

Mold

Mold is a multicellular type of fungus that is microscopic. There are many species of mold. We can develop allergies to them, but even if we are not allergic, they produce mycotoxins that can poison anyone if the dose is high enough. They can also suppress the immune system, leading to yeast or other infections, even cancer.

Before you can heal from any other disease or syndrome, you must get out of the mold. Nothing else will work until you remediate the mold.

Yeast or Candida is a single cell fungus, also microscopic. Candida is always present in our intestines, but can result in an overgrowth if the microbiome is disturbed with antibiotics, including glyphosate on non-organic foods. Immunosuppressants also allow for Candida overgrowth.

Mold or yeast overgrowth can occur after:

Water damage to home, school or workplace - Must be dried out within 48 hours.

Antibiotics, including glyphosate (Roundup)

Immunosuppressants like steroids.

Symptoms of mold toxicity:

Chronic Sore Throat

Brain Fog - May be like severe dementia

Depression, mood disorders

Chronic Upper Respiratory Infections

Aspergillus can colonize in the lungs and be deadly.

Nighttime urination

Fatigue - Most Chronic Fatigue patients tested had mycotoxins.

Vision Problems

MCAS - Mast Cell Activation Syndrome - Mold causes mast cells to release histamine.

Sugar Cravings

Estrogen Dominance

Skin rashes, eczema, growing in nail beds

Blocks protein synthesis and DNA replication. This suppresses the immune system - other infections appear.

Cancer

How long will it take to get better? It depends on the level of mold exposure and the time spent in the moldy environment.

Home Testing and Remediation

Do not do mold remediation yourself.

Never use bleach to kill mold. It will release the spores and mycotoxins into the air causing physical harm, and the spores will circulate to create mold growth in other areas.

Here is a mold expert that has advice on when and how to clean mold yourself and when to call a professional. He has many short videos on mold topic.

<https://youtu.be/11Oa2DuJjnQ?si=qTkFLKkRY4O6FSHd>

Find a qualified professional through law offices that serve victims of mold toxicity.

Here's a list for Delaware: <https://lawyers.findlaw.com/lawyer/practicestate/toxic-mold/delaware>

This is what a professional remediation should look like:

Seal off room(s) and set up a HEPA filter that exits through flexible ducts out a window.

Remove floor, walls and ceiling, including adjacent rooms, to judge the extent of mold growth.

<https://youtu.be/2USML01OCjc?si=KagG1LdAVkZaRm1x>

<https://youtu.be/S71NJge-W8U?si=zi0EtYOYozKO1Vd6>

What Should You Look for in a Mold Inspector

- Ensure the inspector has the proper training and experience. A mold inspector might hold certifications in mold inspection or water damage restoration. Additionally, find out how much experience the inspector has with exactly the mold problem you are facing.
- Ask questions about the procedure and testing. A professional mold inspector can walk you through each step of the process relatively easily before any work begins. Ask any and all questions that you have to feel confident in your hiring decision.
- Request recommendations for mold removal companies. An established mold inspector will have a strong professional network, including a few mold removal companies. Never hire a mold tester that also remediates - conflict of interest.
- Review past client reviews and testimonials. Read online reviews to crowdsource your vetting of the company.

Before you buy a home, have a ERMI test less than 2.5. Have a mold inspector certify and guarantee it.

- If you have water damage, fix and dry it out as quickly as possible.
- Never use humidifiers.
- Remediating a moldy house is very expensive. Must throw out all soft furnishings and possessions.
- Essential oil diffusion (clove, frankincense, thieves, citrus) can be a preventative, but not for remediation.
- UVC Light in air duct not effective unless it's combined with the HEPA filter. The filter captures the mold and the UVC light kills it.

Connie: Temporary fix for mold infestation. If this doesn't work, leave until it's remediated.

This is a small HEPA filter with UVC light for one room. This worked for my daughter and myself in a moldy room.

[https://www.amazon.com/GermGuardian-Purifier-Sanitizer-Allergens-Guardian/dp/B07GBL679N/](https://www.amazon.com/GermGuardian-Purifier-Sanitizer-Allergens-Guardian/dp/B07GBL679N/ref=rvi_sccl_3/145-2673942-1005960?pd_rd_w=MiyZ3&content-id=amzn1.sym.f5690a4d-f2bb-45d9-9d1b-736fee412437&pf_rd_p=f5690a4d-f2bb-45d9-9d1b-736fee412437&pf_rd_r=A3GFF7M7PESZKHE7WV8G&pd_rd_wg=wqflf&pd_rd_r=68df682a-89a0-4dd8-9fe7-5a53d6f32e67&pd_rd_i=B07GBL679N&th=1)

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[68df682a-89a0-4dd8-9fe7-5a53d6f32e67&pd_rd_i=B07GBL679N&th=1](https://www.amazon.com/GermGuardian-Purifier-Sanitizer-Allergens-Guardian/dp/B07GBL679N/ref=rvi_sccl_3/145-2673942-1005960?pd_rd_w=MiyZ3&content-id=amzn1.sym.f5690a4d-f2bb-45d9-9d1b-736fee412437&pf_rd_p=f5690a4d-f2bb-45d9-9d1b-736fee412437&pf_rd_r=A3GFF7M7PESZKHE7WV8G&pd_rd_wg=wqflf&pd_rd_r=68df682a-89a0-4dd8-9fe7-5a53d6f32e67&pd_rd_i=B07GBL679N&th=1)

Remediation: It was coming through my fireplace, which was never used. I had the chimney and my air ducts cleaned. I made an insulated barrier out of a trash bag filled with fiberglass insulation inserted over the damper in the fireplace. This solved the problem.

Sue: EC3 Mold Spray - Microbalance Health Products. Non-toxic, botanically based EC3 Mold Solution Concentrate may be used on all hard and soft surfaces. It's a blend of citrus seed extracts designed to be effective without introducing harmful chemicals or fumes into your home.

<https://microbalancehealthproducts.com/products/ec3-mold-solution-spray.html>

Nancy: Concrobium seals the mold - used it when her flat roof leaked. The ingredients are Trisodium phosphate and Sodium Carbonate. According to the MSDS, none are considered toxic in these concentrations, but use ventilation and don't get it in your eyes.

Remediation: If there's a leak, rip it out immediately and put a heater on it to dry it out, then spray Concrobium to seal. She hires professionals for construction. She is watching the area. The roof leaked again and had to be fixed. She needs another roofer. She decontaminated the area, but is leaving the ceiling open in order to watch the roof.

<https://www.concrobium.com/>

Steve the pharmacologist will order supplements for you. Phone: 203-755-1105 M, T, F

Address Mold in the Body:

Body Testing for Mold - May be positive for one or all of these parameters. For a more detailed explanation see Dr Rusco's webpage: <https://drrusco.com/mycotoxin-testing/>

1. **Testing for Mycotoxins in the Urine** (chemicals produced by molds). Definitive for mold exposure. Might be exposure to moldy home or foods.
2. **Test blood for IgE, IgA, IgM and IgG - antibodies for various molds.**
3. **Yeast overgrowth** - mold like candida grows inside you. Acts like gluten exposure. Can measure candida antibodies in blood or a microbiome analysis. Yeast may infect mouth, GI tract (inflammation of esophagus), or vagina.
4. **Test for mold allergy**, usually with a needle test on your arm.

For medical treatment, find a doctor who specifically treats mold toxicity.

* **Dr. Ritchie Shoemaker** has a protocol that many people have used.

His protocol is outlined here and begins with removal from contaminated area and use of cholestyramine. <https://www.survivingmold.com/resources-for-patients/treatment/step-by-step>

Sue - Cholestyramine is constipating.

An interview with him: https://youtu.be/iYQ58iwg_yo?si=K4wxHCYkvHyS-dnT

It includes treating for **MARCoNS – a nasal staph infection that combines with the mold infection to make a stronger infection:**

<https://bodyecology.com/articles/treating-nasal-staph-infection/>

* **Dr. Rusco** has helped people with mold toxicity. Here is one patient's success story.

https://youtu.be/PFrDuT1_CKk?si=_Uz79tnntiBFyLGB

* **Peter Osbourne** is not an MD, but an alternative practitioner, who has helped people with mold toxicity. He has informative videos.

<https://www.youtube.com/live/GQeKwxqOahg?si=q1n-csHrQMVVLj7n>

* **Dr. Dietrich Klinghardt** helps people with mold toxicity. He puts out a weekly talk on Thursdays. They are not recorded. Mainstream attacks him. He has clinics in the US and Europe. <https://www.sophiahi.com>

* **Scott Richmond, DC, PscD** - Specializes in Biotoxin Illness

He does Telehealth coaching \$297 for first one hour session.

<http://www.thrivehealthcenters.com/scott-richmond/>

Jeanne: Monica, a Healthcoach with functional medicine training, is \$97 per session.

She is invited to our meetings. Please see our meeting on Healthy Homes with Monica.

A 2013 study of 112 patients with chronic fatigue syndrome measured urine for 3 mycotoxins: aflatoxins (AT), ochratoxin A (OTA) and macrocyclic trichothecenes (MT). **93% were positive for at least one mycotoxin and 30% were positive for more than one. Analysis of 55 healthy controls found no presence of mycotoxins in the urine.**

Common symptoms in this patient population included fatigue, headache, flu-like symptoms, cognitive complaints, myalgia, arthralgia, gastrointestinal problems and various neurologic symptoms.

[https://www.mdpi.com/2072-6651/5/4/605?](https://www.mdpi.com/2072-6651/5/4/605?utm_source=TrendMD&utm_medium=cpc&utm_campaign=Toxins_(Basel)_TrendMD_0&utm_content=LAL%205%25%20SPS%20GDX%20Customers&utm_term=Early%20Sign%20Of%20Detox)

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Mold may contaminate these foods:

- Grains
- Sugar
- Coffee - Sue knows of a coffee that is certified mold free.
- Peanuts
- Alcohol - made from grain.

Mold Treatments:

1. Binders will bind to mold in the gut and carry them out. Drink lots of water! Don't take with supplements or drugs. Don't take every day.

- Cholestyramine (drug)
- Bentonite Clay and other clays
- Activated charcoal - **Jennifer** takes Swanson Activated Charcoal 6 capsules twice/week.
- Chlorella - **Nancy** takes (iHerbs etc oxygenated Chlorella) every day. **Sue** takes Ki Science occasionally. Tudca and Biotoxin binder from CellCore (Ingredients: Bioactive Carbon from Humic and Fulvic Acid, Molybdenum, Broccoli Sprout extract, Yucca Root extract.). These are from a doctor.
- **Nancy** - Steve the pharmacologist will order supplements for you. Phone: 203-755-1105.

2. Kill mold and yeast:

- Garlic or Allicin Capsules
- Pau d'arco tea - skin rash is a sign you're taking too much. Bring to boil and steep for at least 15 min. I make a pot with 2-3 tea bags and sip all day. I take it on trips in case of illness. Tea bags are easy to pack. Jim used it when he got sick on our last trip.
- Oil of Oregano - Very strong. Dilute with another oil and capsules are usually diluted with another oil (olive or coconut). Nancy does oil pulling with oregano in coconut oil. Connie's friend used vinegar water
- Externally - tea tree oil and vinegar

3. Cleanse with:

- Green juice with no sugar

- Cinnamon
- Grapefruit seed oil
- Bone broth and herbal tea - all day as a cleanse, then meat and veggies for dinner.

One of many studies on Oregano Oil and Candida (also Staph):

<https://www.degruyter.com/document/doi/10.1515/znc-2021-0002/html>

“The antifungal activities of some essential oils were investigated against *C. spp.* and among them, oregano oil was found to be the most effective oil and further biofilm studies were conducted with it. Oregano oil inhibited biofilm adhesion and formation of *C. spp.* and mature biofilms and also displayed the ability to reduce biofilm formation when they were allowed to form on surfaces previously coated with oil (up to 50% inhibition rates). In addition, oregano oil was found to be effective against dual biofilms of *Candida albicans* + *Staphylococcus aureus* at different concentrations.”

Another study showing effectiveness of emulsions of Mexican oregano oil against *Candida*:

<https://link.springer.com/article/10.1007/s10068-018-0499-6>

Mold is becoming resistant to commercial antifungals. Commercial drugs have one mechanism, so it's easier for the molds to become resistant than to the herbal antifungals.

Mold or Yeast in Sinuses - use a Neti Pot with salt and distilled water. Temporary fix - must fix the source of the problem.

Detoxing from Mold - after remediation or removal.

Get an experienced professional who has successfully treated mold toxicity.

Sweating is an important part of detoxing for mold.

Connie also uses the electronic footbath and epsom salt baths for the 'exit strategy' of detox.

Rife Frequencies for Mold. I use a Rife Machine, but these frequencies are on YouTube:

<https://youtu.be/uUgupx8iThU?si=2rAxsftDN5g5KKcU>

<https://youtu.be/DG858yOo6IM?si=HzjHcABuZd4MWSH>