohol
- Mold-conscious food choices
- Supplements support the process—food directs it.

CLINICAL NOTES

- Botanical → pharmaceutical → botanical OR botanical → botanical rotation → botanical is appropriate
- Continuous binders + NAC reduce toxin recirculation
- Pausing oregano oil in Month 2 protects gut integrity
- Gut repair occurs during, not after, microbial reduction

SUMMARY

- Months 1 & 3: Oregano + Black Seed Oil phase
- Month 2:
 - Use Nystatin or
 - Use Caprylic / Pau D'Arco / Berberine (no oregano)

This preserves effectiveness while honoring patient preferences.

All products have been vetted and are pharmaceutical grade, without the bad stuff. Use the links below to obtain an exclusive discount by clicking on the product. 2-month supply



Glutagenics

Glutagenics features three key ingredients designed to support the integrity and healthy function of the gastrointestinal lining, which is essential for proper...

metagenics.com / \$77.95

Daily am



Spore-based

This oregano oil is very concentrated and requires less. This means it will last you 3-6 months. This is the one I use, but Young Living also has a very concentrated one.

I do not have a link for that.

UltraFlora Spectrum Probiotic provides multidimensional daily probiotic support for both the upper and lower GI tract for digestive and immune health. This concentrated formula supplies a proprietary blend of 7 beneficial probiotic strains.

<https://referral.doterra.me/3652995>

metagenics.com / \$87.95





These are charcoal tablets and easy to take



Content is no longer

Note

Note: I do not recommend blends since it will most often decrease potency of the oils. The one that I use is Mary Ruth's with Doterra oregano oil

Content is no longer available
Content is no longer available

least 70% carvacrol



Magnesium Glycinate

Mag Glycinate features a magnesium amino acid chelate (bis-glycinate) designed for optimal intestinal tolerance and absorption.

Thymoquinone at least 1%

metagenics.com / \$33.75

Sleep and digestion



Metabolic support

*All products have been vetted and are pharmaceutical grade, without the bad stuff. Use the QR code below to register to select your product and to receive an exclusive discount.
2 month supply*

Pure Patient Direct

Scan this unique QR code from your healthcare professional to easily register for your Pure Patient Direct account.



Caprylic Acid

This caprylic acid supplement supports a healthy gut and microbial balance. Made with vegan ingredients.*

 pureencapsulationspro.com / \$26.8

Antifungal support

Lipid Support Complex


Discover Lipid Support Complex's power to reduce oxidative stress, boost liver fat metabolism, and support vascular health. Unlock better wellness today.

pureencapsulationspro.com / \$60

Berberine

L-Tyrosine 90's


The L-Tyrosine supplement supports dopamine synthesis for emotional wellness and cognitive function. May also promote healthy mood and sleep.*

 pureencapsulationspro.com / \$22

Neurotransmitter support

NAC (n-acetyl-l-cysteine) 600 mg

NAC 600 mg (N-Acetyl-L-Cysteine) provides cellular antioxidant support that specifically promotes healthy lung tissue & supports glutathione levels in tissues.*

 pureencapsulationspro.com / \$22

3-month supply

5-HTP (5-Hydroxytryptophan) 100 mg

5-HTP 100 mg promotes healthy serotonin levels (the hormone responsible for feelings of well-being &...)

pureencapsulationspro.com / \$22

Neurotransmitter support

G.I. Detox®+ (60 caps) | New Beginnings Nutritionals



Metagenics Multivitamin



