

CIRS / Mold Toxicity Starter Checklist – 2026 Edition

A scannable, printable starting point for anyone suspecting mold-related illness

≈ 10–15 min read [Print / Save as PDF](#)

Step 1: Quick Symptom Self-Check

Symptom	How Common in CIRS?	Red-Flag Level
Unrelenting fatigue	Very high	High
Brain fog / poor word recall	Very high	High
Chronic sinus issues	High	Medium–High
Air hunger / shortness of breath	High	High
Joint/muscle pain without injury	High	Medium–High
Temperature dysregulation	High	Medium
Light/sound sensitivity	Medium–High	Medium
Static shocks / skin sensitivity	Medium	Medium

[← Back to The Overlap Hub](#)

How Common in CIRS?

Red-Flag Level

Frequent urination / thirst

Medium

Medium

Mood swings / anxiety

Medium–High

Medium

If you have ≥ 5 “High” or “Medium–High” symptoms → strong possibility of CIRS. Proceed to labs.

Step 2: Shoemaker’s Key Labs

Lab	What it measures	Optimal Range	CIRS Typical
MSH	Melanocyte Stimulating Hormone	35–81 pg/mL	<35 (often <17)
ADH / Osmolality	Antidiuretic Hormone regulation	1–4.7 pg/mL	Low ADH + high osmolality
TGF- β 1	Inflammatory cytokine	<2380 pg/mL	>5000 (often 10,000+)
MMP-9	Tissue remodeling enzyme	85–332 ng/mL	>332 (often 400+)
C4a	Complement activation	0–2830 ng/mL	>4000–20,000
VEGF	Vascular growth factor	31–86 pg/mL	<31

Order through LabCorp / Quest or Ulta Lab Tests. Full Shoemaker panel recommended.

[← Back to The Overlap Hub](#)

Step 3: First 30 Days Action List

1. **Leave the exposure** – Get out of the suspected building if possible (even temporarily). Use HEPA air purifiers + open windows if safe.
2. **Test your environment** – Order ERMI or HERTSMI-2 from EnviroBiomics (≈\$300). Dust test = most reliable for CIRS.
3. **Get baseline labs** – Run Shoemaker panel + MARCoNS swab if sinus symptoms.
4. **Start gentle binders** – Cholestyramine or Welchol only under doctor guidance (very common first step).
5. **Support detox pathways** – Hydration, Epsom salt baths, milk thistle, NAC (low dose), infrared sauna if tolerated.
6. **Find a practitioner** – Use Surviving Mold physician finder or ask in trusted Facebook groups.

Common Pitfalls & What NOT to Do

- Don't rush aggressive detox without binders – can cause massive flares.
- Don't ignore MARCoNS if sinus issues persist – needs specific treatment.
- Don't stay in a water-damaged building “just a little longer” – exposure is cumulative.
- Don't rely only on visual mold inspection – ERMI/HERTSMI-2 needed.

- Don't self-treat with high-dose antifungals without guidance – can worsen MCAS.

[← Back to The Overlap Hub](#)