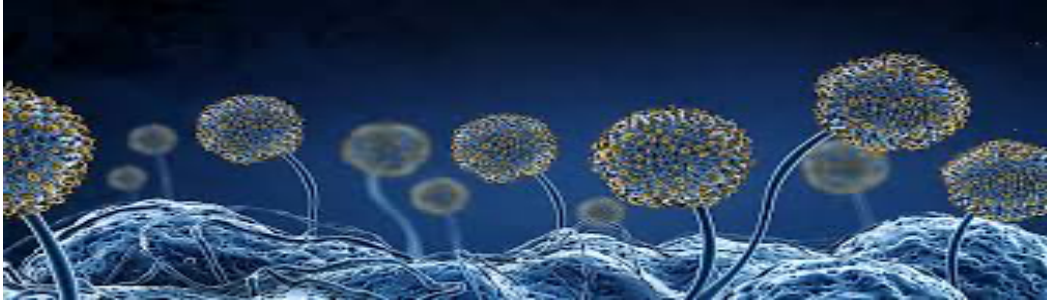


Mold Toxicity



Hearing that you may have mold and mycotoxins in your body can be daunting and shocking. But, for most, it can be a relief to finally figure out what is going on. Mold toxicity is commonly misdiagnosed as chronic fatigue syndrome, fibromyalgia, multiple sclerosis, and even mental illness! Those with long-term mold exposure may have 20+ symptoms that affect multiple systems (gastrointestinal, musculoskeletal, psychological, neurological, etc.).

This handout will outline some vital steps you can take to start your road to recovery if you suspect or are suffering from mold toxicity.

Verify that your home and workplace are free from mold

- A musty smell is a clear indication of the presence of mold.
- If there have been any known water leaks or damage to the building mold may be an issue.
- Several tests are available to check your environment, but the most accurate form of testing is an ERMI test.
- If you choose to have a professional inspection performed verify what type of testing methods are used. Many inspectors use air samples to test for mold spores, but this can give misleading results and is not a recommended form of testing by those that are considered mold experts.
- Research which inspection and remediation companies know how to work with individuals diagnosed with mold illness.

If you have been living in the dark open your shades and let the light in because mold hates the sun.

The type of doctor to see

If you suspect mold might be to blame for your symptoms it's highly recommended to see a doctor that is considered "mold literate". We recommend Dr. Warren Klausner, D.O. in Santa Cruz. Dr. Klausner can help you with:

- Properly diagnosing mold toxicity through a set of urine tests using Real Time Labs and Great Plains Laboratory. Both labs use different technologies to test for mycotoxins so having both tests performed will give a full picture of what is happening in your body. Sometimes the toxic load can be so great that the body isn't able to excrete the toxins in the urine and you may end up with a negative mycotoxin result even though you do have mold toxicity. A mold literate doctor will know this and will take a deep dive into your medical history and ask probing questions about your environment.
- Evaluating for possible co-infections, such as Lyme disease or bartonella
- Choosing an appropriate diet to help support your body's nutritional needs while eliminating foods that are most prone to mold and mycotoxins.
- Supplementing where necessary to address nutritional deficiencies and imbalances, such as low thyroid or adrenals, MCAS, G.I. support, etc.
- Finding an appropriate detoxification protocol based on the type of mycotoxins present.

Once you begin taking binders to help remove the mycotoxins from your body pay close attention to how you respond. **Less is More.** If you start feeling worse you are going too fast. Depending on how long you have been sick, and the term of your exposure, your body may have lost its ability to detoxify without initially causing more harm. It's important to follow the guidance of an experienced practitioner when you begin the detoxification process.

Infrared saunas can also help to release and remove toxins from the body in conjunction with binders.

What to Eat

There are numerous food crops that are more prone to mold than others and have been found to contain mycotoxins, so it's recommended to remove the foods below from your diet while detoxing:

- Corn, wheat, millet, and gluten-containing grains
- Cashews, walnuts, hazelnuts, pecans, pine nuts, brazil nuts and peanuts
- Dried fruits
- Milk and eggs
- Gluten
- Processed sugar
- Coffee

- Chocolate
- Cured meats
- Beer and wine
- Conventional and organic beef and poultry – mycotoxins have been found in the meat of grain-fed animals because they are fed corn feed. This also includes organic meat. Even organic corn can mold and produce mycotoxins.

Instead incorporate the foods below into your diet:

- Good fats – avocados, grass-fed butter, coconut oil, coconuts, MCT oil, olive oil, ghee
- Foods high in antioxidants such as blueberries, blackberries, and raspberries
- High quality protein – grass-fed beef, pasture-raised poultry, grass-fed lamb, pastured eggs, grass-fed collagen peptides, wild-caught seafood
- Grass-fed dairy
- Cruciferous vegetables, leafy greens, carrots, celery, winter squashes, brussels sprouts
- Sweet potatoes and white rice
- Mycotoxin free coffee – Bulletproof, Peak Performance, Isagenix, and Natural Force all have strict standards and test their coffee beans for mycotoxins

Mycotoxins can remain in the body for years long after the source of exposure has been removed. It's also possible to have mold toxicity and not have symptoms until something compromises your immune system, such as having a surgery or taking antibiotics.

Helpful Books and Websites

“Toxic” by Dr. Neil Nathan

“Break the Mold” by Dr. Jill Crista

“Bulletproof” by David Asprey

“Mold Money” by Daniel Stih

Mold Resources - www.survivingmold.com

Mold Inspection Expert - www.johncbanta.com

Mold Toxicity Expert - www.neilnathanmd.com

Mold Toxicity Expert - www.dr crist a.com

About Mold - www.moldymovie.com

