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Joshua Cecil Lloyd/ND

Preferred presentation length: 60 minutes (non-pharmacy CEU)

Title: Mycotoxicosis: Health Effects, Diagnosis, and Effective Treatments to Optimize Outcomes

Description: Mycotoxins are endemic to New England, and affect health through various mechanisms. Consequences of mycotoxins manifest in ways unique to each individual's biological predispositions and environmental exposures. Multiple systems may be affected, especially in unique populations such as people with Lyme disease. Discussion will include controversies, case studies, and remediation.

Learning Objectives:

Recognize physical symptoms of mycotoxicosis,  
Laboratory detection and diagnosis of mycotoxicosis,  
Identify body systems and biochemical pathways affected by mycotoxicosis,  
Application of various treatment modalities for mycotoxicosis,  
Preventive strategies for current and future exposures associated with mycotoxicosis.

Outline:

- I. Introduction
  - A. Objectives
  - B. Definitions – mold, mycoses, mycotoxin
  - C. Mold/mycotoxin basics – growth, spread, toxins presented (aflatoxin, ochratoxin, and tricothecene)
  - D. Mycotoxin knowledge timeline
  - E. Government regulation – federal/local
  - F. Modern uses: food, medicine, agriculture, biological weapons
  - G. Scientific controversies of mycotoxins – brief review of evidence
- II. Primary body systems affected (with biochemical pathways and biological effects)
  - A. Route(s) of exposure – air/water/food/contact, acute/chronic
  - B. Neurological/psychological
  - C. Immunological/Hematological – including cord blood and breast milk
  - D. Disease states strongly associated with mycotoxicosis
- III. Mycotoxicosis diagnosis
  - A. Patient history
  - B. Physical examination
  - C. Laboratory options for mycotoxin detection (blood, urine, saliva, stool)
  - D. Additional testing
    - D.c.1. SPECT scan
    - D.c.2. Specific biochemical pathways

D.c.3. Referrals (allergist, pulmonologist, neurologist, etc)

IV. Treatments

- A. Basic naturopathic principles of treatment – Nutrition/exercise/eliminate exposure
- B. Exercise/PT/massage
- C. Supplementation
- D. Heat depuration (Far infrared sauna, hydrotherapy, etc)
- E. Intravenous therapy
- F. Antigen neutralization therapy
- G. Additional

V. Conclusion

- A. Follow-up testing (human/home)
- B. Prevention/remediation
- C. Case discussion/questions

Bio: Joshua Lloyd, ND was raised in New Mexico with many healing influences, including community and nature, among others. After graduating from Bastyr University in 2010, he began practicing at Groton Wellness (Groton, MA). This fully integrated clinic includes medical, detoxification and depuration treatments, and holistic dental services. Dr. Lloyd's family practice includes people with many multi-system ailments or "mystery syndromes" including mycotoxicosis, Lyme disease, fibromyalgia/CFS, cardiovascular, gastrointestinal, endocrine, and men's health issues. His varied background includes military service, national and international research, and naturophilia, and some of his passions include helping people regain control of their health, hiking, sailing, and traveling.