



# \$179.99

includes

- 8 weekly telephone support group meetings of 4-6 people.
- Links, information and resources about what was discussed in each meeting. Includes exclusive Shoemaker Protocol information.
- An exclusive hour-long special session with Dr. Ritchie Shoemaker in which only support group members get to ask questions.
- Members often swap contact information to remain in touch afterward, so they can continue to provide support to one another.

**NEW!**

**Spouses/Partners Support Group.**

**NEW!**

**One-time Saturday session for \$24.99.**

**RITCHIE SHOEMAKER, M.D.** has devoted his life to finding the answer to illness caused by biotoxins. He's diagnosed and treated more than



**Ritchie Shoemaker, M.D.**

10,000 CIRS patients and is the leading researcher in the field. Following his retirement in 2013, Dr. Shoemaker is consulting and training other physicians in the Shoemaker Protocol and hosting conferences to advance the science of biotoxin-mediated illness.

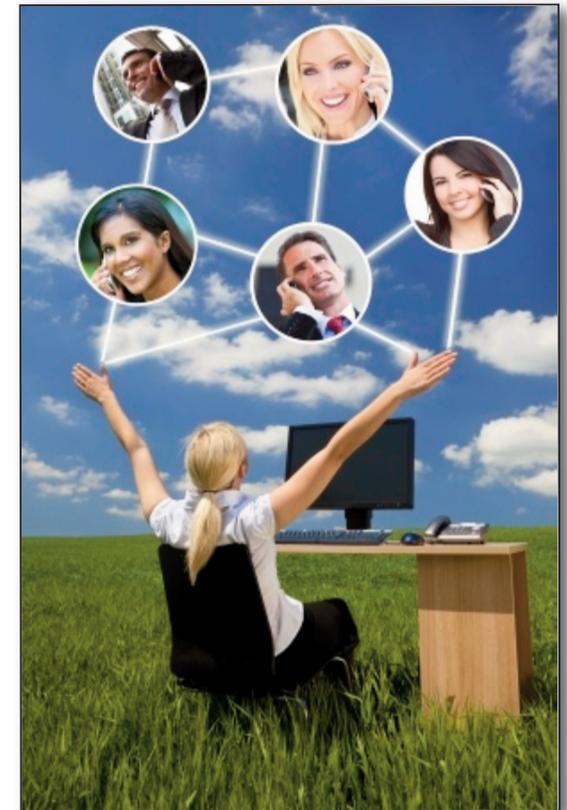
**PATTI STILLEY SCHMIDT** is a CIRS survivor who was successfully diagnosed and treated by Dr. Shoemaker. After recovering, she returned to school, earned a Baccalaureate and then a Master's in Clinical and Counseling Psychology. She is a psychotherapist and health coach with more than 30 years of experience improving the lives of chronic illness patients. She's been a peer counselor, support group leader, national advocacy organization board member, and has



**Health coach Patti Stilley Schmidt**

published dozens of articles, along with the book *Mold Warriors* with Dr. Ritchie Shoemaker. She offers individual coaching and group support sessions for those with chronic, fatiguing illness, especially Chronic Inflammatory Response Syndrome.

# CIRS Telephone Support Groups



**The power of peer support**

# What is CIRS?

**T**he effects of mold-form neurotoxins on human beings have long been poorly understood and thought unworthy of serious study. But this same toxic mold infests our homes and buildings at an alarming, perhaps even epidemic, rate — and so many of the “untreatable” conditions that physicians are ill-equipped to diagnose and treat are the result of the neurotoxins released by these ubiquitous organisms.

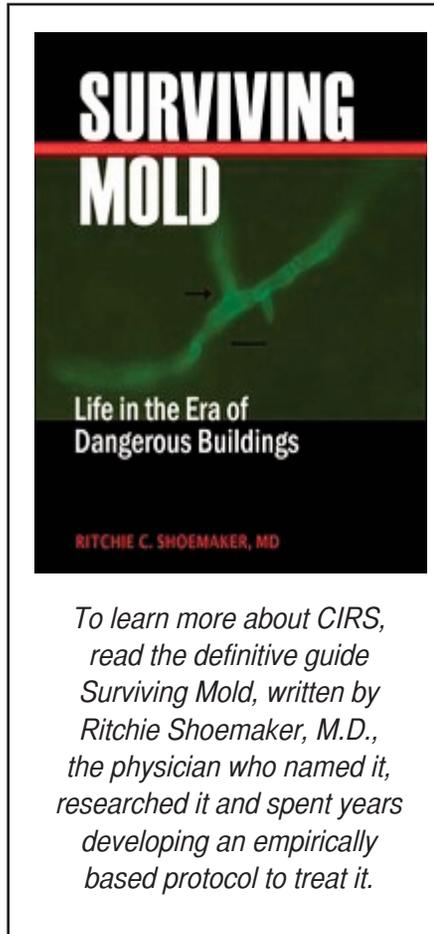
Dr. Ritchie Shoemaker has been the leader in the field of research into the effects of toxic mold on the human body, with hundreds of success stories in the treatment — and even complete eradication — of the chronic conditions that have been puzzling doctors all over the world.

CIRS, mold illness or “sick-building syndrome” isn’t an allergy. It’s inflammation within the body, caused by an immune system that’s gone haywire. The term “mold illness” is a subcategory of biotoxin illness called Chronic Inflammatory Response Syndrome (CIRS). You wind up with CIRS if you have certain genetic predispositions, are exposed to mold or other biotoxins, and develop a multi-system, multi-symptom illness. Often, CIRS patients have other diagnoses first, including Chronic Fatigue Syndrome, Fibromyalgia, Irritable Bowel Syndrome, depression, learning disabilities or endometriosis.

**Support is key to recovery.** It can be difficult to get support from people who “get it” when you’re often low on energy, live far away from major metropolitan areas, or don’t like the support groups near you. Wouldn’t it be great if you could talk to others with CIRS?

SurvivingMold.com’s Health Coach Patti Stilley Schmidt’s Telephone Support Groups are successful because they allow those with CIRS to support, empower and encourage one another, lessen isolation, and make it easy for members to swap helpful information.

**Sign up at <http://www.survivingmold.com/legal-resources/about-patti/telephone-support-group-meetings>**



*To learn more about CIRS, read the definitive guide **Surviving Mold**, written by Ritchie Shoemaker, M.D., the physician who named it, researched it and spent years developing an empirically based protocol to treat it.*

## Symptoms include

**PAIN:** headaches, muscle cramps or aches, joint pain, morning stiffness, abdominal pain.

## **OVERALL FATIGUE & WEAKNESS**

**RESPIRATORY:** frequent sinus problems, shortness of breath or “air hunger,” cough.

**GASTROINTESTINAL:** diarrhea or constipation, bloating/gas.

**COGNITIVE:** focus, concentration and memory issues, word-finding difficulty, decreased ability to learn new things, confusion, disorientation.

**AUTONOMIC DYSFUNCTION:** temperature regulation or dysregulation problems, appetite swings, sweats (especially night sweats), excessive thirst, increased urination, frequent static shocks.

**PSYCHOLOGICAL:** mood swings, depression, anxiety.

**VISUAL:** light sensitivity, red eyes, blurred vision, tearing.

**MISCELLANEOUS:** numbness, tingling, vertigo, metallic taste and tremors, chemical and noise sensitivity, skin sensitivity.

**You're not alone.  
You're not crazy.  
This illness isn't  
“all in your head.”  
This illness has  
destroyed lives.  
But there is hope!**