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# Taylor Love Mold + Detox taylor\_lovee

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## SUMMARY KEYWORDS

tip, mold, binder, detox, lyme, epsom, coffee enemas, living, infections, diagnosed, infrared saunas, house, charcoal, bath, salt, routine, treatment, heal, wanted, toxin

## SPEAKERS

Taylor Love

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Taylor Love 00:00

Hi, my name is Taylor and I was diagnosed with two co-infections of Lyme last year. I wanted to share a few of my tips and things that I wish that I knew before starting treatment. So the number one thing is to investigate your environment and make sure that you are not living in a house with mold. So I got really sick after moving into a house with black mold. We lived in an older house on the river and turns out the house was what triggered it to come out of my body. So number one tip, make sure you're not living in mold because it can make it really hard to heal if you are and my other tip is to detox and have a great detox routine. I love coffee enemas, infrared saunas, taking charcoal binders. I love this ultra toxin binder that you can find online and also super hot epsom salt bath so those are two of my biggest tips and things that I wish I knew.