

Parasite, Mold & Bacteria Bio-Resonance Scan

Hello [Name], it was a pleasure to do this scan for you. Here is what came up in your field, with the simplest first steps to start clearing and strengthening. Much of what showed up was deactivated during your session – the steps below help your system finish the work and stay ahead of it.

Most Important to Know Now

- Mold is the dominant pattern. A noticeable load came up in your system, and it points to mold in your environment as well.
- Several parasitic signatures appeared – the kind that sit in the digestive tract and quietly draw on your nutrients and energy, iron especially.
- A handful of bacterial signatures are present. Some are common gut bacteria that have simply tipped out of balance rather than anything foreign.
- Together these are a likely driver of fatigue and digestive irritation, since an overburdened system spends energy managing them instead of on your daily vitality.

Start Here – Your Quick Wins

- Reduce mold in your environment. The first ten pages of *Toxic Mold* (yours as a gift) give you safe, simple steps you can start today.
- Ease off sugar, fruit, and refined starches for now, since these feed mold and unfriendly bacteria.
- Take a full-spectrum, high-quality digestive enzyme with meals.
- Fresh celery juice each morning to help cleanse and calm inflammation.
- Half a teaspoon of real salt in lukewarm water, once or twice a day. Beyond hydration, this gently rebuilds your stomach acid – which matters more than most people realize, as the findings below explain.
- Keep meals simple, warm, and well cooked while your system clears – nothing raw or cold yet.
- Take unflavored collagen peptides once a day to soothe the digestive system and gently rebuild your body.
- Eat slowly, chew well, and stop eating when you are about 80 percent full.

Your Full Findings

Mold. A clear mold signature came up across several readings. The three strongest were *Mucor racemosus*, *Penicillium notatum*, and *Candida parapsilosis*, with *Aspergillus* and other *Penicillium* species close behind – common household molds that grow in damp, low-airflow spaces. Mold in the body and mold in the home feed each other, so clearing both is what makes it stick. The first ten pages of *Toxic Mold* walk you through finding and safely removing it at home.

Parasites. Signatures consistent with common parasites came up – the kind that live along the digestive tract, from the mouth on down, and draw on nutrients, iron in particular. The three strongest were *Entamoeba gingivalis* (an amoeba that settles in the mouth and gums), *Entamoeba histolytica* (an intestinal amoeba), and *Iodamoeba buetschlii* (a common and usually harmless gut amoeba). These were a focus of the clearing during your session.

Bacteria. A mix of bacterial signatures appeared. Several are ordinary gut residents that have simply overgrown – the strongest being *Bacteroides fragilis* and *Enterobacter aerogenes*, alongside the familiar *E. coli* and *acidophilus* families – and these need rebalancing rather than removing. One worth flagging is a *Helicobacter pylori* signature in the stomach, which ties into a low-stomach-acid pattern. This one surprises people: most assume reflux or heartburn means *too much* acid, when it's very often a sign of *too little*. Acid can run low from years of soda, sugar, certain medications, and ongoing stress, among other reasons – and when it does, food sits and ferments instead of breaking down cleanly, which pushes acid up and causes the burning. The fix isn't to suppress acid further; it's to gently rebuild it. Fresh lemon water in the morning helps for many, if you're not sensitive to it, and the warm salt water in your Quick Wins works the same way. It also helps to keep liquids to a minimum during meals – drinking while you eat dilutes your stomach acid, which slows digestion and makes your body spend more energy breaking food down, leaving you feeling more tired afterward.

Clearing critters is rarely one-and-done. It's a rhythm of lowering the load and strengthening the terrain so they have less to feed on. The steps above are your foundation for that.

Helpful Questions to Explore

If you'd like to take this further with a doctor or qualified practitioner, these are real, testable avenues that often relate to how you may be feeling. They are offered as

questions to explore – not findings – and they give a practitioner something concrete to work with:

- Could my iron, ferritin, B12, and folate levels be checked? Fatigue often traces here, and parasites draw on iron in particular.
- Could we look at the health of my gut and digestion, including stomach acid?
- Are there gentle ways to support my body's natural detox pathways, especially the liver and lymph?
- Given the mold theme, are there environmental factors at home worth addressing?

The Emotional & Energetic Layer

Often overlooked, and frequently the most meaningful part. Physical patterns and emotional ones are rarely separate. A field carrying a long-held burden often carries a long-held feeling alongside it – themes around self-expression, boundaries, and permission to rest. Dr. Gabor Maté describes it this way: when we cannot say “no” with our voices, eventually our bodies say it for us.

You don't need to do anything with these – simply sitting with the ones that resonate is enough. A few gentle questions to hold:

QUESTIONS TO SIT WITH

- When do I feel most valued, heard, and seen?
- Where in my life am I over-giving, or stretching beyond my boundaries?
- In what situations do I feel most at peace, relaxed, and at home in my body?
- What do I most need permission to explore, do, or say no to?
- What have I needed to express that has not yet found its voice?
- What is one thing I could do to reclaim a little rest this week?
- Who are the people I feel most like myself and content around?
- Who are the people or situations that leave me feeling depleted?
- One year from now, what would I like my life to feel and look like?
- What is the dominant emotional state I want to be living in?
- What needs to happen to make that reality possible?
- What are my top three goals for this year?
- What legacy do I want to leave?
- In 20 years, what will matter most about how I used this next phase of my life?

Wellness Foundations

These are the small, steady practices that help restore energy, support nervous system regulation, and create a more stable foundation for healing. You do not need to do them all. Start with one or two that feel most accessible, and build from there with gentleness and consistency. Small actions, repeated over time, create meaningful change.

Daily rhythm

- Get natural light in your eyes early in the day, before screens.
- Go barefoot on the earth whenever possible.
- Pause once an hour for a few slow, deep breaths.
- Create a consistent evening wind-down that supports restful sleep.

Nourishment

- Drink plenty of clean water and include good-quality salt or electrolytes as appropriate.
- Choose warm, simple, well cooked, easy-to-digest meals.
- Limit sugar and heavily processed foods that can place extra strain on the body.
- Eat slowly, chew thoroughly, and stop when you are about 80 percent full. It's important to leave your stomach with some space for easier digestion.

Rest & nervous system

- Deep rest as a genuine priority, not a reward.
- Practice a daily heart–brain coherence exercise or other calming regulation practice.
- Spend time in nature and let your eyes rest on green and blue.
- Move gently in ways that restore energy, such as walking, yoga, or swimming.

Environment

- Reduce mold and damp at home (see *Toxic Mold*)
- Air out rooms; let in natural light
- Notice which spaces leave you feeling drained or restored
- Surround yourself with colors you're drawn to

Remember that this is a process, and every step forward strengthens your roots. The leaves and flowers bloom once the roots feel steady again. You are doing the good, and

often not-so-easy, work of lightening your load so you can move forward with greater ease and flow. It is my pleasure to support you in that.

With gratitude and warmth,
Yvette

This is an energetic wellness reflection – not a medical diagnosis.