



Need To Detox From Toxic Mold Exposure? *Here's 3 Therapies that Worked for Me*

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3 Detox Strategies that Worked for Me

Toxic mold illness, CIRS, and all that goes with it can be overwhelming and very confusing. You lose your belongings, there's financial stress, there's emotional stress on top of being sicker than you have ever been before. It can feel hopeless. I was so sick I thought I was dying. I get it. I've been there.

There are so many of us out there, struggling to make sense of what to do and how to do it. With that said, I wanted to share some hope. I want to share what has worked for me.

There are many steps to recovery. I recommend a whole body approach that includes not only getting out of the mold but a mold free-diet filled with whole foods, a safe detox protocol, a mindfulness practice, movement and a reduction in total toxins.

In this guide I will focus on 3 of the “old world” detox therapies that were needle movers for me. If you have any questions about any of the therapies in this guide please don't hesitate to ask.



I invite you to join my private facebook group, **Toxic Mold Detox & Recovery: Whole Body Approach**. I will be discussing the many steps to my natural, whole body protocol for mold detox and recovery.

How to Detox With an Infrared Sauna



Sweating has a detoxifying effect. The sweat you produce as a result of using a near infrared sauna is the most detoxifying and healing kind. Infrared's deep penetrating heat is what most effectively stimulates metabolic activity, which in turn triggers the release of stored toxins (mycotoxins) through sweat, as well as through the liver and kidneys. Today, I use a sauna for 40 minutes almost daily and have seen really amazing results system wide.

The first mistake I made was staying in the sauna too long. I couldn't tolerate being in there for more than a few minutes. I tried to push through and stay in longer. I wanted to get the mycotoxins out of me as quick as possible. I would feel very warm out, lightheaded and dizzy. That's the wrong way to take a sauna! If you are including sauna in your detox protocol ease into it. Start with a low temperature and a short session. I will talk about that more below.

One of the questions I get asked most often is which sauna to buy. Saunas can be expensive and they are definitely not all created equal. I use and recommend the Therasage 360, referred to as the Cadillac of all portable saunas. It's full spectrum, has an earthing grounding pad, tourmaline gemstones for happy negative ions (same as the beach!) If you have any questions or want one of these gems let me know and I will set you up with a discount code. [Click here](#) for more information;

How To Take a Infrared Sauna

- Warm up the sauna to the temperature of your choice, anywhere between 100-140 degrees. If you are a beginner, and particularly if you're not in great health, you'll want to start at 100 degrees or less. This way you'll give yourself a chance to get used to the heat.
- Drink water or coconut water, (which is nature's electrolyte replacement). It's important to stay hydrated, because the body will sweat.
- Bring a towel into the sauna. You'll need a towel to sit on and a smaller towel to wipe down with once you start sweating. Your body will be excreting toxins in your sweat, and you won't want your sauna chair to absorb them.
- Don't wear clothing into the sauna (if possible). When you cover your skin with clothes, your sweat can't help cool you down by evaporating on your skin. You will quickly overheat and also lose the benefits of wiping away your toxin-loaded sweat. When you wipe away the toxin-filled sweat, the toxins don't sit in contact with your skin and possibly be reabsorbed. This is one of the most important infrared sauna usage guidelines.
- And finally, relax, reflect, listen to music, read a book, or meditate.

Note: *If you're new to the sauna, you might find you don't sweat at all the first few times. Some people don't sweat in the sauna initially. It took me several sessions before I actually worked up a sweat. People with mold toxicity usually have suppressed sweating mechanisms. As you keep at it, the problem should correct itself and your ability to sweat will return.*

Also you have to be well hydrated to get a good sweat going. If you're not sweating as well as usual in the sauna, try drinking some more water. You can also exercise a little before getting in.

How to Detox With Coffee Enemas



My coffee enema kit sat in my bathroom cabinet for months before I had the courage to take it out and try it. I wasn't convinced the benefits would outweigh the weirdness of actually performing the enema. I was totally wrong. Now I look forward to my coffee enema!

It makes me feel an overall sense of wellness and helps alleviate body pain. Besides its immune boosting abilities it also empties me out which can be a problem if you're taking binders. I wish I wasn't so afraid and that I started using them earlier in my recovery.

The primary purpose of a coffee enema is detoxifying your liver by dumping the toxic sludge (bile) from it. They're great tools to open and empty the bile duct system.

Every six minutes all of your blood goes through your liver to be detoxified. When a coffee enema is performed, that time shortens to three minutes, which essentially makes a coffee enema like a purification dialysis cleaning process for your blood.

The theobromine, theophylline, palmitic acid and caffeine in the coffee travel via the rich capillary bed of the rectum into the portal vein, which leads directly to the liver. These substances dilate blood vessels and open up the bile ducts allowing the liver to release bile, which contains toxins.

Doctors at the University of Minnesota showed that coffee administered rectally also stimulates an enzyme system in the liver, which increases glutathione, the master antioxidant in the body, by 600%-700% above normal activity levels. This antioxidant reacts with free radicals (which cause cell damage) in the bloodstream and makes them nontoxic. These neutralized substances become dissolved in the bile, are released through the bile flow from the liver and gallbladder, and are excreted through the intestinal tract.

It's an amazing way to assist the body to detox in the very toxic world we live in.

How to Perform a Coffee Enema

Here are some general guidelines to help you get started. With practice you will get the hang of it.

Step 1 - Materials

- Buy a 2-quart enema bucket or bag with a clamp. I prefer a stainless enema bucket because they are easier to clean.
- Purchase coffee. I really like a light roast enema coffee. Coffee used for enemas is light beige or tan in color. It also has more caffeine and palmitic acid, which make the enema more effective. Coffee is one of the most heavily sprayed crops so choose organic. [I use this one.](#)

Step 2 - Prepare the Coffee

- The coffee can be prepared any way you prefer. You can use an automatic coffee maker, a french press or boil it in a glass pot on the stove.
- To make on the stove, place 2 to 4 cups of purified water and one to two tablespoons of coffee in a saucepan and bring to a boil (or use a coffee maker to percolate the coffee quickly). *The first time you do a coffee enema, use only 1 teaspoon, NOT TABLESPOON!* This is critical because some people are sensitive to caffeine and will feel very jittery on more coffee. After a few

enemas, you will see how much coffee you can tolerate comfortably. Ideally, increase to two tablespoons per enema.

- Let it boil 3-5 minutes, then turn off the heat and allow it to brew 10 more minutes. Then let it cool. To cool faster you can add a few ice cubes made made with filtered water or place in an ice bath.
- A lot of people ask me if you can make a big batch of coffee for the week and use it throughout the week. Yes, you can, but I personally feel that it's better to make fresh coffee each session. I feel that the elements in the coffee that make it effective, in addition to the antioxidants in the coffee can diminish the longer they sit in the fridge. Fresh is always best.
- Tips to speed up cooling the hot coffee:
 1. Boil only a little of the water with the coffee. Once it has boiled, add the rest of the filtered water to the coffee mixture to cool the entire amount down to body temperature.
 2. Pour the coffee mixture back and forth several times through the air from one container to another, even from the enema bag/bucket back into a cool pot. This will cool it much faster.
 3. Put the water in the refrigerator or freezer for a few minutes.
- Wait until the coffee is about body temperature. It should feel warm when you place your finger in it. If the water is too hot or too cold you could run into problems. Cold water will be harder to retain and water that's too hot could burn you.
- Most of the time you will not need a strainer. If you do strain the coffee through a fine strainer or unbleached coffee filter paper into a clean bucket or enema bag. Screw on the top of the enema bag.
- The enema is now ready.

Step 3 - Preparing to Take the Enema

- Put some old towels on the floor where you plan to to lie down. You can also purchase disposable pads instead or in addition to the old towels. I prefer doing enemas in the bathroom in case I leak or have an accident plus it's easier clean up. If your bathtub is big enough, you can lay down in there.

- If you have not had a bowel movement, do a plain water enema first, before the coffee enema. This will usually clean out the bowel quickly and effectively. I like to do a plain water enema first no matter what. I think it makes retaining the coffee enema much easier. Add 1 tsp of sea salt to water.
- Be sure the plastic hose is pushed or fastened well onto the enema bucket or bag and the thin enema tip is attached to the other end.
- Remove any air from the enema tube. Lift up the enema bag or bucket above the tip until the water begins to flow out. Then close the clamp. This expels any air in the tube. If air gets in your colon, it will give you the urge to evacuate too soon.
- If needed lubricate the enema tip with a small amount of coconut oil or olive oil for easy insertion.

Step 4 - Taking the Enema

- Lie on your back or left side, on the bathroom floor or in the bathtub. If you can't get on the floor, you can even just sit on the toilet.
- With the clamp closed, hang the bag or bucket one to three feet above your abdomen. The higher the bucket is the faster the water will flow out. Make sure you can reach the bucket from where you are.
- Insert the tip gently and slowly. Move it around until it goes about an inch or two inside you.
- Open the clamp and hold the enema bag about one foot above the abdomen. The water may take a few seconds to begin flowing. If the water does not flow, you may gently squeeze the bag or tilt the bucket. If you develop a cramp, close the hose clamp, rub your abdomen counter clockwise or turn from side to side and take a few deep breaths. The cramp will usually pass quickly.
- Let a bit of water into the bowel. Your first enema will be quick as your bowel is full of stool. Evacuate.
- Repeat 2-4 times, if needed, until the water starts coming out looking fairly clean, which indicates that the bowel is empty. After that lie down on the

back for a few minutes and relax. This will allow the remaining stool (further up in the bowel) to move along the bowel to be expelled.

- Now you're ready for the coffee.
- Let 2 cups of coffee into the bowel (or until you can't take anymore). You only need about 2 cups, half quart or liter, but take as much as you can comfortably hold.
- Close the clamp. You can remove the insertion tip or leave it inserted to relieve gas, which causes the urge to evacuate.
- **RETAIN THE ENEMA FOR 15 MINUTES** (less time is okay, but not quite as effective). Changing position also helps to keep the coffee in longer. When there is an urge to empty, turn onto another side or onto the back. I like to do 5 minutes on the left side, 5 on the back and 5 on the right, ending on the left side. Use the time to read a book, meditate, etc. First timers may have to do 3 enemas for 5 minutes at a time. Do your best.

Step 5 - Finishing Up

- After 15 minutes or so, go to the toilet and gently expel out the water. It is okay if some water remains inside, you may be dehydrated.
- Wash the enema bag or bucket and tube thoroughly with soap and water. Run water with hydrogen peroxide through the bucket and hose. Wipe insertion tip with alcohol.
- The whole procedure takes about one to two hours, so allocate plenty of time for it. However, if you do them often enough and don't have a lot of stool to evacuate, you can do a super quick enema in 20 minutes. It doesn't have to take a lot of time.
- Reflexology can help if you feel bloated after the enema. Rub the top of the toes of both feet, especially the left foot. You can also rub the entire foot, especially any part that is tender. This will often balance out the body's energies after a coffee enema.

Tips for a Successful Enema

- You will do best if you have a bowel movement before doing the coffee enema. When you first take in some coffee, only take in a little to aid in a bowel movement, then proceed to doing the full enema.
- If the enema makes you jittery, reduce the amount of coffee. For example, use one teaspoon, instead of two tablespoons.
- The enema may lower your blood sugar. If so, eat something just before or after taking the enema.
- Use filtered water. I use and recommend a [Berkey Filter](#)
- I use only glass jars to store my enema coffee. [Mason jars](#) work well.

Supercharge Your Coffee Enema

Take binders both before and after your coffee enema. This will help make sure the toxins are grabbed and transported out of the body. Coffee enemas encourage your body to produce new, clean bile.

How to Use Castor Oil Packs for Detox



I started using castor oil packs for their detox and immune boosting abilities. I soon learned that they made me feel a sense of calmness. I like to keep my castor oil pack on while I sleep but you don't have to do it for that long for it to work. I will talk more that below.

Castor oil has been around for centuries and dates back to its use in Egypt over 3,500 years ago. Castor oil packs have the ability to promote both the circulation of blood around an organ and an area of the body as well as increase the flow of fluids through the lymphatic system.

Castor oil effectively supports the body's own detoxification abilities. They are traditionally used in alternative medical practices such as Ayurvedic therapy. However, the use of castor oil remains widespread in alternative medicine.

I use and recommend the use castor oil packs to help detoxify from mold.

Therapeutic Uses of Castor Oil Packs

The Castor oil packs gets slowly be absorbed into the skin. Castor oil packs have many potential therapeutic uses including the ability to treat the following conditions:

- Skin conditions such as fungal infections, rashes, acne, warts, calluses, eczema, allergies and other inflammatory skin problems
- Parasitic infection such as ringworm
- Dry eye
- Liver disorders including cirrhosis
- Headaches
- Appendicitis

- Gallbladder inflammation
- Epilepsy
- Arthritis
- Menstrual cramps
- HIV/AIDS
- Intestinal problems such as constipation
- Induce Labor
- Cancer

Castor Oil Promotes Lymphatic Drainage

Castor oil promotes the lymphatic system to remove the buildup of toxins in the body. When the lymphatic system is not functioning properly, liquid can accumulate within the network of tubes responsible for filtering bacteria and become stagnant.

Other research has found that when oil is absorbed through the skin, not only is there an increase in both lymphatic drainage and blood circulation, but there is also an increase in lymphocyte production. Lymphocytes are critical to the immune system because they signal a call for aid when the body is under attack from foreign substances.

For these reasons, I recommend using castor oil packs to boost the immunity of individuals suffering from toxic mold exposure.

Castor Oil Packs for Liver Cleanse and Mold Detox



Supplies:

- High-quality castor oil (hexane free)
- Unbleached and dye free wool or cotton flannel. It can be reused up to 30 times
- A wrap-around pack (or large piece of cotton flannel) or plastic wrap (not optimal)
- A hot water bottle or heating pad
- A container with lid or a large plastic bag. I use either a large plastic bag or a quart-size mason jar for storing the oil soaked flannel between uses
- Old pajamas or clothes, towels and protective sheet or pad. Castor oil does stain!

Note: I highly recommend carefully preparing the area where you'll be doing the castor oil pack to prevent mess. An old shower curtain, covered with a sheet under you, works well to make sure nothing gets stained. I don't often have to wash the sheet, and I just fold and store in the bathroom cabinet for the next use. You can also buy a reusable bed pad.

How to Use a Castor Oil Pack

- Cut a large piece of cotton flannel and fold into thirds to make three layers. My original piece was 20 inches by 10 inches and when folded it was roughly 7 inches by 10 inches. Yours could be larger or smaller, depending on where you are planning to place it.
- Thoroughly soak (but not completely saturate) the flannel in castor oil. The easiest way I found to do this was to carefully fold the flannel and place in a quart-size mason jar. I then added castor oil about a tablespoon at a time (every 20 minutes or so) to give it time to saturate. I also gently shook the jar between adding more oil so that the oil could reach all parts of the cloth. Ideally, this should be done the day before to give it time to evenly soak. I save the jar since this is where I keep the flannel between uses (it can be used about 30 times).
- Carefully remove and unfold the castor oil soaked cloth.
- While lying on an old towel or sheet, place the cloth on the desired body part.
- Cover with the wrap-around pack or cotton flannel, and place the heating pack on top of this. Less optimally, a plastic grocery bag can be used prevent any oil from getting on the heating pad. A hot water bottle, electric heating pad, or rice heating pad can be used, but hot water bottles and rice packs may need to be reheated several times.
- Lie on back with feet elevated (I typically lie on the floor and rest my feet on the couch) and relax for 30-60 minutes.
- Use this time to practice deep breathing, read a book, meditate, or pray (or whatever you find relaxing).
- After the desired time, remove the pack and return the flannel to the glass container. Store in fridge.
- Use a natural soap or a mix of baking soda and water to remove any castor oil left on the skin.
- Relax and rest. Make sure to drink enough water and stay hydrated after doing this to support detox.

I Can Help You with Mold Detox and Recovery

As you know the road to recovery from mold isn't an easy one. But I can help. I have first hand experience navigating this mold nightmare. Unfortunately, I had to become an expert out of necessity to save myself and my family. There is a lot of false information floating around on the internet. Honestly, through a lot of trial and error, I have it figured out. I can help you make many of the hard decisions that you will be faced with during your healing journey. I can provide a personalized plan to save you time, money and help you navigate the madness that inevitably comes along with the illness.

I am offering free 15 minute consults.

If you would like to take advantage of this offer [CLICK HERE](#) to apply for a Free 15 minute "Get Acquainted" Call to find out how I can help you

Or call 732-650-0227 or email: micki@simplegoodhealth.com



JOIN MY PRIVATE FACEBOOK GROUP:

**[Toxic Mold Detox & Recovery:
Whole Body Approach](#)**



Micki Contini MC CNC is a Board Certified Holistic Nutritionist, Functional Nutrition Practitioner. She has survived Toxic Mold Injury (CIRS) as well as Thyroid Cancer. She is on a mission to educate and empower people worldwide about natural solutions to take control of their own health.

She specializes in Mold Detox and Recovery, Menopause Management, Healthy Weight Loss, Natural Hormone Balancing, Detoxification, Successful Aging, and Disease Prevention Strategies.

Micki works with clients within the US and abroad, both in-person and remotely, to help bring about life enhancing transformations. She teaches about the healing powers of eating real whole food, and how making simple lifestyle changes that can produce big results. She believes in bio-individuality and helps clients find their own personal formula for good health.



Learn more at:

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