

**YOU ARE NOT ALONE!  
THERE ARE PROVEN  
SOLUTIONS THAT WORK.**



## **Includes Practical Tools & Checklists:**

- Tracking Symptoms/Exposures/Changes
- Preventing Re-Exposures
- Guidelines for preparing History/Records/Timelines for Practitioners
- Cleaning Your Home & Contents
- Cleaning Products & Supplies
- Effective Remediation-Scope of Work Checklist
- Guidelines for Choosing Professional Services
- Maintaining a Safe Living Space/Work space
- Cross-Contamination Issues/Precautions
- Tips for House Hunting... Temporary or Permanent
- Packing and Cleaning to Move
- Important Questions to Ask When Traveling
- Sample Letters for Friends, Family, Employers, Teachers

Designed by CIRS survivor  
Jessica Jewkes

# **Surviving & Thriving** | **A Recovery Manual**

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for Patients  
& Families  
Impacted by  
CIRS

**Are you a CIRS patient or practitioner who wants to save precious time, energy, and resources with a detailed road-map for recovery?**

This manual navigates the path to health for CIRS clients. Clear sequential steps streamline the process for successful outcomes.

Awareness of "Mold Illness" is growing rapidly, but there is an abundance of inaccurate information in the media. This manual provides patients and families with science-based information, in an easy to understand format. To successfully manage CIRS, it is important to have a well-informed patient, an educated support system, and a detailed roadmap to navigate the journey back to health.

## **CIRS Education Made Easy:**

- What is CIRS? Why Me?
- Lab testing..What, When, Where, How Often?
- Step by Step Treatment Plan Explained
- Practical Instructions for CIRS Meds
- Dietary Guidelines
- What is a Water Damaged Building? What Do I Do Now?
- Environmental testing/Assessment..How and When
- Guidelines for Remediation and Validation of a Safe Environment
- Practical Tips for Thriving with CIRS



**Get Your Copy Now at : [SurvivingandThrivingbook.com](http://SurvivingandThrivingbook.com)**