

Dr. Dennis' Step-by-Step Body Protocol for Combating Fungal Sinusitis and Mold-Related Sickness

Dr. Don Dennis, a world-renowned ENT surgeon has created an effective body protocol to help people who suffer from mold- and fungal-related illness. The protocol uses only natural and homeopathic supplements and methods to heal the body post mold exposure and to ramp-up the immune system for greater fungal resistance. The body protocol was established over time as Dr. Dennis treated thousands of mold patients in his own practice. Recognizing which supplements and methods that yielded the most success when treating his patients, and also where there were holes in his treatments, led Dr. Dennis to create specific antifungal and immune-boosting products that were not currently available on the market. Decades of research, testing and clinical trials have gone into creating this unprecedented arsenal of homeopathic supplements to specifically treat and eliminate mold-related illness.

In order to get the maximum benefit from the Body Protocol, it is important to take it step-by-step. In other words, start at the beginning, doing the first step and use the initial products as instructed. If symptoms persist, or you would like the maximum health benefits, add the next step, and so on. All of the products listed in the protocol can be used together and in unison with no danger of drug interaction or adverse side effects. As steps are added, you will begin to feel better and better—with the end goal being a lower cost solution to maintaining optimal health. Using these products will not harm or further break down your body, even when you suffer from chronic sinusitis, fungal allergies, or other mold sickness symptoms, like low energy, Candidiasis, brain fog, and trouble focusing, just to name a few. With this particular protocol, how “well” you want to be is entirely up to you!

Step 1: Clean Your Nose

Clean your nose for mold using a trusted saline sinus irrigation system, like [Nasopure](#), and by adding 2-3 drops of the antifungal and antimicrobial [CitriDrops Dietary Supplement](#) to the wash. Mold that is airborne enters through the nasal passages. Once it inside your body, it can begin to irritate your sinuses and can also move onto other systems, causing illness and inflammation. When you, not only clean your sinuses, but add an additional fungal-cleansing punch with the CitriDrops Dietary Supplement, you eliminate the cause of your mold problem before it can make you sick.

Use the [CitriDrops Nasal Spray](#) to clean your nose and to keep it fungus free when you are unable to use the full sinus wash, or if you just prefer a spray. The CitriDrops Nasal Spray is also designed to keep your nose fungus-free longer than just using a saline wash alone.

Step 2: Boost Your Immunity

Dr. Dennis recommends that everyone, mild, moderate and severe sufferers, supplement daily with [Logos Nutritionals Complete Thymic Formula](#). The supplement contains herbs, essential vitamins, minerals, thymic and glandular extracts, antioxidants, digestive enzymes and whole food extracts. It will help your body to stay healthy, even when your diet or nutrition has deficits.

Use [Sinus Defense](#) sublingual spray, per bottle directions, 2-3 times per day, or more often if you are already sick, feel yourself getting sick, or have had a mold exposure. The Sinus Defense will help your body recruit its own immune system to fight off the inflammation and sickness caused by the mold. Using the spray regularly will improve your body's response to mold and fungal allergens, so that over time, you will find that you are not as severely affected by exposure to mold. The stronger your immunity to mold, the healthier you can become overall.

Combine the **Sinus Defense** with **BetaMax 500**. **Sinus Defense** and **BetaMax 500** work in synergy, boosting your immune system and your fungal-specific defenses at the same time. The pairing has proven to be a powerhouse success for many of Dr. Dennis's patients.

Step 3: Restore Your Gut and Digestive System

Start on a high-quality probiotic supplement to restore your gut flora. About 70% of your body's immunity starts in the gut. Maintaining and feeding the healthy bacteria in your gut will help your body fight illness and disease.

If you continue to be plagued by bloating, fatigue and acid reflux after getting this far in the protocol, you may have Candidiasis—this type of fungal infection is common in mold patients. Dr. Dennis suggests getting an ALCAT Test for food sensitivities, beginning a Candida-specific diet, and starting on the **Candida Rid** supplement.

Step 4: Enhance Pituitary and Cognitive Function

Use **CellTropin** per bottle instructions, multiple times per day to boost recovery time and stamina, and to combat adrenal fatigue, sleep issues, low energy, and the many neurological symptoms of fungal infections, like brain fog, and lack of focus. **CellTropin** gives your body the extra pituitary and endocrine support it needs to increase cell turnover and to augment the recovery process. Your body will respond with increased vitality and energy.