



Mold



A biotoxin is a toxin produced by living things, such as mold. It is important to note that a bio-toxic illness is not a mold allergy, but a neurotoxic condition responsible for numerous unexplainable illnesses, including but not limited to the following:

- Multiple chemical sensitivity
- Fibromyalgia
- Chronic fatigue
- Depression

Most mold exposure comes from water-damaged buildings and homes, which allows the mold to accumulate in the air and on our belongings. If carpet and drywall have gotten wet and were not dried completely or removed, mold spores will grow and spread. Unfortunately, because mold often grows out of sight, it is difficult to identify it. A well-trained mold inspector can investigate all areas of a building or home, including walls, ceilings, plumbing, drains, HVAC units, flooring, basements, crawl spaces, and more to identify mold growth. Because biotoxin removal is dangerous, a qualified mold remediation company needs to be hired to remove it.

Today, mold is an even greater problem because of new construction methods that can feed its growth. Today, homes are insulated to make them airtight. They are sealed up, and there is no adequate air circulation. Many experts say that new homes are over-insulated to control the temperature better. Most homes use drywall, and with a bit of moisture build-up, drywall becomes mold food.

Many of us would never think that building materials used in construction might contain hazardous chemicals. These chemicals that are present in building materials produce an off-gassing challenge. Off-gassing means that certain toxic gases coming from formaldehyde or other toxic substances can continue to permeate the inside air. We go home, close the door, living in this toxic soup of bad air and chemicals.

Basements may be a breeding ground for mold. It is essential to continually check for leaks, humidity build-up, and water accumulation. One thing is for sure: If there is water in the basement, there is mold; therefore, it is very important to have a humidity meter, especially in an environment that is very humid or cold. During the winter or steamy summer months, because of a lack of air circulation, humidity may be rising. If a humidity meter is above 45, there will likely be a mold problem.



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Other factors contributing to mold build-up, such as air conditioners. An oversized air conditioner for extra cooldown effects will run for a shorter time. When most people think of mold, they think of what surrounds the caulking in their shower or kitchen sink, but there are many kinds of mold that are dangerous and toxic to the human body. Names like *Stachybotrys* and *Aspergillus* are but a few toxic black molds that can be lethal.

Stachybotrys is a poisonous and hazardous toxic black mold. The trichothecene mycotoxins produced by *Stachybotrys* are neurotoxic, meaning they can cross the blood-brain barrier and kill brain neurons. With exposure, symptoms may include brain fog and mental confusion, extreme respiratory issues, circulatory problems, tremors, bleeding, vision challenges, immune system suppression, and a myriad of other health challenges. Continued *Stachybotrys* exposure can prove lethal. In fact, with serious *Stachybotrys* infestations, houses and their contents had to be burnt to the ground because the mold spores were so dangerous.

If you're on an immunosuppressant drug, *Aspergillus* grows in the lungs very easily. Exposure can cause multiple symptoms, including fever and chills, blood-streaked sputum from the lungs (hemoptysis) or severe bleeding from the lungs, shortness of breath, chest pain, joint pain, headaches, eye problems, nose bleeding, and facial swelling.

Toxic mold is evil and nasty and ruins many lives. Mold toxins suppress the immune system and damage the cells. Symptoms of a bio-toxic illness include:

- Light sensitivity
- Chronic fatigue/fibromyalgia
- Multiple chemical sensitivity
- Migrating joint pain
- Muscle pain
- Trouble processing new information
- Trouble finding words (brain fog)
- Morning stiffness
- Non-restful sleep
- Fatigued after exercising
- Can't lose weight despite diet and exercise
- Chronic sinus congestion
- Short-term memory loss
- Muscle twitching
- Red or tearing eyes
- Appetite swings
- Frequent urination
- Night sweats

The big challenge is that our environment has too many toxins. It can be a number of toxins that are present and causing widespread inflammation. When the toxicity builds up, the body can no longer tolerate the overwhelming amounts of toxins, mold spores, or chemicals contained in the building materials in our homes.



Testing For Mold



MycoTOX Testing

Mycotoxins are some of the most prevalent toxins in the environment. Mycotoxins are metabolites produced by fungi like mold, which can infest buildings, vehicles, and foodstuffs.

A majority of mycotoxin exposures are through food ingestion or airborne exposure.

Mycotoxin exposure works against your body to lower the functioning of your immune system, making you more susceptible to cancer and other systemic diseases, or speed up the progression of existing cases.

A few examples of molds that are tested:

- STERIGMATOCYSTIN (STG) - studies have shown tumours on the lungs of rats that were exposed to STG
- OCHRATOXIN A (OTA)- produces oxidative damage to brain and kidneys
- AFLATOXIN M₁ (AFM₁) - which has been shown to be a direct cause of cancer, or speed up progression
- VERRUCARIN A- VRA causes damage to human cells by inhibiting protein and DNA synthesis, disrupting mitochondrial functions, and by producing oxidative stress
- ZEARELENONE (ZEA)- ZEA exposure can result in thymus atrophy and alter spleen lymphocyte production as well as impaired lymphocyte immune response, which leads to being susceptible to disease.
- CHAETOGLOBOSIN A- highly toxic even at minimal doses, linked to neuronal damage, peritonitis, and cutaneous lesions.

Getting a MycoTox test performed can help to identify mycotoxin exposures, and tell us where to specifically focus on for effective detoxification treatments.

The Visual Contrast Sensitivity (VCS) Test

Another tool that is used to diagnose neurotoxic/mediated illness. The VCS was made popular by Dr. Kenneth Hudnell and Dr. Shoemaker. It is a simple test that can be done online in just 10-15 minutes. The VCS will present a series of images with varying levels of contrast between patterns and lines. The test measures your ability to see details at low contrast levels and is often used as a nonspecific test of neurological function. According to experts, failing in rows C and D of the test can be an indicator of bio-toxic illness. You can take the test by visiting this website: <https://www.vctest.com/>

C4a

Another test that can be done to indicate bio-toxic illness is looking at C4a. C4a is an inflammatory marker that measures the complement immune system. A complement system is a group of proteins that move freely through your bloodstream. The proteins work with your immune system and play a role in the development of inflammation. This complement immune marker is elevated in a state of bio-toxic illness, including both mold and Lyme.