

## CIRS New Patient Information

### “Chronic Inflammatory Response Syndrome”

- CIRS is a type of chronic fatigue syndrome that causes an overactive immune system and inflammation throughout the body.
- Typical symptoms are fatigue, brain fog, exercise intolerance, achiness (fibromyalgia), depression, inability to lose weight and dizziness. Note: typical “allergy” symptoms like nasal congestion, sneezing and hives are actually not always seen in CIRS.
- The two most common causes are **exposure to water damaged buildings (mold)** and **Lyme disease**.
- Most CIRS patients have seen their doctor(s) several times and have been told there was nothing wrong.
- CIRS is still not recognized in mainstream medicine. We now have very good evidence that what has been called chronic fatigue syndrome is really CIRS. Most CIRS doctors are holistic and try to figure out the real cause of the problem, where most regular doctors have never heard of CIRS and just prescribe drugs to treat symptoms.

The first step is to diagnose CIRS. There are several types of initial testing done, based on your history:

1. CIRS symptom survey (click the link on [www.nchormoneinstitute.com](http://www.nchormoneinstitute.com) under “Services” then “CIRS”)
2. Visual Contrast Sensitivity test
  1. This is a quick test of your visual ability to detect fine contrast, which gets worse with inflammation.
  2. [www.survivingmold.com](http://www.survivingmold.com) is the website that has the VCS. Do **not** use any other websites for this test, as the reports are very difficult to interpret.
  3. It costs about \$15 per test or you can purchase several tests at a discount.
3. CIRS lab testing
  1. Done at Labcorp
  2. Multiple blood tests are done, most of which are very uncommon tests but particularly helpful in CIRS.
  3. Testing measures the amount of inflammation in your body.
4. Neuroquant
  1. This is an MRI of the brain that is done and then the images are analyzed with a software program called Neuroquant.
  2. The software analyzes the size of 11 different structures in your brain.

3. The report often shows one of two distinct patterns: post-Lyme disease or mold. This test helps differentiate which of these is the cause of your CIRS.
- Once CIRS is diagnosed, you need to start the 12 step protocol. You **MUST** work through each step successfully to proceed, or it will not work. It usually takes 6-12 months to work all the way through but more severe cases of inflammation may take longer. **MOST PEOPLE DO NOT FEEL MUCH BETTER UNTIL THEY GET TOWARDS THE SECOND HALF OF THE PROTOCOL.** This can be very discouraging, but that's just how it is. You need to lower toxins, clear bacteria and lower inflammation levels before you will feel good.
  - The **"Shoemaker Protocol"** is a 12 step protocol for reversing the inflammation:
    1. Eliminate exposure (mold, Lyme)
    2. Cholestyramine to bind toxins
    3. Eliminate MARCoNS (a type of staph in the nose)
    4. Assess for gluten sensitivity
    5. Correct androgens
    6. Correct osmolality and ADH
    7. Correct MMP-9
    8. Correct VEGF
    9. Correct C3a
    10. Correct C4a
    11. Reduce TGF beta
    12. Restore VIP
  - The basis for the entire protocol, in the case of mold exposure, is that you **CANNOT** be in an environment with significant mold exposure for it to work at all. **So there is NO POINT IN STARTING THE PROTOCOL IF YOU ARE UNABLE OR UNWILLING TO ENSURE A LOW MOLD ENVIRONMENT.**