

Conversation about Patient Lindsey Carver, TYZILX011

Teams with access: Dr. Herbst

<https://doctor.klara.com#/conversations/74072052>

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Lindsey Carver [Dec 29 2023, 10:02 AM]

Good morning, I am sharing some mold test results and context that Dr. Herbst may find helpful for the overall MCAS picture--one from summer 2022 and a repeat from this month (my doctor's office changed testing companies in between tests).

I have taken a detoxification supplement and charcoal for months and use Biocidin in my Xlear nose spray regularly, and these things are clearly not working. I also did one hyperbaric chamber session in January 2023 that I hoped would help with migraines and mold, but it made me feel worse rather than better and I did not continue. My functional doctor has recommended Biofilm CLR twice daily to begin breaking down biofilms + twice daily prescription Nystatin for 3 months (she originally recommended Itraconazole 200 mg daily for 4 weeks, but it interacts with the CGRP inhibitors I take for migraines). She and I wanted to run this plan by Dr. Herbst to get her opinion on it in the overall MCAS picture at my appointment next week. Thanks!

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Savannah Sandoval, Dr. Herbst [Jan 02 2024, 3:24 PM]

Hi Lindsey,

Dr. Herbst reviewed those results and this is her response:

"The ochratoxin likely activates mast cells. Is it possible to avoid the foods you are ingesting the ochratoxin from?"

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Lindsey Carver [Jan 02 2024, 3:32 PM]

Possibly, but I was also exposed to mold in my childhood home and at my previous job where the building was known to have mold. It seems to be in my sinuses.

exported by Jane Evancio