

# MOLD ALLERGIES & HISTAMINE INTOLERANCE



MY CLINICIAN  
TOOLBOX



## Q&A from January 2024 Live Webinar

Presented by Gail Clayton, DCN, CNS, MS, RPh, LDN  
with Amy Rawls, MS, RD, LD, FMNS, CGN  
Hosted by Transformation Enzyme Corporation

### How does mold get addressed in the body?

Once the body's energy homeostasis is addressed, the cells will open up and pour the toxins out on their own.

### What is the role of fasting to help detox? For example water fasts, juice fasts, etc.

The body will detox too quickly with fasting. I don't recommend it. Intermittent fasting can be helpful.

### To resolve the mold, I'm trying Dry Fogging. What do you think about that as remediation?

Dry fogging is excellent! But you MUST remediate and REMOVE any water-damaged material first!

### What about Neurofeedback therapy for retraining the brain?

Yes, this is helpful too.

### When you use the term allergy, do you mean an immune response- IgE / non-IgE or do you mean a food intolerance? Can you clarify?

I'm probably referring to either the IgG4, C3d, or IgE. All of them are related to excessive inflammation.

### **Do you use only IgG4 for food intolerances? Why not the others?**

I like using TgG4, C3d, plus IgE for food intolerances.

### **What about mycotoxin testing?**

None of the mycotoxins are all that accurate and there are many confounders. I use them sparingly. This topic is a webinar all on its own!

### **What is the best icD10 code for dysbiosis?**

I don't use insurance, so I'm not sure. Genova has some codes built into their system when ordering stool tests. You might take a look at some of those.

### **Do you look at markers like tgfbeta and mmp9? Can you reduce them?**

YES! I just finished making a NEW presentation all about a case study surrounding TGF Beta. Sign up for my newsletter on my website [www.drgailclayton.com](http://www.drgailclayton.com) and as soon as the webinar date is set I'll be sending out the registration link.

### **What does high tartic acid om OAT typically mean? Mine was outrageous.**

It's associated with yeast, but there's no scientific evidence that it's produced by yeast. The answer is that we don't really know. If you were eating fermented foods within a few days of collecting your urine specimen, that could cause abnormally high yeast markers.

### **Favorite OAT laboratory?**

The ones that give the detailed amino acid profiles, for example the Omix from Diagnostic Solutions.

### **Would you consider bringing in a binder at some point for mold? Or is that not yet necessary.**

Yes, I do use binders. Not always up front because first line is diet changes and balancing the immune system. Once the histamine is calm and energy to the cells are restored then a more stimulated detox and binders are indicated.

### **You're talking about the cell danger response that doesn't turn off even**

### **when the trigger is removed?**

Cell danger response is different from the amygdala response! Cell danger response is about the mitochondria shutting down energy production. The amygdala is the fight or flight response. The cell danger response can trigger the fight or flight.

### **I LOVE perfume!! Is it okay to spray it on our clothes as opposed to our skin?**

NO, NO, NO!

### **What do you suggest for limbic retraining?**

There are many programs for limbic retraining. I suggest do an online search and learn what each has to offer and choose one that you feel is best for you. The older and most popular ones are DNRS and Gupta.

### **How do we improve oxygen in the absence of sleep apnea?**

Melatonin can improve oxygenation! However, a diet full of polyphenols can be helpful.

### **Any advice on how to get rid of eye floaters caused by mold exposure? Recently heard this connection from Dr. Campbell.**

That's not really in my scope.

### **What lab do you use for OAT?**

Virtual Clinic has various OAT test available on their site.

### **Would you recommend taking NAC despite its ability to reduce DAO?**

Yes.

### **Do you recomed the basophil activation test to find foods that can increase histamina release?**

I haven't used this testing. The GOLD standard is an elimination diet and food reintroduction.

### **Why is Mb excluded? I have SUOX snp, so I am OK with Mb.**

Her uric acid was very high. Mb is a cofactor for the enzymes that make uric acid. She was having gout symptoms so we don't want to take anything that is driving that

pathway to make more uric acid!

### **Question for future—20 years of kill candida always comes back, is there hope without fmt? Prob's PreBs dont work temp effect only, what can be done?**

This means you need to work on your vagal motor output, digestion, and lowering cortisol. You'll never recover your digestive balance with high cortisol. If you have history of trauma then EMDR therapy can be quite helpful for resolving those old traumas that keep cortisol at a high level.

### **What is best for PCOS?**

Dietary changes.

### **Does the gut protocol include anything with lectins?**

No.

### **What is the number one item to reduce mold colonization in the gut?**

I don't think there is one answer or one item. It takes a combination of things. I would say the most broad spectrum thing I have seen keep pathogens at bay is high dose protease. It supports the terrain, cell wall, pH and so on.

### **What enzymes do you use?**

Transformation's—you can see them on Dr. Clayton's FullScript protocol and also by visiting [TransformationEnzymes.com](http://TransformationEnzymes.com).

### **Which kinds of enzymes?**

For mold, histamine or any form of imbalance digestive and systemic enzymes are key. Transformation® is a pioneer of enzyme therapy and specializes in this area of functional / holistic support. If you would like to know what enzymes are best for you or your clients, book a free 10-minute enzyme consultation with Amy. You can email her at [clinic@tecenzymes.com](mailto:clinic@tecenzymes.com).

### **Systemic or digestive enzymes?**

Both! Transformation's Professional Protocol™ [Protease](#) for systemic support—it is linked in the handouts along with Transformation's other systemics. Also [Digest](#), but Transformation® has four other digestive formula options. [Digest](#) is a personal favorite

and the most comprehensive compared to many others.

### **Is Digest the best all-around enzyme to use before meals?**

It's the most therapeutic—[DigestZyme](#) is more gentle.

### **What is the best Transformation Enzymes® product for high gluten sensitivity?**

[Carbo-G](#) for the digestive and [Protease](#) for the systemic support.

### **Can the enzymes be used for kids? For example kids with autism, 4 years old, etc.**

Absolutely! Transformation® has been successfully working with infants, toddlers, and children for over 35 years. They have a [Zymes 4 Kidz™](#) line and various protocols for kids along with case studies. Our clinic has worked with many autistic children. To book a call with Amy and learn more reach out to her at [clinic@tecenzymes.com](mailto:clinic@tecenzymes.com).

### **What is your opinion about liposomal quercetin—is it important that it is liposomal? Also what about NAC?**

Liposomal is typically absorbed better, but I prefer to use [Protease IFC](#) as it provides a more broad spectrum approach. High amounts of quercetin are needed to achieve inflammatory support, and this can cause problems for some. Enzymes are unique in that they do not add burden to the body. Herbs, however, can still add burden.

### **Which protease is right for me? I have already identified mycotoxins in my body and home.**

To determine which protease formula would be best, you can schedule a free enzyme consultation with Amy. Email [clinic@tecenzymes.com](mailto:clinic@tecenzymes.com) to set up.

### **Would the Protease be useful for migraines?**

Yes, it is very effective for migraines due to its ability to quench inflammation and support blood flow. This is the same mechanism of action behind NSAIDs and certain other herbs.

### **I have tried enzymes many times but each time I try I get severe stomach pain. Do you know why enzymes would cause severe stomach pain?**

This is why we have various formulas. I am not sure what you used before, but you are

most likely what we would consider a “sensitive” individual and we would start you with [GastroZyme](#) first to calm things down and work on the mucosal lining, and then bring in our gentle digestive formula called [DigestZyme](#).

### **What do you mean when you say “unable to tolerate glutathione”? What symptoms indicate this?**

Nausea, stomach cramping, bloat—there are many other antioxidants that are just as effective and more bioavailable. Check out Transformation’s [Protease IFC](#) formula in the handouts for inflammation!

### **Are there natural foods to get these enzymes from? We are on a \$300/month food and medicine budget for 2 that doesn’t allow for these expensive supplements. Our insurance doesn’t cover naturopaths either.**

Adolph’s meat tenderizer is an enzyme! Try it with your meals! Also drinking bitter teas helps stimulate your body to secrete digestive enzymes and HCL. You can also use digestive bitters. While none of these are actual enzymes, they can be supportive. Also remember chewing food thoroughly and sitting down for meals, not rushing through them.

### **What is the onion / honey protocol for seasonal allergies?**

One purple onion, diced. Place in jar and pour raw, local honey over it. You can keep the jar on the counter with a lid on it. Each day, consume one spoonful of the honey, and typically you will notice considerable improvement in your environmental allergies within 2 weeks.

### **When I eat raw onions I get very severe stomach pain and nausea.**

You don’t have to eat the onions. Just let them settle to the bottom of the jar. Eat only the honey. The quercetin from the onions will seep out into the honey.

### **Do I need to refrigerate?**

No refrigeration required.

### **What do you mean by a balanced or imbalanced diet?**

I’m talking about the macronutrients—fats, carbohydrates, proteins.

### **Is rice bran oil okay for frying?**

You want a saturated fat that can handle high heat. Most plant oils oxidize at high heats.

### **What are the dosages of all the supplements that we should take? Also, where should we purchase or what brands are recommended?**

This is really individualized depending on what else may be going on. Email us at [clinic@tecenzymes.com](mailto:clinic@tecenzymes.com) for specific guidance.

### **Can you share which brand of oil from Costco you found to be inflammatory?**

ALL OF THEM are most likely fraudulent. I do buy organic ghee and coconut oil from Costco. All the other cooking oils, I only recommend you using them to polish your furniture.

### **Is there a discount code for supplements?**

FOR PRACTITIONERS, Transformation® is offering a 10% discount below wholesale pricing for your first order, and they offer a satisfaction guarantee. You can sign up at [TransformationEnzymes.com](http://TransformationEnzymes.com) and an associate will reach out to assist you with setting up your online account and discount.

FOR NON-PRACTITIONERS, Dr. Clayton offers a 20% discount in her dispensary. Here's the link to join: <https://us.fullscript.com/welcome/goatguru/store-start>

### **Is there anything available in Canada?**

Transformation® can ship products to Canada if you are referring to the supplements used for protocols. Courses and consults can be done virtually.

### **Are we able to get a recording of this webinar?**

Yes, the recording is available at [mycliniciantoolbox.com](http://mycliniciantoolbox.com) for you to watch at your convenience. It is the first webinar listed under the Allergies section of the navigation bar and Table of Contents.

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