

Mold/Mycotoxin Illness

Phyllis J. Heffner, MD, FAPA, IFMCP

Characteristics of Mold

➤ MOLD . . . 1 is a survivor 2 has bad gas 3 is a bully 4 invades your body 5 causes toxic breath 6 won't go down without a fight 7 turns you into a wimp 8 causes cravings 9 can make you feel crazy, hazy and lazy 10 causes allergies 11 causes food sensitivities 12 makes you sensitive to chemicals 13 makes you sensitive to electromagnetic fields 14 sickness is hard to identify 15 sickness is often misdiagnosed 16 is part of a scandalous cover-up

➤ Crista, Dr. Jill. Break The Mold: 5 Tools to Conquer Mold and Take Back Your Health . Wellness Ink Publishing. Kindle Edition.



Mold is a Survivor

- A Mold knows how to lurk inside buildings undetected - behind walls, under flooring, in crawl spaces. It can look like dust. It often does not have an odor.
- B Mold can survive on hidden moisture sources; visible water is not needed. It loves carbohydrate-rich materials and will even grow on dust!
- C Mold competes for territory by taking out its opponents by making mycotoxins
- D Mold is tenacious; it'll hunker down and wait out adversity until the coast is clear when it can grow again. It will also throw out spores if threatened to form new mold colonies.

Mold's hidden agenda is also its purpose on the planet: to recycle and decompose.



Mycotoxins

- Toxic gases released by molds to fight off other molds for territory.
- Mycotoxins are 50 times smaller than spores. They can get farther down the respiratory passages and can cross the linings of the nose, sinuses and lungs. The skin has no defense against mycotoxins, especially our hands and feet. And if eaten, they can wear down the lining of the intestines and move into the vital organs. They can even cross the placenta and affect unborn babies.
- Molds can create a musty, mildewy smell as well. Those odors are from the other chemicals pumped out by mold, such as volatile organic compounds (VOCs), aldehydes and alcohols.



Mold is a Bully

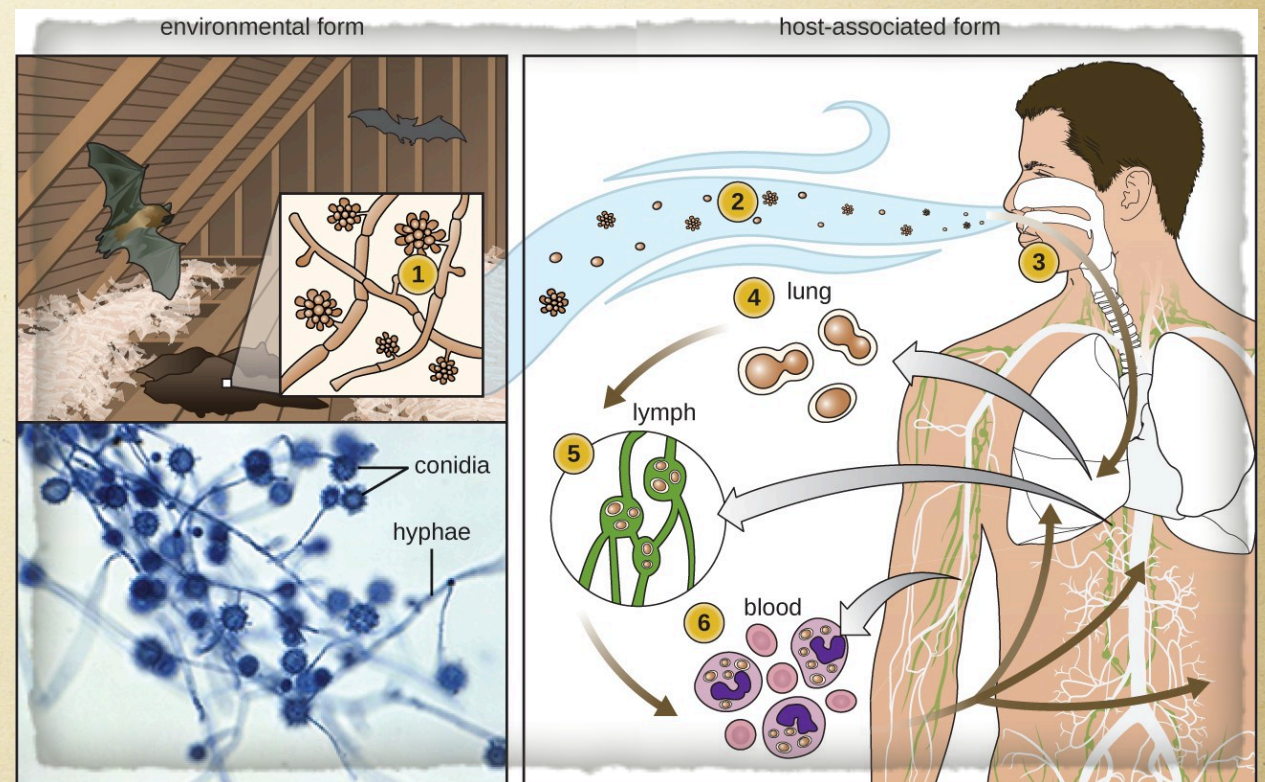
- Not everyone reacts to mold and mycotoxins in the same way
- The variance in sensitivity can be explained by genetics. Each individual body with its unique genetics and previous health status will react to toxic mold differently. For instance, some people have allergies to mold spores. Some people don't. Some people are genetically susceptible to mold toxins, and some people aren't. No single body reacts the same as another to the same amount of mold spores or mold toxins.
- No "body" escapes the dangers of mycotoxins; It's simply a matter of dose and duration that makes the difference.



MelCaspiot.com

Mold Invades Your Body

- Mold from a sick building can invade your body. If you lived or worked in a moldy environment, you may still be sick even if you've left the sick building. Even though you're no longer being exposed, you may have brought the mold with you on your stuff and inside your body. Water-damaged buildings create unhealthy ecosystems.



MOLD CAUSES TOXIC BREATH

- When mold invades your body, it inhabits your sinuses primarily.
- Mold gives you toxic breath, meaning toxin-carrying breath. Because sinus molds from water-damaged buildings exist in a competitive biofilm, they're actively spitting out mycotoxins to poison any other critter that wants to infringe on their territory. This makes your breath toxic—to yourself and to others. Every time you inhale, you breathe in mold mycotoxins. Every time you exhale, you breathe out mold mycotoxins. Inhaled mycotoxins absorb into your body. Exhaled mycotoxins can make those close to you sick.



MOLD WON'T GO DOWN WITHOUT A FIGHT

- Dying mold spits out more mycotoxins than living mold; each mycotoxin is made more toxic in the presence of any other mycotoxin.
- Mycotoxins are left in the building's materials to outgas later.
- Mold breaks into small fragments. Fragments are formed rapidly. A single spore can break into 500 fragments. Fragments are smaller than spores but not as small as mycotoxins., fragments can travel farther into the lungs, past the lung's clearing defense system.



Fiberglass Airduct Mold

MOLD TURNS YOU INTO A WIMP

- Mold weakens immune defenses in a few different ways. Mycotoxins reduce the immune system's ability to fight infections.
- OR you may not be able to get a cold at all. Mold can rewire the immune system at the genetic level. With this new wiring, people don't get classically sick, but they feel low-grade terrible all the time without knowing why.
- As the immune system also plays a role in clearing waste from the body, mold exposed people can get sluggish from excess waste in their bodies. This can eventually lead to cancers, Alzheimer's Disease, and other conditions



MOLD CAUSES CRAVINGS

- Mold feeds on carbohydrates, and makes the affected person crave sweets
- If mold is not fed, it begins to die inside your body. As it dies, mold releases toxic chemicals that travel to your brain and affect how you think. Without sweets, mold-sick people describe a sense of deep fog over the brain.
- These chemicals also increase pain all over the body.
- As the mold and yeast eat the food themselves, this reduces nutrient absorption through the intestinal lining.



MOLD CAN MAKE YOU FEEL CRAZY, HAZY, & LAZY

- Mold symptoms can be vague, show up in many different areas, and may be easily explained away as something else. Mold-sick people can feel like hypochondriacs.
- Cognitive difficulties and vision changes are common, like feeling a little buzzed or slightly drunk. Their brains don't work right "brain fog". Vision is often affected, causing blurring.
- Severe fatigue or feeling worn out, Like running on "low battery."



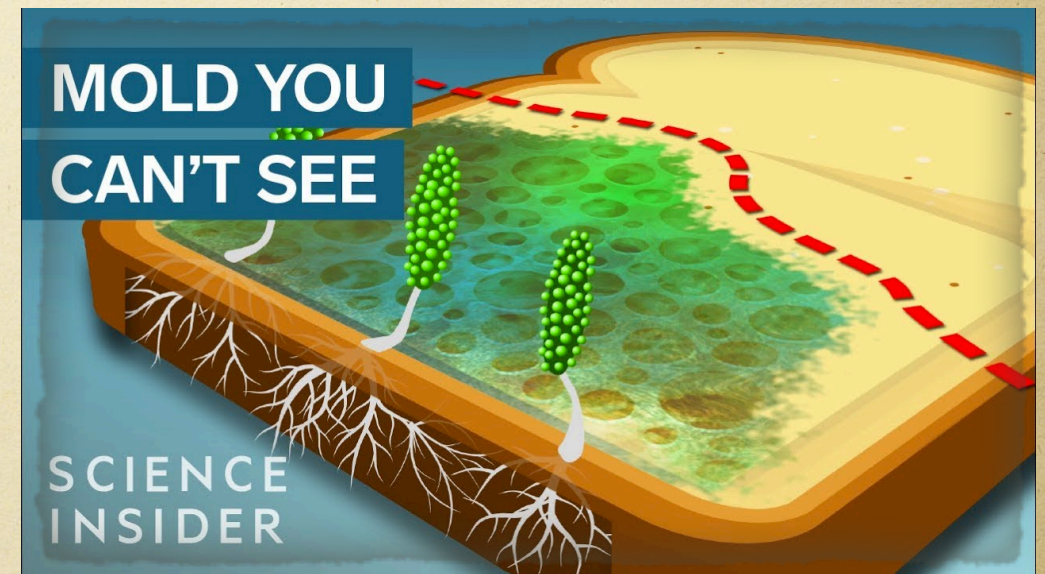
MOLD CAUSES ALLERGIES

- If you've been exposed to a water-damaged building, you can develop allergies . . . to anything. Of course you can develop an allergy to mold, but also pollen, grass, dust, pet dander, and so on.



MOLD CAUSES FOOD SENSITIVITIES

- Under the influence of mold, your body begins to view commonly eaten foods as a perpetual threat, something to be attacked. This can cause bloating and inflammation in the intestines.
- Mycotoxins can be ingested in the food we eat. This is true for pets as well. Mycotoxins are most often found in grains, flour, and dried fruit. Mold may be a contributor to the growing trend of grain allergies.
- When mycotoxins travel down the digestive tract, they destroy the intestinal lining. Our smart bodies try to get rid of the toxins by flushing the colon, causing diarrhea. Then constipation may follow. It's not unusual for mold-sick people to develop irritable bowels, alternating constipation with diarrhea,



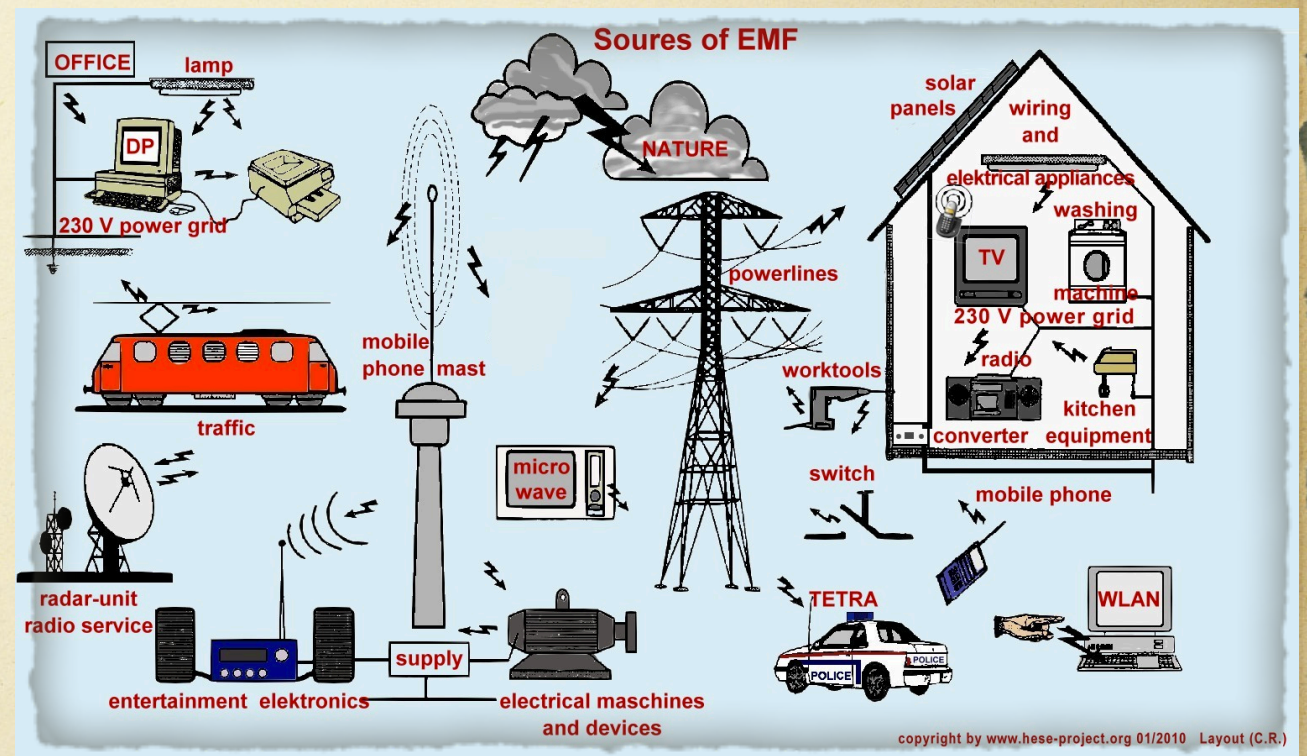
MOLD MAKES YOU SENSITIVE TO CHEMICALS

- Molds produce too many mycotoxins for our liver and kidneys to manage. They can't keep up, and they get backlogged.
- Backlogged organs can't do their normal job of processing all the other chemicals we encounter every day. Chemicals found in perfumes, cleaning products, personal care products, and candles become hard to handle. It's very common for a mold-sick person to gravitate toward unscented and natural products.



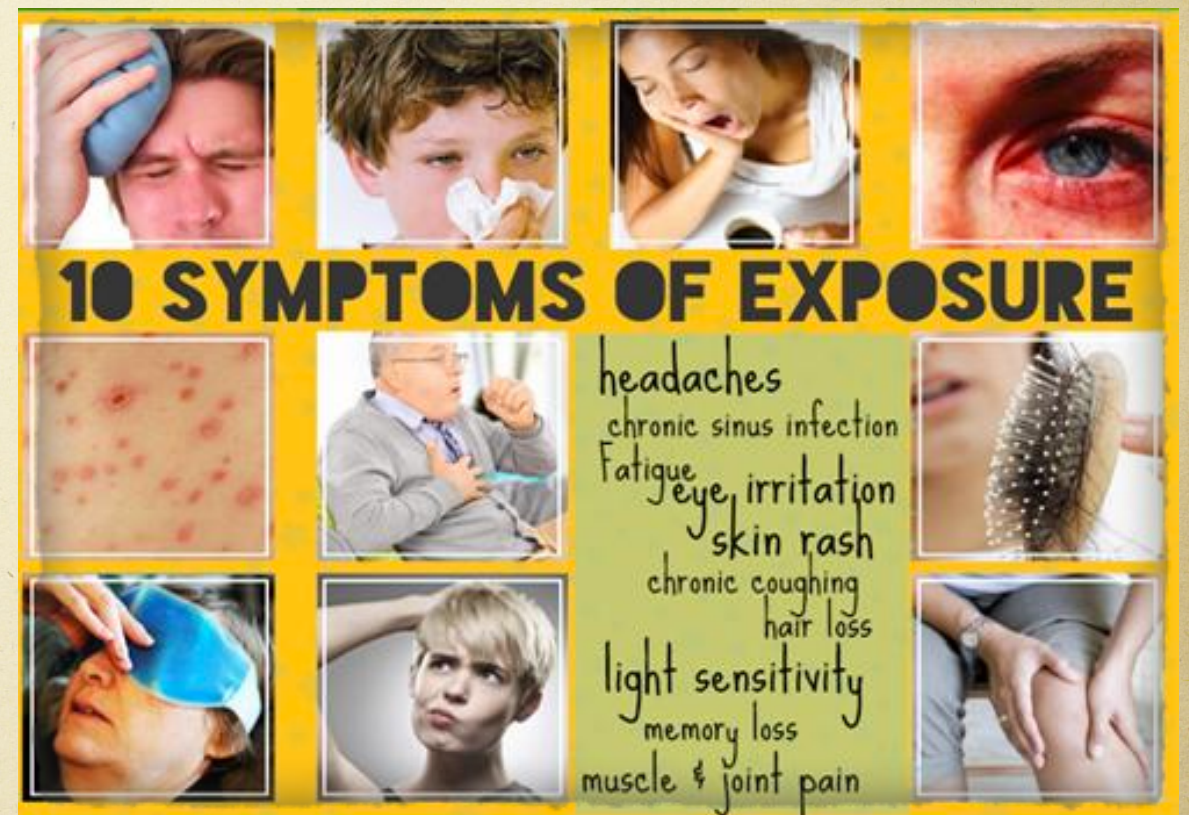
MOLD MAKES YOU SENSITIVE TO ELECTROMAGNETIC FIELDS

- At the cellular level, mold changes our sensitivity to electrical currents.
- Electromagnetic fields (EMFs), such as Wi-Fi, do the same.
- Mold-sick people have a harder time being around EMFs because mold has impaired their sensitivity to electrical signals.



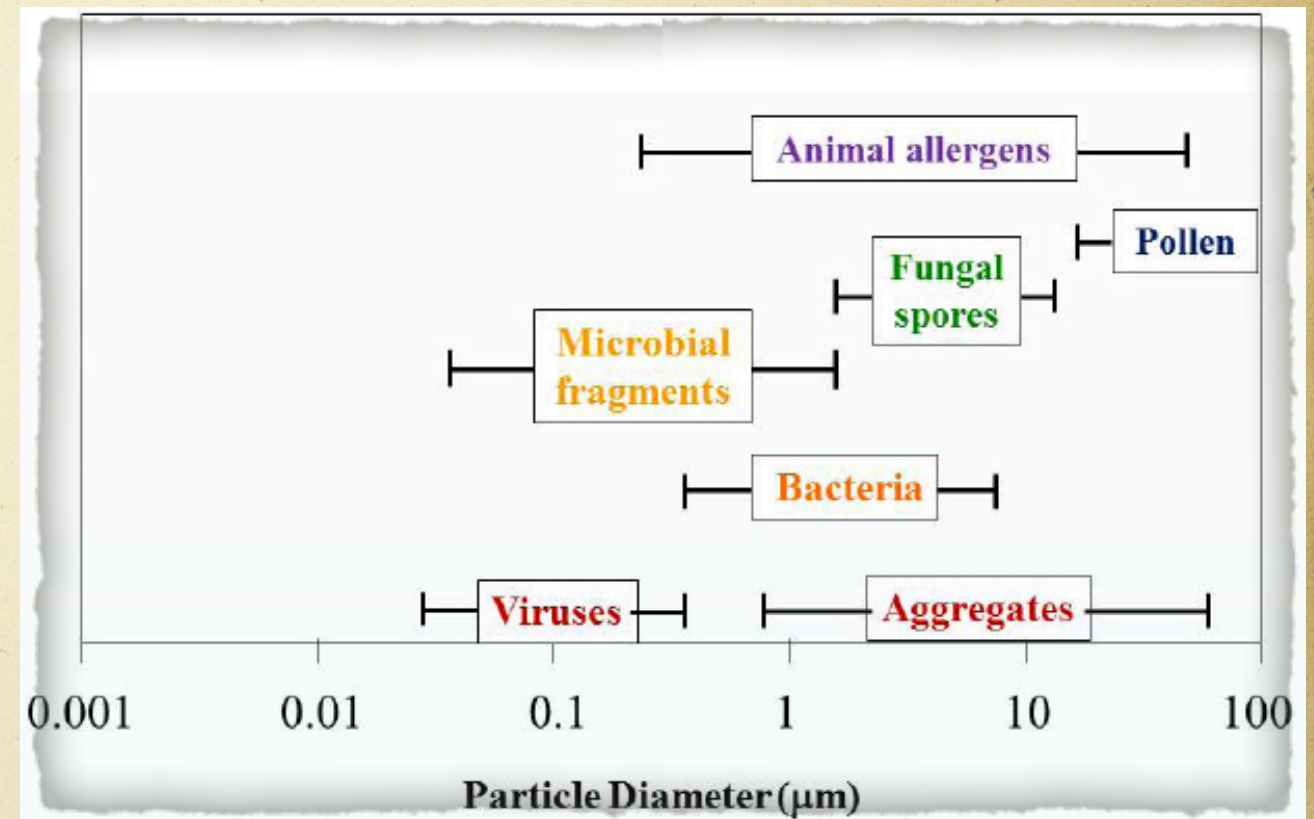
MOLD SICKNESS IS HARD TO IDENTIFY

- Mold sickness develops slowly over the course of a few months.
- The symptoms are vague, low grade, and likely different from others with the same exposure.
- Because mold can hide inside a building, the symptoms aren't often tied back to mold.
- One clue it might be mold is if symptoms are worse on rainy days, after snow melt, with barometric pressure changes, and after eating carbs.



MOLD SICKNESS IS OFTEN MISDIAGNOSED

- Mold is misunderstood by the conventional medical community, which focuses more on the spore illness, or mold allergy
- Mycotoxins can enter the body if we breathe them, eat them, and absorb them through our skin. Mycotoxins harm the entire respiratory tract, eyes, ears, intestines, liver, kidneys, skin, nerves, immune system, bone marrow, bladder, and brain. With that many areas, it's difficult to pinpoint one symptom as mold sickness.



MOLD IS PART OF A SCANDALOUS COVER-UP

- Mold sickness is rampant and unrecognized. The Occupational Safety and Health Association (OSHA) estimates that 1 out of 4 buildings has had enough water damage to grow toxic mold.
- Frequently people minimize, hide or deny that mold is a problem due to the costs involved in remediating - mold is often found in hotels, schools, businesses, homes, churches.

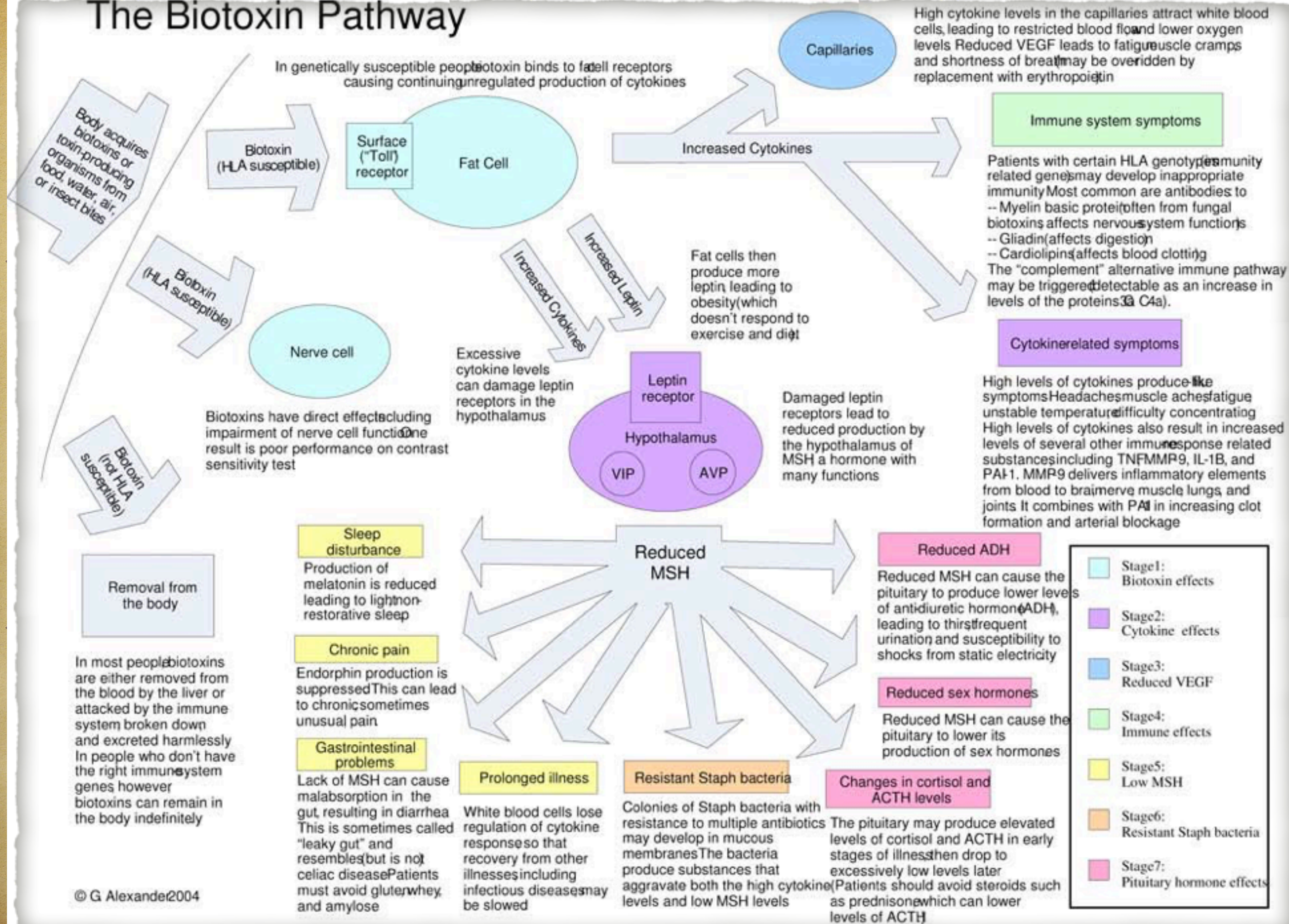




How Mycotoxins Affect Living Beings

- • Causes inflammation in sinuses, lungs, bladder, and digestive tract
- • Migrates across linings of the respiratory and digestive tracts
- • Absorbs and stores in fat
- • Interferes with vital cellular processes
- • Causes mitochondrial damage
- • Impairs synthesis of protein, RNA, and DNA
- • Depletes the master cell antioxidant called glutathione
- • Accelerates programmed cell death
- • Is poisonous to nerves in the body and brain
- • Is toxic to liver and kidneys
- • Affects medications metabolized by the cytochrome p450 system
- • Inhibits immune defenses
- • Causes some cancers
- • Winnnows away the lining of the intestines
- • Crosses into the brain and weakens the blood-brain barrier
- • Rides the olfactory nerve to the hippocampus and frontal lobe
- • Crosses the placenta and becomes more active inside the uterus
- • Is detectable in breast milk

The Biotoxin Pathway



Symptoms of Mold Illness

EYES, EARS NOSE & THROAT (EENT) Sneezing; Runny nose; Post-nasal drip; Chronic sinusitis; Nasal polyps; Bumps at back of the throat; Swollen lymph nodes; Allergies; Hay fever; Ear popping; Ringing in the ears; Hearing loss; Dry eyes; Irritated eyes

RESPIRATORY SYSTEM Shortness of Breath; Wheezing; Asthma; Chronic dry cough; Burning lungs; Heaviness in the chest; Sensitivity to fragrances; Colds go to the lungs easily; Chronic respiratory illnesses; Blood-stained sputum; Smoke & exhaust sensitivity; Aspergillosis

DIGESTIVE SYSTEM Appetite changes; Nausea; Irritable bowels; Diarrhea/Constipation; Vomiting; Cyclical vomiting syndrome; Bloating; Abdominal pain; Ulcers; Food sensitivities; Sweet cravings

CIRCULATORY SYSTEM Many spider veins; Cherry angiomas; Easy bruising; Easy bleeding; Iron-deficiency anemia; Varicose veins; Raynaud's phenomenon; Irregular heartbeat; Low or reactive blood pressure; Atriovenous malformation

SKIN Sensitive skin; Itchy skin; Burning sensation; Flushing ;Sensitivity to sunlight; Skin rash; Peeling or sloughing skin; Fungal infections

More Symptoms of Mold Illness

BRAIN Brain fog; Confusion; Slowed thinking; Memory loss; Trouble finding the right word; Dementia

NERVOUS SYSTEM Anxiousness; Depression; Incoordination; Headache; Dizziness/Vertigo; Migraine; Slow reflexes; Dysautonomia; Insomnia; Neuropathies; Tremors; Seizures; Daytime sleepiness; Difficulty with balance and walking

URINARY SYSTEM Overactive bladder; Irritable bladder; Blood in urine; Kidney inflammation; Urinary tract infection symptoms with no identifiable infection

IMMUNE SYSTEM Increased susceptibility to infection; Long-lasting colds; Viral infections become bacterial ;Chronic mono or Epstein-Barr virus

REPRODUCTIVE SYSTEM Changes in menstrual cycle; Infertility in both genders; Vaginal yeast or bacterial infections ;Jock itch

Mold, Lyme or Both?

- MOLD and Lyme both imitate other conditions; can make preexisting illnesses worse; and alter responses to treatments
- Symptoms of Mold and Lyme are similar but Lyme wanders while Mold symptoms don't; Mold also affects the respiratory system more than Lyme
- Both mold and Lyme impair the immune system and increase your susceptibility to each condition. If you have mold sickness, you can more easily develop chronic or persisting Lyme disease. Conversely, if you have Lyme disease, you're more susceptible to the effects of mold.
- Both conditions will need treatment; if you have both the one that is predominant should be addressed first -often this is the MOLD.

Mold and Mycotoxins: Often Overlooked Factors in Chronic Lyme Disease

**by Scott Forsgren with Neil Nathan, MD, and
Wayne Anderson, ND**

**'Lyme' Is More than
Lyme Alone**

In the recently
released book *Why Can't
I Get Better? Solving the
Mystery of Lyme and
Chronic Disease*, by



daily exposure to an
environment that was not
conducive to my recovery
was an important step to
take. Moving to a safer
setting was one of the best
things that I did as part of



Testing for Mold Illness

- Symptom Questionnaires
- Urinary Mycotoxin Tests and Urinary Organic Acids Test
- Blood Tests: Complete Blood Count; Immune globulin reaction to mold and *Candida albicans*; Vitamin D, Natural Killer cell total count and function, T and B-cell Counts; red blood cell glutathions, Liver enzymes, Creatinine, Glomerular filtration rate, Anti-Diuretic Hormone; Transforming Growth Factor B-1; VEGF; MMP-9; Melanocyte Stimulating Hormone, HLA-DR/DQ; hormonal tests
- Stool Tests
- Nasal Culture
- Visual Contrast Sensitivity



Cluster Analysis of Symptoms of Mold Biotoxin Illness

Individual clusters (one or more symptom in a group counts as a cluster)

1. Fatigue
2. Weakness (hands and arms), assimilation, aching (neck), headache, light sensitivity
3. Memory, word finding
4. Concentration
5. Joint (hands), morning stiffness, cramps
6. Unusual skin sensations, tingling (numbness in fingertips)
7. Shortness of breath, sinus congestion
8. Cough, thirst, confusion
9. Appetite swings, body temperature regulation, urinary frequency
10. Red eyes, blurred vision, night sweats, mood swings, icepick pains
11. Abdominal pain, diarrhea, numbness
12. Tearing, disorientation, metallic taste
13. Static shocks, vertigo

Table 2 - Cluster analysis

A positive cluster analysis for biotoxin illness is presence of 8 or more of 13 clusters.

For pediatric patients, 6 clusters are adequate to support a CIRS diagnosis.

Mold Questionnaire

Date
Taken

CHECK ALL SYMPTOMS EXPERIENCED IN THE PAST 3-6 MONTHS

CATEGORY 1

- | | | |
|--|---|--|
| <input type="checkbox"/> Brain fog | <input type="checkbox"/> Feeling overwhelmed | <input type="checkbox"/> Sore throat |
| <input type="checkbox"/> Feel tired all the time | <input type="checkbox"/> Episodic/chronic dry cough | <input type="checkbox"/> Frequent colds |
| <input type="checkbox"/> Frequent runny nose | <input type="checkbox"/> Irritated lungs | <input type="checkbox"/> Delayed recovery from colds |
| <input type="checkbox"/> Blow your nose often | <input type="checkbox"/> Blood-streaked mucus | <input type="checkbox"/> Exhausted from exercise |
| <input type="checkbox"/> Sneezing | <input type="checkbox"/> Nasal polyps | <input type="checkbox"/> Frequent static shocks |
| <input type="checkbox"/> Sinusitis | <input type="checkbox"/> Coated tongue | <input type="checkbox"/> Increased thirst |
| <input type="checkbox"/> Post-nasal drip | <input type="checkbox"/> Sores in the mouth | <input type="checkbox"/> Trouble sleeping |
| <input type="checkbox"/> Nose bleeds | <input type="checkbox"/> Bumps on back of throat | <input type="checkbox"/> Feeling of internal vibration |
| <input type="checkbox"/> Swollen glands | <input type="checkbox"/> Thrush | <input type="checkbox"/> Dizziness |
| <input type="checkbox"/> Shortness of breath | <input type="checkbox"/> Sore or itchy ear canals | <input type="checkbox"/> Vertigo |
| <input type="checkbox"/> Frequent yawning or sighing | <input type="checkbox"/> Ringing in the ears | <input type="checkbox"/> Drunken feeling |
| <input type="checkbox"/> Heart palpitations | <input type="checkbox"/> Bothered by loud noises | <input type="checkbox"/> Frequent urination |
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Skin rash | <input type="checkbox"/> Yeast infection |
| <input type="checkbox"/> Hay fever | <input type="checkbox"/> Burning or itchy skin | <input type="checkbox"/> Change in appetite |
| <input type="checkbox"/> Eye irritation | <input type="checkbox"/> Easy bruising | <input type="checkbox"/> Intestinal gas |
| <input type="checkbox"/> Blurry vision | <input type="checkbox"/> Spider veins | <input type="checkbox"/> Nausea |
| <input type="checkbox"/> Frequent change in vision | <input type="checkbox"/> Bothered by tags and seams on clothing | <input type="checkbox"/> Feeling bloated |
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Anemia | <input type="checkbox"/> Constipation |
| <input type="checkbox"/> Dark circles under eyes | <input type="checkbox"/> Protruding veins on limbs | <input type="checkbox"/> Crave sweets |
| <input type="checkbox"/> Sensitivity to sunlight | <input type="checkbox"/> Lower extremity edema | <input type="checkbox"/> Crave alcohol |
| <input type="checkbox"/> Nervousness/can't settle | <input type="checkbox"/> Clear your throat often | |
| <input type="checkbox"/> Low mood or depressed | | |

TOTAL CATEGORY 1 BOXES MARKED: _____

0-4 boxes marked = Score 0

5-9 boxes marked = Score 1

10-15 boxes marked = Score 2

16+ boxes marked = Score 3

CATEGORY 1 SCORE _____

CATEGORY 2

- | | | |
|---|---|--|
| <input type="checkbox"/> Wheezing | <input type="checkbox"/> Food sensitivities | <input type="checkbox"/> Non-obstructive sleep apnea |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Chemical sensitivities | <input type="checkbox"/> Difficulty thinking clearly |
| <input type="checkbox"/> Burning lungs | <input type="checkbox"/> Abnormal reaction to antibiotics | <input type="checkbox"/> Disorientation |
| <input type="checkbox"/> Recurrent respiratory infections | <input type="checkbox"/> Epstein-Barr virus | <input type="checkbox"/> Balance issues |
| <input type="checkbox"/> Migraine | <input type="checkbox"/> Recurrent yeast infections | <input type="checkbox"/> Slow reflexes |
| <input type="checkbox"/> Allergies aren't well controlled by medication | <input type="checkbox"/> Bacterial vaginosis | <input type="checkbox"/> Incoordination |
| <input type="checkbox"/> Voice sounds nasally | <input type="checkbox"/> Recurrent athlete's foot, jock itch, or toenail fungus | <input type="checkbox"/> Numbness or tingling |
| <input type="checkbox"/> Plugged or clogged ears | <input type="checkbox"/> Peeling/sloughing skin | <input type="checkbox"/> Nerve pains |
| <input type="checkbox"/> Chronic sinusitis | <input type="checkbox"/> Episodes of fast heart rate | <input type="checkbox"/> Unexplained menstrual changes |
| <input type="checkbox"/> Vomiting | <input type="checkbox"/> Chest pain | <input type="checkbox"/> Overactive bladder |
| <input type="checkbox"/> Alternating constipation/diarrhea | <input type="checkbox"/> Raynaud's syndrome | <input type="checkbox"/> Bladder infection |
| <input type="checkbox"/> Diarrhea | | <input type="checkbox"/> React to musty spaces |
| <input type="checkbox"/> Irritable bowel | | |

TOTAL CATEGORY 2 BOXES MARKED: _____

0-2 boxes marked = Score 0

3-5 boxes marked = Score 1

6-9 boxes marked = Score 2

10+ boxes marked = Score 3

CATEGORY 2 SCORE _____

Continue to Category 3

CHECK ALL SYMPTOMS EXPERIENCED IN THE PAST 3-6 MONTHS

CATEGORY 3

- | | | |
|--|---|---|
| <input type="checkbox"/> Daily use of sinus spray, sinus prescription, or Neti pot | <input type="checkbox"/> Asthma that's difficult to control with medication | <input type="checkbox"/> Liver pain or swelling |
| <input type="checkbox"/> Sinus surgery at any time in your life | <input type="checkbox"/> Idiopathic pneumonitis | <input type="checkbox"/> Fatty liver |
| <input type="checkbox"/> Chronic inflammatory response syndrome (CIRS) | <input type="checkbox"/> Lung scarring or nodules | <input type="checkbox"/> Non-alcoholic steatohepatitis (NASH) |
| <input type="checkbox"/> MARCoNS | <input type="checkbox"/> Respiratory distress | <input type="checkbox"/> Interstitial cystitis |
| <input type="checkbox"/> Peanut allergy | <input type="checkbox"/> Aspergillosis | <input type="checkbox"/> Kidney pain or swelling |
| <input type="checkbox"/> Chronic fatigue syndrome | <input type="checkbox"/> Arrhythmia | <input type="checkbox"/> Kidney disease |
| <input type="checkbox"/> Difficulty walking | <input type="checkbox"/> Coagulation abnormalities | <input type="checkbox"/> Nephritis |
| <input type="checkbox"/> Dysautonomia | <input type="checkbox"/> Atriovenous abnormalities | <input type="checkbox"/> Chronic pelvic pain |
| <input type="checkbox"/> Postural Tachycardia Syndrome (PoTS) | <input type="checkbox"/> Churg Strauss Syndrome | <input type="checkbox"/> Infertility |
| <input type="checkbox"/> Hearing loss | <input type="checkbox"/> Histamine intolerance | <input type="checkbox"/> Hepatocellular carcinoma |
| <input type="checkbox"/> Confusion | <input type="checkbox"/> Erythema nodosum | <input type="checkbox"/> Previous or current cancer diagnosis |
| <input type="checkbox"/> Dementia | <input type="checkbox"/> Eosinophilic esophagitis | <input type="checkbox"/> Mast cell activation syndrome (MCAS) |
| <input type="checkbox"/> Memory loss | <input type="checkbox"/> Ulcer | <input type="checkbox"/> Exposure to water-damaged building any time in your life |
| <input type="checkbox"/> Tremors | <input type="checkbox"/> Non-celiac intestinal disease | <input type="checkbox"/> Exposure to mold |
| <input type="checkbox"/> Sarcoidosis | <input type="checkbox"/> Blood in stool | <input type="checkbox"/> Positive Shoemaker tests |
| | <input type="checkbox"/> Cyclical vomiting syndrome | |

TOTAL CATEGORY 3 BOXES MARKED: _____

Score 1 for each box marked
Boxes marked and score will
be the same for this category

CATEGORY 3 SCORE _____

Continue to Results

TOTAL MOLD RISK RESULTS

Gather your Category scores
from the 3 previous categories

CATEGORY 1 SCORE: _____ +

CATEGORY 2 SCORE: _____ +

CATEGORY 3 SCORE: _____ = TOTAL MOLD RISK _____

TOTAL MOLD RISK RESULTS

0-4 = Not Likely Mold Sickness

5-9 = Possible Mold Sickness

10+ = Probable Mold or Biotoxin Sickness

OTHER THINGS TO CONSIDER:

- LYME DISEASE, MSIDS, TICK-BORNE COINFECTIONS
(USE HORROWITZ MSIDS-LYME QUESTIONNAIRE)
- OTHER ENVIRONMENTAL TOXINS
(IE: MERCURY, LEAD, PM2.5, GLYPHOSATE, PESTICIDES, VOCs)
- INTESTINAL PARASITES, CHRONIC VIRAL SYNDROMES,
OR OTHER STEALTH INFECTIONS
- FOOD SENSITIVITIES
- CVIDS OR IMMUNODEFICIENCY SYNDROMES

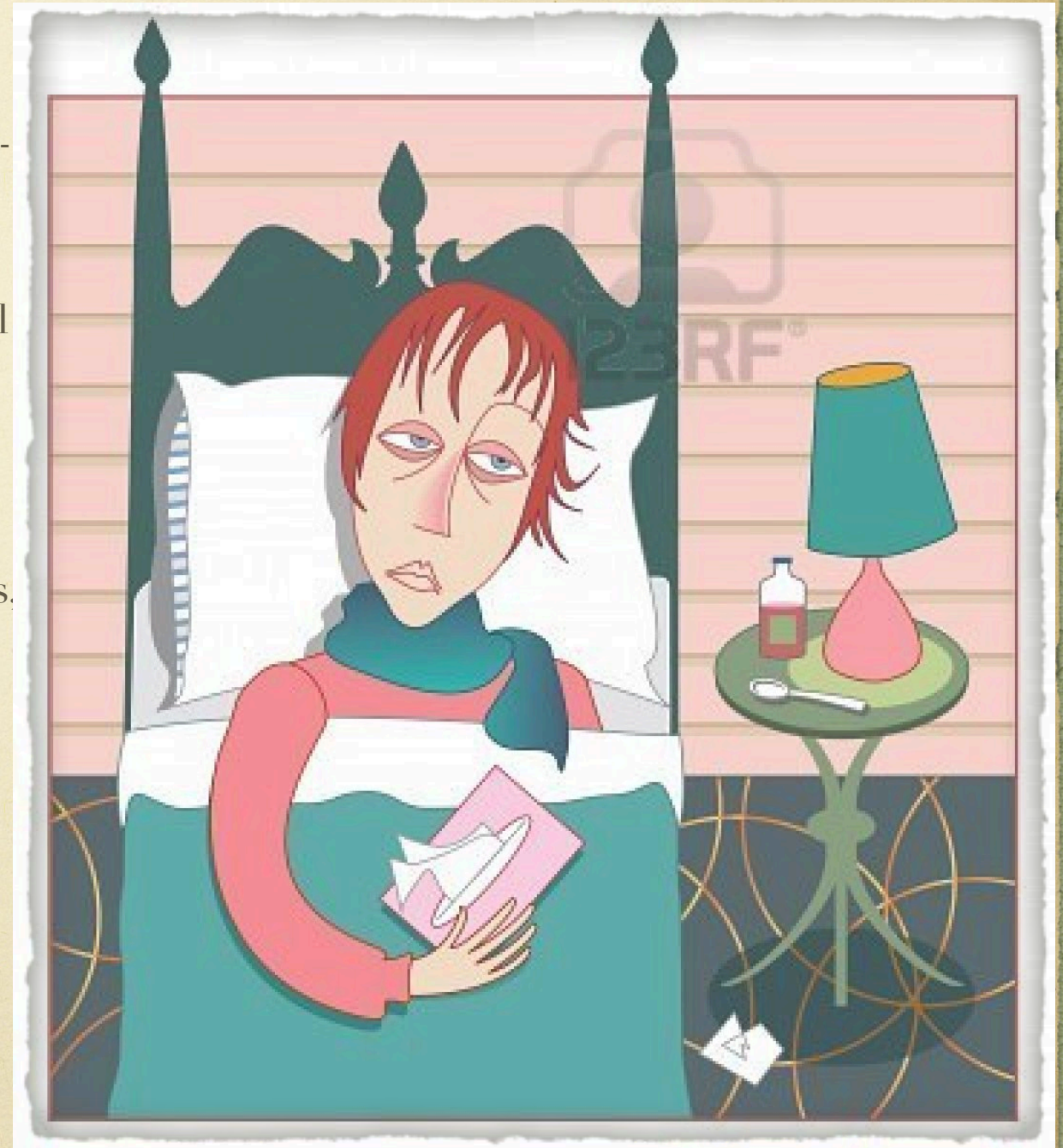
This tool is intended as a clinical information aid, and is not intended to diagnose or treat disease. Symptoms listed have been reported in mold illness patients. Not all symptoms have been proven in studies.

Treating Mold Illness

- 1. AVOIDANCE
- 2. FUNDAMENTALS
- 3. PROTECT
- 4. REPAIR
- 5. FIGHT

Detox and Herxing

- If you begin killing mold without doing any preparation, you will get sicker.
- The crash from mold is often called a Herx, or Jarisch-Herxheimer reaction. You can get temporarily sicker while you're working to get better. A true Herx occurs after a major mold die-off when the killed critters spill their toxic, inflammatory guts all over the place.; your body tries to clean up the mess, but it can't keep up.
- Herxing with mold tends to go right to the brain and affect your mental game. People feel hopeless, helpless, and overwhelmed. They may weep or report feeling sadder than they've ever felt in their lives, yet can't pinpoint a reason. They've described feeling out of their bodies, in a fog, and on drugs.
- Other Herx reactions can affect other body systems as well: inflammatory innards of mold can cause fevers, chills, body pain, muscle aches, rashes, joint inflammation and stiffness, abdominal pain, constipation, and crampy diarrhea. These reactions can be minimized greatly by using the tools in order.



AVOIDANCE!!!

- First and most important step in treating ANY toxic exposure
- AVOIDANCE 1 | Get out! Leave the sick environment with an open-ended duration. Construction has a way of taking longer than expected. To prevent frustration, expect it to take longer than quoted. Check your insurance policy to see if it covers your temporary relocation, many do.
- AVOIDANCE 2 | Take nothing with you. Take as little with you as possible, not even the favorites favorite stuffed animals, favorite pillows, etc. Your “things” can take on mold spores and mold toxins.
- AVOIDANCE 3 | Prevent exposures Remediate your environment, your diet, and your habits. Mold-sick people tend to be attracted to moldy spaces, moldy foods, and mold-supportive hobbies. That’s because if you stop feeding the mold in your body, it starts to die, spill its guts, and make you sick. So you feed it.



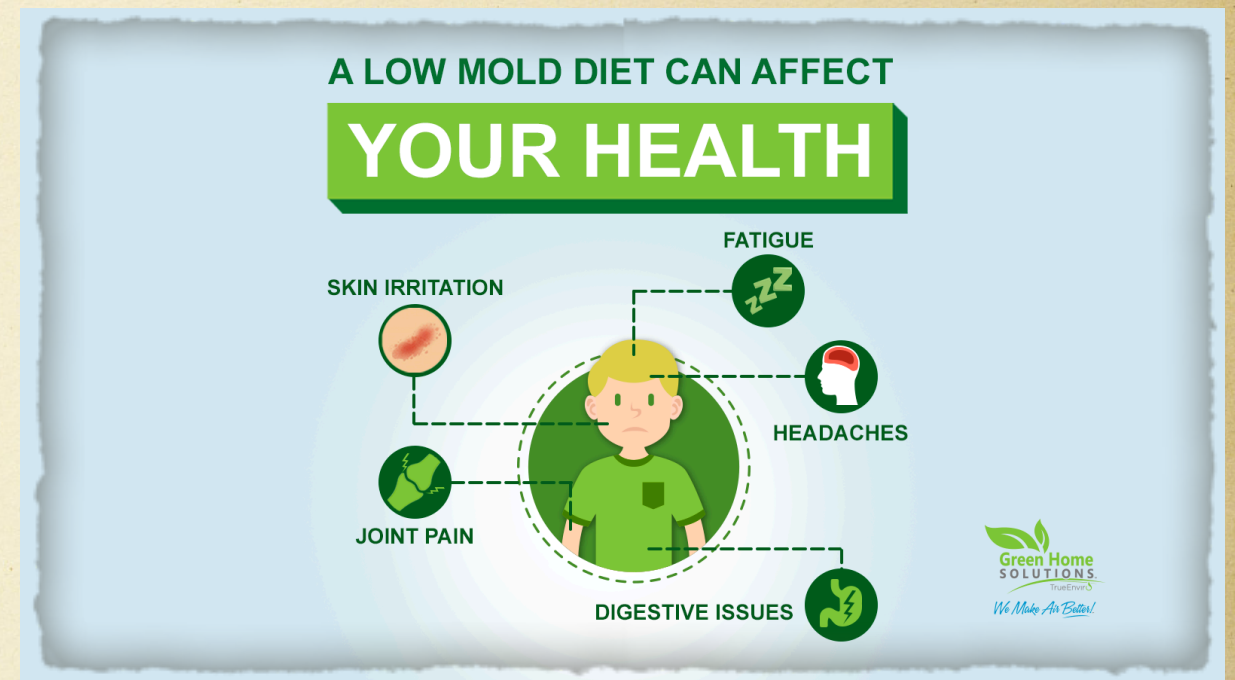
Hobbies and Habits

- If a place smells musty, run away. Even if it doesn't smell funny, if a location causes ANY mold symptom to reoccur, get out.
- Getting out of the sick environment is important, but fixing that space is key. This is called remediation. Remediation means that the moisture source is corrected and sick materials are removed.
- Seek clean air. Indoor air quality is commonly worse than outdoor air quality. Use appropriate air filtration, avoiding filters that emit ozone.



Diet and Foods to Avoid

- **FIRST TIER** Sweets of any kind; Dried fruits; Leavened bread; Yeast; Simple carbohydrate; Baked goodies; Mushrooms; Corn; Potatoes; Pickles & pickled foods; Vinegar; Soy sauce; Cantaloupe; Grapes; Aged cheeses; Moldy cheeses; Peanuts; Peanut butter
- **FOODS SECOND TIER** All fruit; Starchy vegetables; All grains; Fermented foods; Shelled nuts; Condiments made with vinegar or sugar; Sour cream or other soured milk products
- **BEVERAGES ANY** sweetened beverage; Fruit juice; Oolong and black tea (partially fermented); Moldy coffee (check your company for independent testing); Alcoholic beverages; Fermented beverages, such as cider, kombucha



THE LOW MOLD DIET	
Foods ok to be eaten in small amounts	
GLUTEN-FREE GRAINS	Brown rice, quinoa, buckwheat, millet, teff, certified gluten-free oats
HIGH STARCH VEGETABLES & LEGUMES	Sweet corn, potatoes, beans and peas, lentils, sweet potatoes, squashes, turnips, parsnips
FRUITS	Low sugar types such as berries, apples, pears and peaches
Foods to be eaten freely	
ORGANIC PASTURED ANIMAL PRODUCTS	Beef, bison, veal, lamb, buffalo, wild-caught seafood, poultry, pastured eggs
LOW CARBOHYDRATE VEGETABLES	Broccoli, spinach, cauliflower, kale, cabbage, arugula, chard, cucumber, peppers, tomato (fresh only), onion, leek, asparagus, garlic, artichokes
RAW NUTS AND SEEDS	Sunflower seeds, pumpkin seeds, flax seeds, chia seeds, almonds, low mold nuts (no peanuts, walnuts, pecans, cashews, or brazil nuts)
HEALTHY FATS	Extra virgin olive oil, coconut oil, coconut milk, ghee, avocado, organic butter
BEVERAGES	Filtered Water, non-fruity herbal teas, mineral water, fresh veggie juice
WWW.HILLCARNIVAL.COM	

Supplements and Medications

- Certain supplements and medications have the potential to make a mold-sick person feel worse.
- **SUPPLEMENTS | CAUSE FUNGAL OVERLOAD**
Saccharomyces boulardii; Nutritional yeast; Medicinal mushrooms
- **GROWN ON YEAST/MOLD** Aspergillus-activated brands
Some B-vitamin brands
- **MAY CONTAIN MYCOTOXINS** Red yeast rice (use only companies that conduct independent testing); Bee propolis
- Make sure you're not taking any supplements that are contaminated with mycotoxins. Most reputable supplement companies regularly test and control for mycotoxin contamination.
- **CAUTION MEDICATIONS. | TWO CATEGORIES**
Antibiotics: many classes of antibiotics are mycotoxins. They're based on the antibacterial effect of mold mycotoxins. Use these types of antibiotics only if necessary. Try others first if an antibiotic is needed.
- Strong antifungal herbs and medications: take caution using these without prepping your body first.



Saccharomyces Boulardii Safety

- Saccharomyces is generally safe used orally when used in proper dosages
- Immune compromised patients may have complications
- Safety with pregnant women not established so should be avoided
- Caution advised if you have yeast allergy

www.WebVitamins.com
800-919-9122



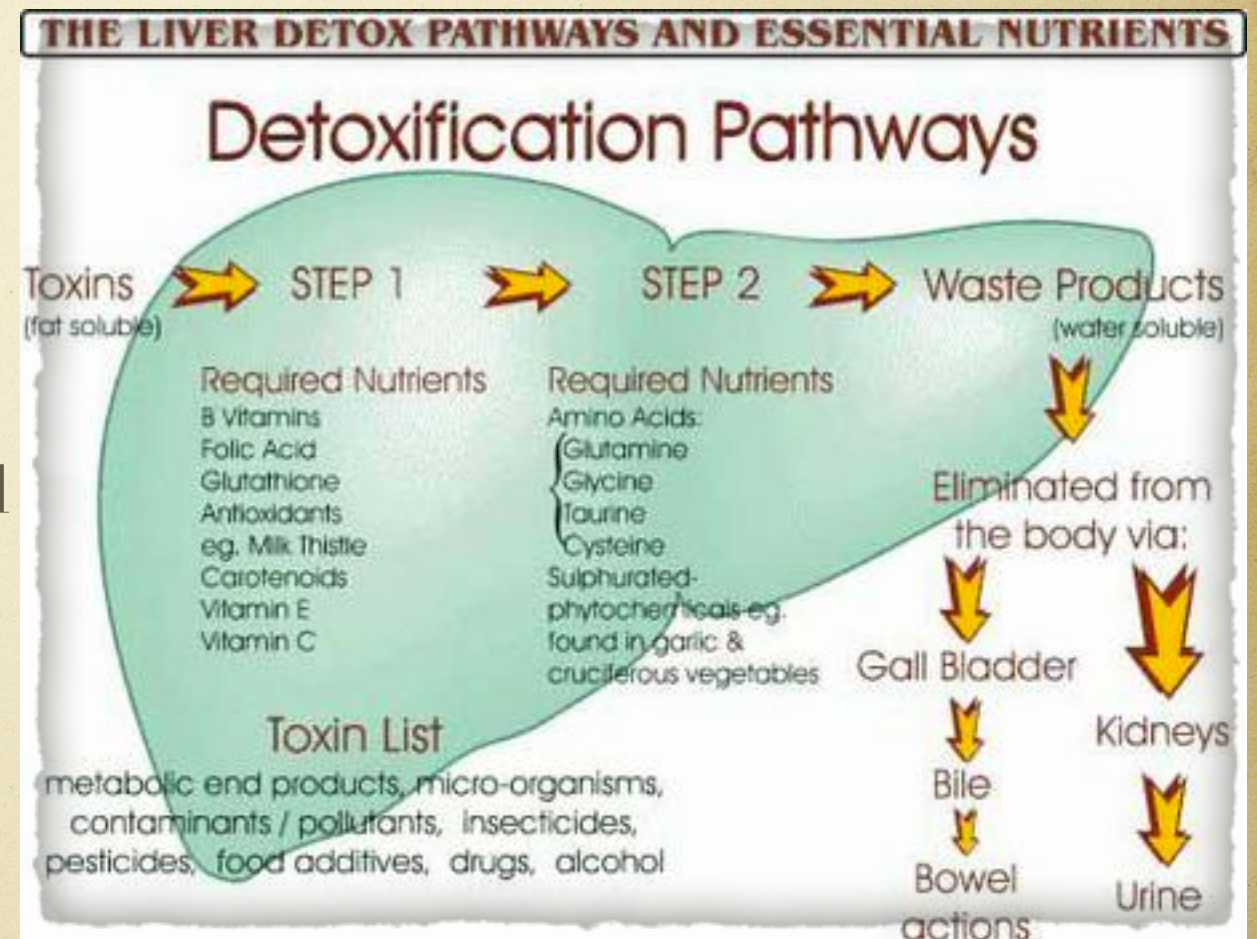
Health Fundamentals

- Get at least 7-8 hours of sleep nightly, ideally going to bed before 11 PM
- Breathe clean fresh air, especially from the outdoors
- Movement
- Hydration - $\frac{1}{2}$ of your body weight in ounces daily
- Healthy Diet- lots of vegetables, healthy fats, the “rainbow” of colors, “stinky” foods often have anti fungal properties
- Have a bowel movement at least 1 time daily - better 2-3 times!



Protect

- 1 Binders - fiber, activated charcoal/ clay, Cholestyramine or Colesvalam
- 2 Bile Movers - Bitter Herbs; Bile Salts
- 3 DHA -protects the brain, nervous system and mitochondria
- 4 Quercetin -anti-inflammatory and antihistamine properties
- 5 Milk Thistle - protects liver and kidneys
- 6 Turmeric -an antioxidant, protects the liver and kidneys, and can help the body at the gene level to boost glutathione, the chief antioxidant.



Repair

- REPAIR tools to choose from . . .
- 1 Lymphatic Massage
- 2 Sauna - best is Far Infrared or Dry Sauna
- 3 Bioflavonoids - colorful vegetables; also some supplements
- 4 Resveratrol - at least 1000 mg daily
- 5 Liposomal Glutathione - work unto 500-1000 mg daily
- 6 Alpha-Lipoic Acid - 600 mg 2 times daily
- 7 Melatonin high doses (20 mg before bedtime) the single most powerful brain antioxidant against mold and mycotoxins., and can help repair liver and kidney.
- 8 Coenzyme Q10 - the single most powerful heart antioxidant.; take 100-300+ mg daily



Fight

Whole-body antifungals:

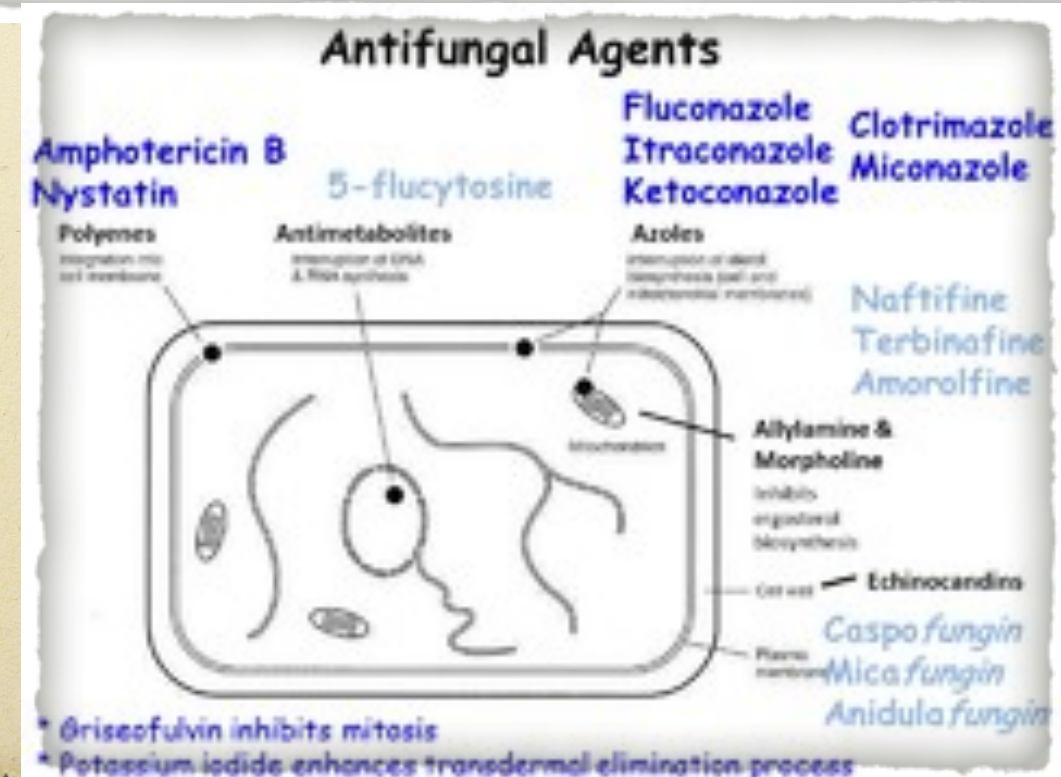
- 1 Pau D'Arco
- 2 Holy Basil
- 3 Olive Leaf
- 4 Old Man's Beard
- 5 Thyme
- 6 Oil of Oregano

Nasal antifungals

- 7 Essential Oils
- 8 Colloidal Silver
- 9 Ozone
- 10 Xylitol

Finish the job

- 11 Biofilm busters
- 12 Herx helpers
- 13 Reintroduction of foods, beverages, hobbies



Home Mold Inspection

➤ CREDENTIALS TO LOOK FOR

- BBEC (Building Biology Environmental Consultant)
- ACAC (American Council for Accredited Certification)
- IICRC (Institute of Inspection, Cleaning, and Restoration Certification)

➤ That's how you find the ones who really know their stuff. They test your house for mold spores, spore fragments, and evidence of mycotoxins. If you test without their guidance, you have a higher chance of not finding the mold, even if it's there. You also may lose out on insurance coverage for your remediation because you didn't have a certified test.

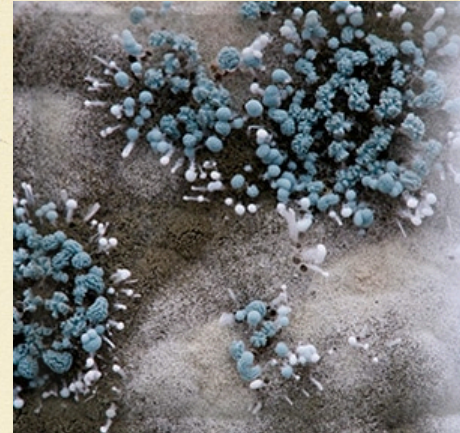
➤ Don't let the remediation company replace the independent certified mold inspector. That's a major conflict of interest. If there is a mold problem that needs remediation, you absolutely should test after the remediation is complete to make sure the mold is gone. The only post-remediation test you should trust is the independent certified mold inspector's test.



Home Mold Testing

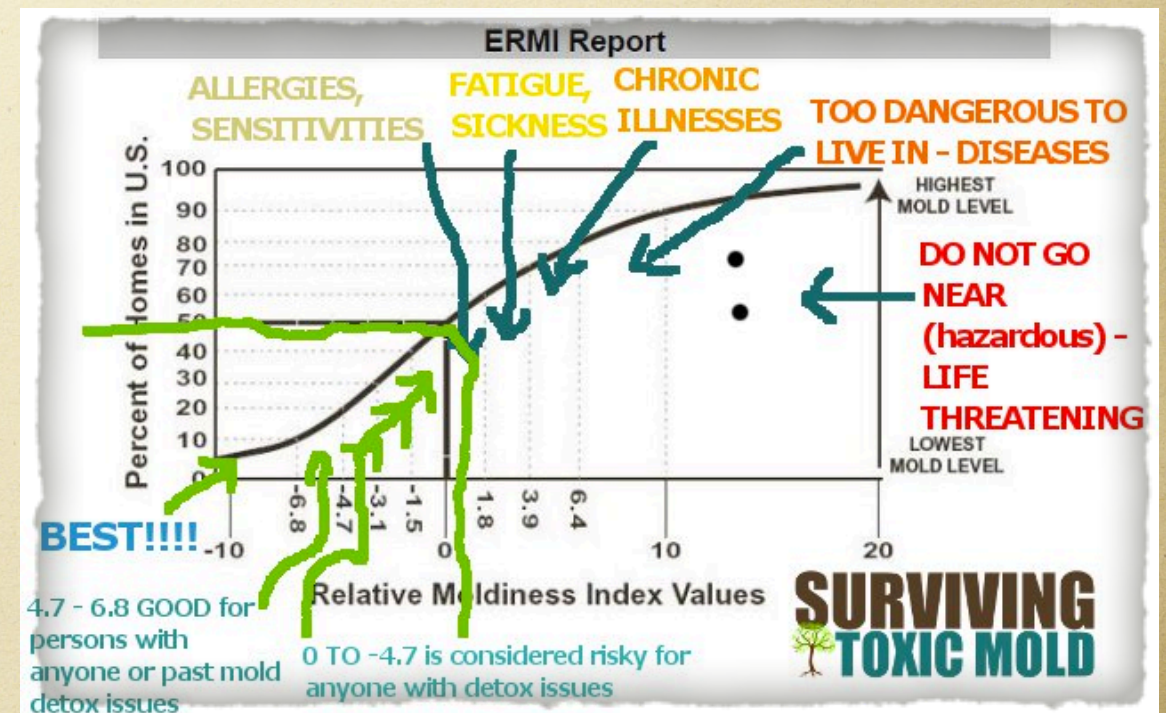
- Mold plates from a big-box store fail miserably because 90% of the toxic indoor molds don't grow on that culture medium. So, you're only catching 10% of the indoor molds.
- Most toxic molds are sticky and gooey. They don't easily float around. They're also usually trapped behind building materials, which means there aren't aerated spores to be caught by air sampling. Inspectors often have to go digging to find these.
- This also means the air tests or spore traps also miss many of the worst molds!
- The mycotoxin dust test (ERMI) is a handy way to check whether a building is having, or has had, a mold problem.

COLLECT from the top surfaces of . . . picture frames
tall shelves books kitchen cabinets ceiling fan blades
trim around closets Avoid testing around windows and
doors to the outside, as these may be contaminated
with outdoor molds that came in with the breeze.



Simple Mold Testing!

1. **SCREENING Test Kits** show *if* you have a problem and *where* it is. Most folks start with this step.
2. **DIAGNOSTIC Test Kits** go to a lab for analysis. Use when Mycotoxin poisoning is a concern.
3. **DO** test after remediation and periodically if illness reoccurs. **STAY IN CONTROL!**



Remediation Safety

➤ Containment- sealing off the sick area with plastic. When you disturb mold, it has a poisonous survival reaction. It spits out more mycotoxins than normal and shoots baby spores into the air for survival of the species. When mold breaks apart, its toxic mold guts spill other chemicals into the environment. Containment includes the use of negative air pressure.

➤ Protective Gear: (but best to stay out completely

LIST OF THINGS you need... • disposable Tyvek suit with hood (toss after each exposure) • safety glasses (clean with bleach after each use) • silicone respirator with disposable filters • P100 respirator filters (toss after each exposure) • double gloves (toss after each exposure) • shoe booties (toss after each exposure)



Rules for Remediation

- 1 No sprays - this means mold killing sprays, bleach, stain removers
- 2 No sealing - painting over mold does not work; mycotoxin can seep through the sealant paint
- 3 When in doubt, cut it out - if on structural elements it should be wire brushed scrubbed and HEPA vacuumed several times; after remediation everything needs to be wiped clean
- 4 Take out more than you think - mold will grow back; remove 2 feet of material beyond the visibly affected area.



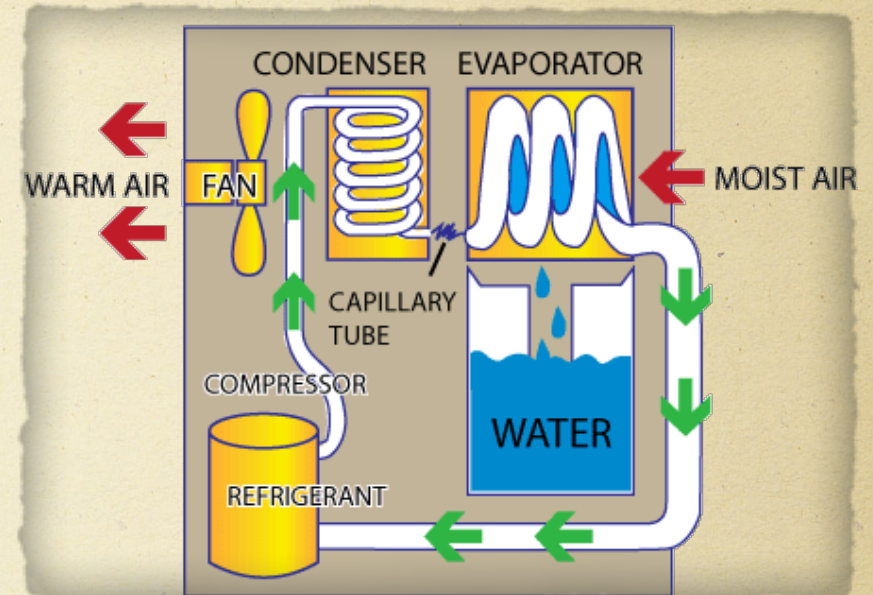
What can be saved?

- Personal belongings can become contaminated when in a moldy building; taking them with you can contaminate wherever you go.
- Items that are porous are the most risk - paper, cardboard, books, rugs, upholstered furniture, mattresses, draperies are example. In addition, appliances, computers
- Clothing sometimes can be salvaged if washed properly
- Non-porous items, such as sealed wood, ceramic, metal, plastic, glass, can be wiped down with a cleaning solution and spared.
- Vehicles can also be a source of mold!



Prevention

- Humidity control with humidifiers
- Avoid Finished basements
- Dust often
- Change air filters (home and car) at least 2 times a year; use high rated HEPA filters



Resources:

Mold Inspectors:

Steven Welty 703-927-7532,

Greg Weatherman 703-920-6653;

Life Seeds, Inc 443-301-3533 or 410-467-4771;

The Mold Pros 855-595-MOLD;

The Mold Guy www.themoldguyinc.com; Certified
Mold Inspections 888-247-7232.

Books:

TOXIC by Neil Nathan, MD;

Break the Mold by Jill Crista, ND

Mold Illness by Paula Vetter, RN

Air Filters

Intellipure Premium Plus at (intellipure.com) Enter code
DrJill for 10% discount

IQ Air at (iqair.com)

AirFree (airfree.com)

Air Oasis iAdapt

Austin Air

Air Doctor

Healthways

Molekule

Thank You!

Phyllis J. Heffner, MD, FAPA, IFMCP

10801 Hickory Ridge Rd,

Ste 215

Columbia, MD 21044

(410) 260-0344

www.holisticchildpsychiatry.com

holisticchildpsychiatrist@gmail.com