



**I've been exposed to mold.
Now what do I do?**

**Understanding the effects of
mold on your body & what
to do about your home &
tests you can take.**

COLETTE CHANDLER



M O L D W E B I N A R W O R K S H E E T

Top Ways You Know it Might Be Mold:

- 1.
- 2.
- 3.
- 4.
- 5.

How can you figure out if you have a mold problem in your home?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.



M O L D W E B I N A R W O R K S H E E T

What to do? The right next steps to take:

What not to do:



M O L D W E B I N A R W O R K S H E E T

The best ways to test your body & your home:

Top two things you need to do now to get on the road to better health:



M O L D W E B I N A R W O R K S H E E T

NOTES



M O L D W E B I N A R W O R K S H E E T

HOW TO GET SUPPORT

- Join a support group - coming soon! Get on the list.
- Join my Balancing Hormones & Improving Gut Health Facebook Group - [Join here!](#)
- Register for my Educational Course - [Register here!](#)
 - Library of over 40 educational videos to help with every aspect of your body that gets impacted by mold
 - Functional tools
 - Eating plans
 - Lifestyle guides
 - Accountability
 - Group coaching
 - 1-on-1 coaching
 - Lifetime access
- Get 1-on-1 support via functional medicine coaching sessions. [Book now!](#)