



Protocol Guide for Managing Chronic Sinusitis & Mold Sensitivity

Mold is a year round antigen that is the root cause of many allergic and inflammatory 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 home.

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

Feel good again.

for your convenience all products can be purchased online at
microbalancehealthproducts.com

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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 via the nose by inhalation and the gut by ingestion. These recommendations will not only eliminate mold spores, but also and boost your immune system and help the body to block the fungal inflammation response.

Mold Enters the Nose and Finds a Home



It's an ideal growing environment for Mold:

- Dark
- Warm
- Moist
- Nutrient Rich

Mold Triggers Immune System Response



Results in:

- Inflammation
- Swelling
- Allergic Response
- Impacts Body at Cellular Level

Immune Response Causes Symptoms...



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

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

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: 16-20% of the population have a genetic trait that causes their immune system to OVERreact to this mold (fungus) and its mycotoxins.

FACT: There is no magic pill or surgery to cure Chronic Sinusitis.

FACT: You may have tested negative for mold 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)

FACT: It IS possible to see significant, lasting improvement without prescription medicine or antibiotics!

*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 the protocol you get ALOT better.
Move at your own pace.*

CLEAN YOUR NOSE AND SINUSES

□ CitriDrops®

This natural botanical extract with potent antifungal and antibacterial properties unblocks the sinuses when used with a sinus wash, like the Nasopure system. It works by cleaning the fungus from your nasal passages. **INSTRUCTION:** For sinus wash, put 1 drop 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 sinuses with saline solution. The product can also be taken orally by mixing 6-10 drops with water or juice.

□ CitriDrops® Nasal Spray

Extend antifungal protection throughout the day with this spray. **INSTRUCTION:** Carry with you and use 2-3 sprays in each nostril 3-4 times a day. Advice for using nasal spray: Aim the spray away from the sensitive tissue between the nostrils eliminating the possibility of irritation and bleeding. DISCONTINUE USE IF IRRITATION OCCURS. Spray can be used as a substitute for the nasal wash

□ Nasopure® Sinus Wash

Cleans and clears blocked sinuses with a therapeutic saline irrigation and moisturizing system. Clearing the mucus build up helps remove the mold that is causing the immune reaction and allows nasal sprays to reach more deeply into the sinuses to speed healing. The rinse works best when used with CitriDrops®. **INSTRUCTION:** Do not hold the tip tight against the nostril, 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. *Refills are available on the website.

SUPPORT YOUR IMMUNE SYSTEM

□ Sinus Defense®

Sinus Defense blocks the fungal inflammation response and builds fungal resistance. This function helps the body to eliminate mold, bacteria, and viruses that commonly cause sinus infections. **INSTRUCTION:** 3 sprays 3X a day for maintenance. If you get re-exposed to mold use 9 sprays 3X a day

□ BetaMax 500 (for use with Sinus Defense)

BetaMax 500 (a Beta 1, 3 Glucan) raises the macrophage presence in the blood so that the invading organisms can be more quickly removed. It can amplify the effects of Sinus Defense® by up to 300%! So they are important to use together. **INSTRUCTION:** Take two tablets once a day.

□ CellTropin™ (optional for anyone)

A homeopathic L-Arginine responsible for releasing Nitric Oxide, which helps dilate vessels to improve blood flow, it also helps the pituitary gland release Growth Hormone naturally. Growth Hormone helps make new cells of every kind (muscle, skin, bone, brain, immune system) without it there is energy and health decline. Pituitary extract supports the entire endocrine (hormones) system, Astragalus stabilizes the DNA molecule for anti-aging, and Ginkgo Biloba supports brain function. Users report increased stamina, energy and focus. **INSTRUCTION:** 3-6 sprays under the tongue 2-3X a day. For best results, after spraying under tongue, wait 15 minutes before eating, drinking or brushing teeth.



Environmental Treatment Protocol

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



NOTE: For good measure, you should run a good HEPA air filter 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.

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, the stimulus for the body's immune reaction to it will continue to make you ill, becoming progressively worse in a cascade effect.

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



Normal Healthy Level

Unhealthy Level w/ disease risk

Dangerous Level w/ HIGH disease risk

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 smell. Use the plates as directed and incubate for 5 days. When you examine the plates each circular growth or colony is counted, ideally you want to have 4 or fewer colonies (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.

It is important to note that it doesn't 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, trapping moisture inside. Building materials, adhesives and carpets serve as food for mold when exposed to moisture. So it is a good idea to test all homes occasional for the presence of mold.

STEP 2: Remediation

Whether your issue is just a slow buildup of mold or exponential growth caused by a water intrusion, the process of cleaning is the same. **Mold cleaners must come into contact with spores to eliminate them.**

HOW TO USE EC3 CANDLES: Place EC3 Air Purification Candles in each room that you spend 1 hour or more in each day. Burn continuously for 3 hours the first time you light the candle. This 'micro-balances' the room and results in a more even burn. Burn a minimum of one hour every day thereafter for best results. If you have severe symptoms, burn the candle as long as necessary to get relief. 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 it removes mycotoxins that molds secrete! The candle will effectively treat a 10 X 12 ft. area, so place more candles in larger rooms. Candle will last approximately 22 hours if burned as stated. EC3 Candles are ideal when traveling or for use in hotels or guest rooms that are seldom used prior to having guests.

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 in!

HOW TO USE USE HEPA AIR FILTERS: Whirlpool and IQ Air have been tested and proven effective in removing allergens from the air. Spray the front of the HEPA weekly with the 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 you must either move to a mold free location or get a professional like Mead Indoor Environmental @ 770-916-0070 or Southeastern Allergy Relief @ 770-315-2324 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.

STEP 3: REGULARLY Spray Surfaces, Carpets & More with EC3 Mold Spray

Spray mist the all surfaces house with EC3 Mold Spray or EC3 Mold Solution Concentrate. Do this weekly or more often if mold counts are not going down. When checking your environment with EC3 Mold Test Plates and the counts remain above the levels of 0-2, simply double the amount 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 that issues, otherwise remediation 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.

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 vacuum to remove mold remnants.

Clean your car! It may also be used to spray in your car on all surfaces (seats, carpets, dashboard, etc.), since they are a surprisingly common source of mold growth. You can also spray into the car heating and air system. To do so, check your auto manual to determine the location of the air intake vents that supply your heater and air conditioner. You can run the heater and air conditioner while spraying EC3 Mold Spray into the intake vents to distribute the solution throughout the “sinuses” of your car. You may also check your manual to access the air filter (usually in the back of the glove box). Spray the filter and allow drying prior to reinstalling.

Eliminate mold and bacteria from clothing and items that are not regularly machine washed. You may have clothing and items that you do not wash regularly or other items that contribute to mold distribution in your home. EC3 Mold Spray can be used on coats, hats, shoes, bedspreads, pet beds, or any items where mold can accumulate. We also recommend removing shoes and leave at the door to prevent tracking of mold onto carpets and floors. Areas where children, pets, or your hands are exposed should be treated due to potential of accidental ingestion.

WHEN TRAVELING

EC3 Mold Spray can be purchased in a Traveler size. It is TSA approved, 2.4 fl. oz. and travel-ready, the perfect size for backpacks, a purse or briefcase. 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. You should also carry the nasal spray or use a CitriDrops® rinse to eliminate any mold that enters your nose and sinuses. The spores in your sinuses are the ones that make you sick.

HOW TO USE EC3 MOLD SOLUTION CONCENTRATE

Mix the EC3 Mold Solution Concentrate (MSC) with Distilled Water. **Do not use tap water as it contains many minerals and chlorine that can make the Mold Spray less effective.**

Amount	MSC	Distilled Water
1 Gal.	16 oz.	112 oz.
1/2 Gal.	8 oz.	56 oz.
1 Qt.	4 oz.	28 oz.
1 Pt.	2 oz.	14 oz.

Simply refill EC3 Mold Spray or use any industrial spray bottle that can be purchased for this purpose.

STEP 5: Clean Your Clothes & Bedding of Spores

Every time you go outside, you are exposing yourself to mold. When your symptoms are unmanageable, washing your clothing and linens with **EC3 Laundry Additive** will effectively neutralize the mold spores that regular detergents simply don't affect. Use with your regular detergent. Safe for all clothing. Safe for HE washers.

EC3 Laundry Additive is both antibacterial and antifungal. It is effective in removing strong odors or musty smells on towels, gym, and work clothes that remain damp in your laundry. The smelly and musty odors often comes from biological matter such as bacteria, mold, and moisture. EC3 Laundry Additive is free of chemical fragrances and has a fresh, clean smell from the all natural ingredients.

- * There are more detailed protocol instructions on sinusitiswellness.com for cleaning household items and even your car!
- * For more tips and ideas on cleaning and preventing the spread of mold in your home, visit www.howtocleanformold.com blog.
- * 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.
- * These products are all natural and safe. It is extremely rare for a person to be allergic to any of these products. However, to be safe pour some EC3 Concentrate on a tissue and sniff it in order to find out if have any sensitivity to it. If so, 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 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.

FIND COMPLETE INFORMATION ABOUT CHRONIC SINUSITIS AT
WWW.SINUSITISWELLNESS.COM

For more tips & trick on how to clean for mold, more uses for Micro Balance products, and ways protect your family's health visit
www.HowToCleanforMold.com