

Success Stories

January 29, 2024

This was an open conversation about any subject that arose. The majority of the conversation was about mold, since many are struggling with this problem.

Liz: HVAC had mold growing in it. Aerus Air scrubber was installed. This is the same technology (PCO) as Volara, which Monica sells, only Monica's is free standing. It was \$1500 installed because he had to cut a hold in the HVAC and wire it. It has a UV light, is all metal, and turns water and oxygen in the air into hydrogen peroxide - H₂O₂. (Honey on a wound also produces H₂O₂.) She doesn't smell anything any more, even though she's had a musty smell since she moved in 11 years ago. The HVAC is only 3 years old, but the smell predates this. She continuously ran the fan on the HVAC, and the musty smell is gone and hasn't returned. She no longer needs the inhaler and essential oils in the morning in order to breathe. Her breathing is clear. These are sold from distributors only. Phone number on user guide: 866-736-0503

Monica's website: Liz got her Aerus Air Scrubber from her HVAC guy, but you can buy these in different sizes, including personal sizes and for the care. Here are Monica's websites:

<https://moka.switchtofreedom.com/go8>

<https://vollara.com/monicakahio>

Lisa: She previously recovered from Lyme and mold illness. She's been better for 5 years, and now she has been re-exposed to mold. It has been a combination of toilet leak, HVAC, moldy furniture, and laundry flood. The mold remediator used the same equipment he did with other clients, contaminating the inside and outside of her house. She has thrown out all furniture and clothing, since they were all contaminated. She just bought an air scrubber from the Dr. Shoemaker website for \$195. She ordered 3 different air cleaners that are suppose to remove mycotoxins. She has received 2 so far. The one that works well is Intellipure and uses True HEPA that filter out 0.003 microns with an electronic screen. She felt better immediately using this one. This is the first time her brain is working. The mold puts her into bad brain fog. The PM1 (particular matter 1 micron) scrubber doesn't seem to work as well as the Intellipure. Decon decontaminates storage units and contents using H₂O₂. She has hired an environmental specialist, a plumber, and a structural engineer to try to solve all the water problems. She's found some more mold problems and is hoping to have everything removed. There's a green mold over the outside of the house. The house has been good for 5 years, so she hopes to get it back.

She's used Concromium and Bioesque on moldy areas. She found hypochloric acid was effective.

Jorden Peterson was on YouTube with Shoemaker recently talking about his experience with mold: <https://youtu.be/LGG7om1hHcU?si=3-SknN3dSxaVtIVt>

She learned that a mistake was using antifungal and gloss paints, which Shoemaker says causes worse mold to grow. Sue said that Limeprime was the paint used after Katrina to kill mold.

She tried anti mold laundry detergents: Remedy, Citrus Safe, Allereze, and EC3. They don't work. She wants to use both alkaline and acid steps along with a detergent step to see if that works. She needs to launder out the mycotoxins in addition to kill the mold.

She wants to heat the walls to 140 using IR heat lamp. They are paint curing heat lamps.

The small UVC filter did not work. She is using ozone until she can remediate. She couldn't find a safe hotel to stay in and her mother's and boyfriend's houses are also contaminated with mold. Nothing that comes from their houses is safe. Lisa's leather chair grew mold. Wool and silk grows mold. Cotton and polyester might be the most resistant.

Lisa takes colloidal silver, nascent iodine (best for mental clarity), charcoal, zeolite and chlorella, cilantro, and spirulina. She thought the iodine had the best results for brain fog. She is also familiar with the Shoemaker Mold Protocol.

Alta is sensitive to mold and found in her travels that New Orleans had the worst problem. This was years before Katrina. She stayed in a home that was contaminated. The mold infested her polyester clothes. Now she gets throat and sinus irritation and headaches whenever she's exposed to mold. Anywhere there's water around, buildings can be affected. She suggests buying leather furniture. Volara sells a portable air scrubber.

Nancy: Called Aerus and the machine is aluminum and has no plastic. It has no petrochemicals. You must go through a distributor to buy one.

She uses Two Feathers formula by Robert Roy, Native America herbalist.

Website: <https://twofeathers.com/about/>

He's also on Facebook. Using this formula, she was surprised when a dark patch on her leg disappeared. She went to dermatologists for years for this patch. After 3 months on Two Feathers, it disappeared.

Sue: Klinghardt says zeolite as a liquid produces aluminum, but a certain powder is ok. Liz questions why there would be a difference.

Liz: Liz's substack article on mold detox: <https://pharpercheron.substack.com/p/mold-candida-and-their-little-brothers>.

She tries to be aware of the diet. These helps the most with her body detox: Oregano Oil (when she eats sugar) and Black Cumin Seed Oil (Daily). Black Cumin Seed Oil is also for Covid.

Why is mold such a prevalent problem now? There has always been mold. Lisa says the Shoemaker's theory is that in recent decades, we have been building with dry wall and painting it with anti-fungal paint, so it results in resistant fungus strains, just like overuse of antibiotics have created antibiotic resistance.

Other Subjects:

Jeanne: Wonders how can you rebuild a knee. There was some information on this from the bones and joints discussion. This man regrew his hip joint:

https://youtu.be/XpZHKGGCK-o?si=2S7NY_qXDpP-SYdh

Liz: Uses Collagen Hydrolysate powder. This reversed her friend's knee problem and her own arthritis. Her friend had trouble riding the horse and after taking collagen, she's now trotting and galloping and no longer thinks about knee surgery. We put it in coffee or hot drink. <https://www.swansonvitamins.com/p/swanson-premium-high-plains-collagen-hydrolysate-1-lb-454-grams-pwdr>

Alta: Has had both knees and hips replaced. Now she can't kneel. Think twice before you have the surgery. She had a congenital defective hip joint that had to be replaced. Once one joint is damaged, it throws the rest out.

Lisa: May have Ehlers–Danlos syndromes. Her brother has shoulder problems.

Connie: Skin breakdown is a common problem among the elderly. Mom was in a Memory Care Unit and visiting the Christiana Wound Care Center for over a year for skin break down. She was prescribed many creams and even had a skin transplant on a wound on her ankle. She contracted an infection in the hospital and spent 4 weeks on IV antibiotics, which she had to spend in another assisted living facility. During this time she was overmedicated so she was 'quiet'. These sedatives caused brain damage from which she never recovered. When she returned to Memory Care, nurses and aids were shocked at her rapid decline. Over the next few months, the skin graft did not hold and the doctor wanted to do another skin graft. Before this, I was simply complying with the doctors. This time I requested 2 prescriptions: 2 oz/day aloe juice and 400 IU/day Vitamin E. Because she was in the 'system' in Delaware, these simple supplements had to be prescribed by a doctor and be delivered directly from a pharmacy. The doctor agreed and was surprised a week later when all minor wounds were completely healed and for the first time, her ankle wound was closing. He said, "Good. Now we can operate." I was shocked and asked why he would do this when it was obviously healing. So, he prescribed a wound healing sponge with a 'growth factor', which was used on the ankle wound daily. This permanently healed the wound. She finished the gallon of aloe juice as prescribed and stayed on the 400 IU Vitamin E until her doctor changed years later. I didn't realize he had taken her off the Vitamin E until her skin was breaking down again and she was taken back to the Wound Care Center and again they were using useless creams. I asked them to repeat the aloe juice/Vitamin E protocol and it worked so well, they began using this on other residents.

I found many scientific studies on the growth factor and wound healing. Here are two:

<https://www.liebertpub.com/doi/abs/10.1089/wound.2011.0324>

<https://www.sciencedirect.com/science/article/abs/pii/S0022480488900340>

Final discussion was about bones and joints. See the bones and joints meeting. Included was the dangers of drinking seltzer - it pulls calcium out of the bones and teeth.

Sue: Encourages everyone to join the Signal App. Once you have the free Signal App from the apple store, join the Healthy Aging group with this link: https://signal.group/#CjQKIKwY9C-_k4cVi3fJUcqBA6Hnn51NX7KrBkxhsuiI9_9KEhD6ofFsS4_pILclI0Y84BOQ