



# Unravelling CIRS-WDB

**AN EXPLORATION OF WATER-DAMAGED BUILDING  
EXPOSURE AND BIOTOXIN ILLNESS**

**Presented by** Amie Skilton, AdvDipNat DipBotMed  
BHSc(CompMed) DipBeauTher



## A snapshot of the program:

- 8-module online course
- Prerecorded 90-minute sessions
- Case studies and sample test reports
- Downloadable notes and resources
- Bonus audio interviews with leading CIRS-WDB experts.

# Unravelling CIRS-WDB

## Features of the program

This immersive and interactive program with Amie Skilton provides tangible and practical outcomes, when it comes to the diagnosis and treatment of CIRS-WDB, including:

- A holistic and comprehensive roadmap to safely and effectively identifying and treating the CIRS-WDB patient, including addressing the environment, pathology testing and diagnosis methods, and treatment strategies
- A guide on how to recommend and implement treatment strategies
- A high-quality and engaging learning program; the modules are recorded at ABC Studios in Sydney for premium audiovisual delivery
- Sessions can be accessed any time, anywhere, with unlimited access to re-watch the modules
- Includes online quizzes for revision, and the ability to check learning outcomes, as well as earn CPD points
- Bonus audio interviews with CIRS-WDB experts exploring current and emerging evidence and challenges, as well as key strategies to address CIRS-WDB management.

## Program schedule

2020 RELEASE DATE	MODULE
<b>Monday 4 May</b>	<b>1</b> Introduction to CIRS-WDB Part 1 <b>2</b> Introduction to CIRS-WDB Part 2
<b>Monday 1 June</b>	<b>3</b> Secondary complications of CIRS
<b>Monday 6 July</b>	<b>4</b> Early detection of CIRS-WDB
<b>Monday 3 August</b>	<b>5</b> Addressing the environment
<b>Monday 7 September</b>	<b>6</b> Allopathic treatment
<b>Monday 5 October</b>	<b>7</b> Naturopathic treatment
<b>Monday 2 November</b>	<b>8</b> The path to wellness



## MODULE 1:

### Introduction to CIRS-WDB Part 1



#### Synopsis

Chronic inflammatory response syndrome, called CIRS (pronounced 'sirs') for short, is an acute and chronic, systemic inflammatory response acquired following exposure to an environmental insult.

In the case of exposure to the interior environment of a water-damaged building (WDB), and its resident toxigenic organisms, the variant of CIRS-WDB can develop. Due to the various onset and presentation of symptoms, it's a condition that is easily missed and regularly misdiagnosed.

This module is an introduction to the variants of CIRS and a look at CIRS-WDB specifically. It is the first of the two modules that explore CIRS-WDB.

#### Learning objectives

- Demonstrate an understanding of CIRS as an umbrella term, as well as being able to delineate the different types
- Explain how a CIRS patient can have so many different types of systems
- Elucidate the different elements in a WDB that can cause illness
- Understand why some people are considered environmental 'canaries'
- Explore the various factors that increase the risk of water damage in a building
- Learn what tools can be used in a building to mitigate some of the risk factors.

#### Topics covered

- Description of CIRS and the different types of CIRS, including CIRS-WDB
- The prevalence of WDBs
- An introduction on how to recognise CIRS
- The problematic elements in a WDB that can cause illness
- The risk factors associated with water damage.

## MODULE 2:

### Introduction to CIRS-WDB Part 2



#### Synopsis

Expanding on the content of module 1, this module provides a deeper look at the mechanisms of action behind CIRS-WDB. A detailed exploration of the biotoxin pathway provides a thorough look at the physiological processes behind the presentation of this condition.

This module assists practitioners to readily identify CIRS cases. It provides an initial screening protocol, followed by the panel of biomarkers required to identify this condition, with new and emerging assessment strategies also covered.

#### Learning objectives

- Demonstrate an understanding of the biotoxin pathway
- Explain the three initial methods with which to screen patients for CIRS
- Identify the biomarkers in order to make a diagnosis
- Understand the limitations of certain pathology assessments and how to manage these
- Elucidate the difference between genetically susceptible people and those not considered to be susceptible.

#### Topics covered

- The biotoxin pathway
- Initial screening methods (three key indicators) to determine if further testing is required
- Visual contrast testing (VCS) test and how to interpret the results
- Haplotyping to determine genetic susceptibility to CIRS
- Pathology testing required in order to make a diagnosis, as well as identify concomitant challenges
- Other tests used in CIRS i.e. functional MRI, urinalysis and RNA testing.



## MODULE 3:

### Secondary complications of CIRS



#### Synopsis

Due to the extreme and persistent inflammation and toxigenic impact of a WDB, susceptible patients are at risk of developing secondary conditions. The four most common challenges are electrohypersensitivity (EHS), multiple chemical sensitivity (MCS), mast cell activation syndrome (MCAS) and postural orthostatic tachycardia syndrome (POTS).

This module explores each of these syndromes, the mechanisms of action behind their development, their associated signs and symptoms, as well as the management strategies for each.

#### Topics covered

- The mechanisms of action behind EHS, MCS, MCAS and POTS and why these can arise in a CIRS-WDB patient
- The signs and symptoms of each of these syndromes
- How to identify and, where possible, how to test for each of these conditions
- Recommendations for the management for each of these syndromes.

#### Learning objectives

- Explain the four most common syndromes that CIRS-WDB patients are at risk of developing
- Demonstrate an understanding of how these syndromes can develop
- Explore the underlying mechanisms of action in each condition and recognise where these overlap
- Understand what testing is currently available to assess these syndromes
- Be able to recommend practical strategies as part of a patient management plan.

## Module 4:

### Early detection of CIRS-WDB



### Synopsis

Often there are red flags littered through a patient's case history that point to exposure to a WDB – signs and symptoms that can, and often are, mistaken for other more common conditions and treated as such.

This module reviews the most commonly overlooked presentations and explores the questions that should be asked with history-taking questionnaires to increase the likelihood of identifying CIRS correctly.

In addition to signs and symptoms, a useful line of enquiry includes questions about the patient's immediate environment i.e. their home, workplace, vehicle etc.

### Topics covered

- Signs and symptoms that may indicate CIRS-WDB, but are commonly overlooked
- Key case-history questions that assist in uncovering the possibility of CIRS-WDB
- The most useful line of enquiry to assess the likelihood of water damage in the patient's immediate environment
- How to find an appropriately qualified building biologist to undertake a building assessment for water damage and mould
- Differentiating signs, symptoms and history that may indicate different or concomitant CIRS variants.

### Learning objectives

- Understand how common signs, symptoms and diagnoses can point to CIRS-WDB
- Learn which questions are most helpful when it comes to uncovering CIRS and the potential for a water-damaged environment
- Explain what investigations may be helpful to uncover different or concomitant CIRS variants



## MODULE 5:

### Addressing the environment



#### Synopsis

The first, and most critical, step in the recovery process is to address the environment that triggered CIRS-WDB. A thorough assessment by a specialised professional is required to determine the appropriate remediation and the likelihood for this to be sufficient for a CIRS-WDB patient to recover.

This module covers what constitutes a thorough assessment and medical-grade remediation, and what that means for a patient's possessions and property. It also explores a checklist for patients to use when screening potential residences, as well as recommendations to maintain the health of their current abode. It also touches on 'mould avoidance', otherwise known as a mould sabbatical.

#### Topics covered

- Understand what professional is best suited to assess water damage and mould, and where to locate these assessors.
- The various methods with which a WDB is assessed and how the results inform what is best for the patient
- What remediation requirements are necessary for a CIRS patient and how to find certified professionals
- A checklist for a healthy home that can be used when looking at properties to rent or buy
- Recommendations on how to maintain a healthy home and reduce the risk of water damage and fungal growth
- How a mould sabbatical is undertaken and why a patient may want to consider this option.

#### Learning objectives

- Understand how most mould assessors are inadequately trained and how to identify a professional assessor of WDBs
- Explain why using a IICRC-certified professional is necessary to increase the chances a building can be successfully remediated
- Understand the key elements to look for in a building that may indicate water damage and therefore be unsafe for a CIRS-WDB patient
- Explain simple and effective strategies to lower the risk of water damage and fungal growth in a building
- Understand how and why a mould sabbatical is done, and when it should be used for CIRS-WDB patients.



## Module 6:

### Allopathic treatment



### Synopsis

Dr Ritchie Shoemaker is the American physician who uncovered CIRS and, subsequently, established an effective assessment and treatment protocol for this syndrome.

This module covers in detail the step-by-step Shoemaker Protocol. This includes the elements that need to be addressed, and in which order to address them safely, along with the tools utilised to achieve this.

This exploration covers the pharmaceutical medications and dietary recommendations that make up the protocol, as well as common roadblocks to patient recovery and how to manage them.

### Topics covered

- The entire Shoemaker Protocol and the order in which the steps need to be taken
- How to assess if, and when, a patient is ready to move onto the next step
- The pharmaceutical medications prescribed at each step and their recommended dosage
- Common roadblocks and challenges on the journey to recovery and strategies to overcome these
- The dietary recommendations that support the protocol.

### Learning objectives

- Demonstrate an understanding of the Shoemaker Protocol
- Explain how, and why, each step is done in the order in which it is recommended
- Explore how to assess the patient at each stage of treatment and recognise when it is appropriate to move them up or down the protocol ladder
- Learn the various pharmaceutical medications utilised as part of the protocol
- Understand, and be able to recommend, the dietary guidelines Shoemaker suggests.



## MODULE 7:

### Naturopathic treatment



#### Synopsis

This module offers a holistic approach to the support and recovery of a CIRS-WDB patient that can be used alongside, or in some cases instead of, pharmaceutical intervention. It explores the nutritional and herbal medicines that offer effective options for patients as well as other naturopathic strategies.

Other holistic recommendations will also be covered, including psychological and social support e.g. dynamic neural retraining (DNRS).

#### Topics covered

- Natural solutions that could potentially replace pharmaceutical interventions in the treatment of CIRS-WDB
- Natural solutions that can be used alongside pharmaceutical strategies to either augment results or address the potential secondary complications of CIRS-WDB
- Corollary recommendations to provide holistic support for CIRS-WDB patients.

#### Learning objectives

- Demonstrate an understanding of how, and where, natural solutions may offer an alternative to pharmaceutical agents
- Understand how natural solutions can be employed to enhance the Shoemaker Protocol results
- Explain how nutrients and herbs can support patients with secondary complications of CIRS-WDB
- Explore holistic support for patient recovery
- Be able to determine which patients might benefit from which interventions.

## Module 8:

### The path to wellness



### Synopsis

This final module in the program looks at how to put everything into practice, step-by-step. It addresses the unique needs of the CIRS-WDB patient and how best to support them, and provides further tools, resources and checklists (online and otherwise) to support both patients and practitioners.

The last module also includes a case study of a CIRS patient's journey from illness to recovery.

### Learning objectives

- Demonstrate an understanding of how to prioritise treatment steps
- Explain how CIRS-WDB patients might need extra support and be able to implement these additional strategies
- Explore the various resources and tools available to both patients and practitioners for CIRS-WDB
- Understand, in real life and real time, what recovery can look like in a patient utilising naturopathic interventions.

### Topics covered

- A review of case management priorities: putting first things first
- The adjustments that may be required to better support CIRS-WDB patients
- Online tools and resources to direct patients for further understanding and support
- Further resources for professional development and learning
- A beginning-to-end case study of a CIRS-WDB patient that utilised only naturopathic medicine to recover.

SEMINAR DETAILS	
<b>Time</b>	May – November 2020
<b>Cost</b>	<input type="checkbox"/> \$499 incl. GST (full price) <input type="checkbox"/> \$399 incl. GST (student rate) <input type="checkbox"/> \$399 incl. GST (lecturer rate) <input type="checkbox"/> Monthly payment plan: \$69 each month for 8 months*

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†A copy of student ID (or letter of employment for lecturers) must be emailed with attention to Andrea Hernandez at [Andrea.Hernandez@bioceuticals.com.au](mailto:Andrea.Hernandez@bioceuticals.com.au) or faxed to (02) 9080 0940.

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## 8-MODULE PROFESSIONAL DEVELOPMENT PROGRAM

**Presented by** Amie Skilton, AdvDipNat DipBotMed BHSc(CompMed) DipBeauTher



Amie graduated in 2001 with a Diploma in Botanical Medicine, an Advanced Diploma in Naturopathy and a Bachelor of Health Science in Complementary Medicine.

Clinician, author, formulator and leading industry educator, Amie has been in clinical practice for more than 17 years and has worked concurrently for BioCeuticals for 14 years as a presenter and writer.

She specialises in several areas of integrative medicine including all things “lady business” and clear skin. However, after developing CIRS in 2017, she is now studying Building Biology and is particularly passionate about raising awareness of environmental influences, like mould, on health.



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