MOLD TOXICITY

Black mold (stachybotrys) contains mycotoxins which are poisonous substances produced by fungi or mold. They can be toxic to humans when eaten, absorbed into the skin or inhaled. A small amount of mycotoxin can be damaging and even cause death. Mold is harbored in the body and continues to release and produce mycotoxins. Sinuses are the favoured spot of the body for the mold and mycotoxins to live. Mycotoxins can also damage the thyroid.

Check your house wherever dampness can occur and mold can start to grow: around windows, bathtubs and shower units, basements, vents, leaking roofs, under sinks, air conditioning system.

DIFFERENT TYPES OF MOLD

Stachybotrys **is otherwise known as black mold and is one of the more harmful toxic mold species. Black mold is usually found inside a house.**

Aspergillus **are gray or green flecks and appear on wooden surfaces. *Aspergillus*, with 20 species in total, is dangerous, because it will often cause allergies, leading to serious asthmatic reactions, hay fever or lung infections. Every *Aspergillus* species produces mycotoxins, which are a health hazard, especially for those individuals with compromised immune systems.**

There are many species of *Penicillum* – some beneficial and some harmful. Some species of *Penicillum* are used when producing cheese and medicine. Similar to other molds, *Penicillium* causes allergies, and it's especially troublesome for people that already have a weak immune system.

Alternaria **is one of the most prevalent toxic molds and includes many species. Asthma and hay fever are among the conditions one might suffer or suffer worse from when he or she has inhaled *Alternaria* spores.**

Geotrichum is white in color and usually appears powdery. It is known to spread pretty fast and is often associated with adverse health conditions such as tuberculosis and pulmonary infections.

Geotrichum breeds in moist conditions and temperate climate. Its spores can easily spread via air to new environments. It is an allergen that causes itchy eyes, fatigue, and sometimes chronic headaches.

Trichoderma is also white in color with green patches. It is an allergic type of mold that mostly thrive in moist areas. The mold has five different subspecies, most of which are non-pathogenic. However, some of the subspecies have been associated with liver and pulmonary infections. Trichoderma contains a lethal enzyme, which can destroy such building materials as wood, textiles and paper products. This may lead to the crumbling of buildings when the materials rot.

Chaetomium is also allergic and is often found in a drywall that has previously been damaged by water. Its spores have been linked to autoimmune diseases, neurological damage and allergic reactions such as difficulty in breathing and red watery eyes. It has a musty odor and flourishes in wet, dark environments such as under carpets, drywall, baseboards, and wallpapers. Chaetomium is often mistaken for the black mold as they have the same characteristics and exists in similar environments.

As it begins to grow, bipolaris is whitish or grayish brown in color, but gradually turns to dark olive as it ages. It looks soft and fluffy and usually grows outdoors on grasses and soil. It also thrives in water damaged materials such as carpets, hardwood floors, and houseplants.

Ulocladium is black in color and often found in wet areas and homes that have suffered water damage. This type of mold commonly grows in bathrooms, basements, and kitchens. Ulocladium has two subspecies both of which are highly allergic. It is linked to severe allergic reactions such as hay fever and sometimes skin infections. Prolonged exposure to its spores causes difficulty in breathing and asthma-like symptoms.

SYMPTOMS:

headaches	chronic fatigue	fever	eye irritations
sneezing	rashes	chronic	cough
brain fog	nausea	depression	dizzy
hair loss	muscle pain	asthma	bloating
dementia	light sensitivity	anemia	alzheimer's
liver infection	insomnia	memory loss	muscle cramping
nerve pain	night sweats	nosebleeds	obsessive behavior
itchy rashes	tics or tremors	parkinson's	weight gain or loss
itchy throat	sinus problems	skin sores	sweet cravings
weakness	irritated mouth, nose, throat		sensitivity to smells, chemicals

HELPERS:

- **Taken internally, activated charcoal binds toxins, helps remove from the body.**
- **Glutathione anti-oxidant helps clearing of toxins.**
- **Probiotics**
- **Garlic acts in killing off mold. Eat 2-4 grams fresh garlic per day (600 mg – 900mg garlic tablets daily)**
- **Chlorophyll (green) rich foods protects DNA from toxic damage.**
- **Use high quality air filter.**
- **Tea tree oil. (2 tsp tea tree oil with 2 cups water in spray bottle, shake well and spray where you see mold).**
- **Bleach kills mold but be careful because it also can irritate eyes, mouth, lungs, skin, esp. if you have asthma or another breathing problem.**
- **Mix 1 tsp baking soda in 2 cups water in spray bottle, spray moldy areas using scrub brush to scrub mold away, rinse area, spray again and let it dry.**
- **Put undiluted white distilled vinegar into a spray bottle and spray directly onto moldy areas, don't rinse or scrub, the vinegar smell will fade.**
- **Grapefruit seed extract is good antifungal internally and externally. Externally use 20 drops in 2 tbsp water, shake and spray onto mold. Don't rinse.**
- **Hydrogen peroxide. Use 3%, the kind you get from a drug store. Spray onto areas until saturated, let sit 10 min then scrub area, wipe area with more hydrogen peroxide when done scrubbing.**
- **Wear a respirator or mask designed for work with mold spores (N95 is available online). Use when working with mold and open windows to allow fresh air inside the area you are in.**
- **Vitamin C – take large doses eg. 4,000-8,000mg a day in divided doses to help cleanse the whole body and build immune strength.**

LIMIT EXPOSURE TO:

Coffee
Aged cheese
Alcohol
Sugar (feeds mold)

Carbohydrates – also feeds mold
Wine vinegar
Condiments
Processed meats
Mushrooms
Packaged fruit juices
Dried fruit
Leftovers (eat food within 24 hr or freeze)
Overripe fruit and vegetables
Bread
Tomato
Multi B vitamins
Products of Aspergillus fermentation: soy,, chocolate, black tea, malt extract, lactaid, citric.

In most cases mold can be removed from hard surfaces by a thorough cleaning with commercial products, soap and water, or a bleach solution of no more than 1 cup of bleach in 1 gallon of water. Absorbent or porous materials like ceiling tiles, drywall, and carpet may have to be thrown away if they become moldy. If you have an extensive amount of mold and you do not think you can manage the cleanup on your own, you may want to contact a professional who has experience in cleaning mold in buildings and homes. It is important to properly clean and dry the area as you can still have an allergic reaction to parts of the dead mold and mold contamination may recur if there is still a source of moisture.

USING HOMEOPATHY ***use 30c strength, take 2-3 times a day. If you don't get results within 4 days, choose a different remedy. Try and match the symptoms exactly.***

1. **Nat Mur. Violent sneezing, watery discharge from nose. Eyes may also water. Redness, itching, burning sensation in eyes. Good for sinusitis.**
2. **Arsenic Album. Runny nose, sneezing. Even though runny nose, feels blocked, along with burning sensation in nostrils, itching nostrils. Worse in open air, better indoors. Good medicine for asthma, dry scaly skin.**
3. **Allium Cepa. Sneezing, excoriating nasal discharge which leads to burning and smarting in nose and upper lip. Mostly gets worse in warm room. Headache and cough are present. Lump sensation at root of nose. Watering eyes which does not cause burning.**
4. **Sabadilla. Sneezing, coryza, red watery eyes. Discharge is copious, watery. Itch and tickle sensation in nose, causing to rub the nose. Stuffed sensation in one or other nostril. Pain in forehead. Overly sensitive to odors.**
5. **Ambrosia. Sneezing, itchy, watery eyes. Sneezing can lead to nose bleeding. Watery nose, redness, smarting and burning eyes. Stuffed feeling in nose, head and sinuses.**
6. **Thuja. Used as a detox for vaccines, has a strong detox effect.**
7. **Euphrasia. Watery eyes, red, itchy eyes. Also burning, biting, smarting eyes. Feels like sand in eyes. Profuse discharge from nose but it is bland and doesn't burn. Runny nose present in daytime, nose feels blocked at night.**
8. **Silica gently and effectively cleanses the body of what doesn't belong there – similar to Thuja. Esp. good for ear and upper respiratory infections, cough.**
9. **Kali Bichrome. Helps discharge post nasal discharge from thick, stringy mucus. Sneezing, pressure at root of nose. Violent sneezing esp. in forming. Leading homeopathic for sinusitis.**
10. **Arsenic Iodatum. Watery nasal discharge with burning. Nasal discharge so acrid that it reddens upper lip. Also irritation, tingling sensation of nose. Constant desire to sneeze.**
11. **Gelsemium. Sneezing, runny nose, fullness at root of nose. Worse in early morning. Nasal discharge feels hot. Itching, ticking in soft palate. Sometimes nose feels stuffed up.**
12. **Dulcamara. Nasal blockage. Problems in breathing through nose. Constant sneezing, watery discharge from eyes and nose.**

13. **Crab Apple Bach flower remedy detoxes harmful toxins.**

Make your own homeopathic formula using black mold deposit directly into formula:

1 tsp black mold, mix with 9 tsp distilled or spring water.
Put in glass bottle, screw on top, pound gently 5 times.
Take 1 tsp of that mixture and mix with 9 tsp distilled or spring water and pound 5 times (this is the daughter remedy, 1x.
Now take 1 tsp of the last mixture, and add 9 tsp water as before, pound 5 times (this is 2x).
Continue diluting and pounding the remedy 1 tsp of formula to 9 tsp water.
You can stop at 12 dilutions – there is nothing left of the original formula.
Now you can take 5-10 drops of the final bath, under the tongue, 3 times a day, away from meals (in other words, on an empty stomach).