

Mold – Where Do I Start?

1. Visual contrast study. This evaluation is easily conducted online and is combined with a questionnaire to identify all symptoms you are experiencing.

<https://www.vctest.com/>

Please, complete the VCS test and write down your total number (no printing necessary) ☐

2. Next take the Biotoxin Test available at <http://biotoxinjourney.com/biotoxinillness-test/>

Write down your score.

3. If the above free tests indicate likely mold exposure a followup with Sprouts Health to get confirmation tests for Urine Mycotoxin and Volatile Organic Compounds (VOCs) testing from Great Plains Laboratory.
4. MRI Neuroquant. While not absolutely necessary, we at Sprouts Health recommend that a volumetric MRI of the brain be conducted. There are known alterations to the brain that occur due to mycotoxin – a toxic substance produced by a fungus – an illness that is reversible, and those changes to the brain can be identified through the use of MRI testing.
5. Test results are used in conjunction with an examination of certain innate immune system markers.
6. [Book An Appointment with Sprouts Health](#)

>TGFB-1

>MMP-9

>VEGF

>MSH

>VIP

>C4A

>C3A

>Osmolality/ADH

>Cortisol/ACTH

>Leptin

Where to Find More Information:

[ISEAI – International Society for Environmentally Acquired Illness](#)

<http://www.survivingmold.com/>

<https://www.vctest.com/>

<https://www.moldillnessmadesimple.com>

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