

laura90

I was born in a poor area of England the house I grew up in was very damp...black patches on walls and ceiling, especially in my bedroom. I was diagnosed with asthma at the age of two which was quite rare in the early 1960s. I had frequent chest infections, hospitalised every couple of months, on steroids and other drugs for asthma and had pneumonia twice. This continued for most of my childhood until I left home at 22. My asthma cleared up I no longer had chest infections and today am drug free. I believe asthma is not a disease but an allergic reaction to toxins in our environment which includes mold.

Posted On 07/12/2017

nao3425

I think old Ernie Ford said it all in his Song 16 Tons, Saint Peter don't you call me cause I can't Go, I owe my soul to the Company store.

www.youtube.com/watch

Posted On 07/12/2017

jeffbaker

If you have forced air heating and cooling the ventilation system is more than likely loaded with dust and mold.

Posted On 07/12/2017

99% of houses in the USA have Air Conditioning. The evaporator is where the refrigerated gasses pass through and air is blown across to chill the air. As warm/humid air passes across the cold coils of the evaporator you get condensation. Anywhere you have condensation you get MOLD. Places that have huge HVAC systems are the ones you hear about on the news (hospitals) concerning Legionnaires. Places that rely solely on refrigeration to produce their products also make headline news regularly for Legionnaire contamination. Blue Bell Ice Cream has shut down several times for this. While these places make all the headlines for these outbreaks it is probably more commonplace inside your home. These commercial buildings undergo routine inspections and disinfection of their cooling systems. How many people reading this have EVER had the evaporator of their air conditioner(s) cleaned? Or, how about your refrigerator? The way your air conditioner cools your house your refrigerator chills your food, freezes your ice cream, and/or makes ice. All of this produces condensation which produces MOLD!

Wallpaper would be the LEAST of my worries when it comes to mold. To know for certain if you have a mold problem with your HVAC look no further than the drain outside the house (assuming you have central heat and air). There will be pvc pipe protruding out of the wall (usually close to the ground) that drains the condensate from the evaporator. Look up inside of it and if you see BLACK residue you have mold! This mold will travel all the way up the pipe and contaminate the evaporator. It is easy to prevent this from happening. Leave the fan on continuous (if your thermostat has that option). This will dry off the evaporator and reduce the chances of mold forms dramatically.

Posted On 07/12/2017

grulla

Duct work is an abomination healthwise, especially where ever you have regular or seasonal (monsoon) humidity. Small 240 volt heat pumps (like in modern motels) located strategically throughout the abode would be a better and safer bet.

Posted On 07/12/2017

jamNjim

Grulla, Throughout most of Asia they use what is called a "split system". They are similar to window units in design and function, but as the name implies you have 2 separate components that are connected with very short pieces of plumbing. To install one all you need is a plugin for electricity and drill a hole through the wall. The condenser mounts outside the house and the evaporator mounts inside the house. There is no ductwork. Because they are not blowing cold air through several feet of ductwork the evaporator does not have to be chilled as much to cool a room. The warmer you can have the evaporator and still cool a room/house down the less condensation you have. Less condensation equals less or no mold. My wife and I are considering going this route when and if we buy another new house.

Posted On 07/12/2017

TammieP

When you are trying to make an important and valid point, it helps if you don't throw out a random and incorrect statistic. The percentage of homes in the US with AC is not 99%. While stats vary slightly, the amount of homes across the US with AC is around 75%, according to the Dept of Energy. It also varies regionally, with stats showing that around 97% of homes in the south have it, 91 % in the midwest, and only 65% in the west. For some reason, I couldn't find any stats re the northeast.

Posted On 07/12/2017

Islander

Tammie, that's because up here in Maine, nobody needs one!

Posted On 07/12/2017

grulla

Yeah "jNj", I'm very familiar with those split systems and am seriously considering a small 13-14000 BTU 240 volt split wall unit to replace the original 44 Y.O. Coleman 120 volt (ugh) roof mounted unit in my 1974, 33' vintage RV MH abode. No one except the 50 HZ Euro market, (including Coleman) makes 240 volt, 60 Hz RV replacements, they're all 50 HZ. It is said that 50 HZ Euro equipment/appliances supposedly work better on 60 HZ, but worse vice-versa. Those split units are easy to find in the more efficient 240 volts 60 HZ, and should be easy(ier) for me to install. So far my creaky, original 44 Y.O. roof mounted Coleman is still humming along OK with adequate and sufficient cooling, but I think it's days are numbered, and replacing those units on the roof is a PITA, so the 240 volt split unit sure looks like a good bet. Oh, and on humid days below about 88°F, a simple table top fan can work well.

Posted On 07/12/2017

Krofter

As a scion of the desert Southwest for the past 33 years I've heard much about the ballyhood "valley fever". Neither I nor anyone I know has ever had it. I chalk that up to living in a rural area where the ecosystem is still largely intact. Most of the reported cases come from the rapidly developing urban areas around the cities of the SW like Phoenix and Tucson. The lesson - don't mess with mother nature.

Posted On 07/12/2017

forbiddenhealing

Those living in humid areas need to keep humidity down/air circulation up...many can't afford the electric bills for the AC...many wind up on obit page following hot and cold spells....After Katrina, flooded N.O. homes were fumigated w sodium chlorite..er MMS chlorite....a hell of an oxidizer...Stacks of old books and other junk that holds moisture make hoarding a deadly habit..and folks get used to the odor and feeling rotten all the time....Dehumidifiers, fans, damp-rid, fumigation...whatever it takes.

Posted On 07/12/2017

Sue12Cross

A fascinating article and one again which begs the question of: how many illnesses and conditions are purely the result of environmental 'pollution' and food choices. Moreover it would be important to consider all areas where mould can thrive such as workplaces, hotels and educational establishments, I'm wondering about ME and ADHD, for example. It also seems that there is a double threat to people's health in these environments in that the 'normal' response to musty odours is to cover them with more toxicity in the form of air fresheners!

Posted On 07/12/2017

jeffbaker

Yes Sue, The same way many internal medical physicians work - They treat the symptom and rarely address the problem.

Posted On 07/12/2017

mlredmond

Illness is a signal that you are not in harmony with the universe. There are acute conditions, but a chronic one is a signal that your life is out of balance. Pills, and modern medicine are taught to give pills to "fix" a person. Where as releasing your negative energy will do the right job of changing your energy to become aligned with love in the universe and the illness goes away. That is why holistic health works, it re-aligns you with the universal vital energy within us all.

Posted On 07/12/2017

drsault

Sorry I am one day late with this! I have been using Vitamin C IV in high doses on both Cancer and Chronic diseases for more than 20 years. I have gone as high as 100,000Mg depending on bowel tolerance of the client. Success has been positively dramatic. Also, I have great success with using pharmaceutical grade hydrogen peroxide IV on colds with curing Flu-like illnesses with a one time treatment in 24-36 hours.

Colloidal Silver IV treatment was another treatment I used successfully for any microbe causing disease. Point is that there exists so many cures that are being denied to the public by the narrow minded ignorance of physicians and the modern tradition in their education. I do not rule out big pharma for a lot of the ignored treatments that would help people either be cured, alleviated, or die with quality of death (playing with their grandchildren). But it is wonderful that finally some of the medical institutions are realizing that these treatments do exist and exploring them. I like IV treatments since so many people have dysbiosis (leaky gut syndrome) and oral treatments are often negated by their malabsorption. I do not deny that there exists a place for both allopathic medicine and complimentary-holistic medicine often to be used in conjunction with each other. Alan J. Sault MD, ABHM-Diplomat Author: "Emotional Vampires and Your Hormones: an holistic physician's view of how stress affects your well-being and what you can do about it." holisticsecondopinion.net/vampires

Posted On 07/12/2017

jeffbaker

I think you are 2 days late and 6 articles back. Your comment is awesome, but I believe you wanted to put it with this article from July 10th, 2017- "Vitamin C – A Game Changer in Treatment of Deadly Sepsis" articles.mercola.com/sites/articles/archive/2017/07/10/vitamin-c-for-s..

Posted On 07/12/2017

seg

What articles like this reminds me is how resilient the human body is and how far we have strayed from our native environments..In my opinion, if we are to achieve and to continue with good health, hands down we have to get rid of or minimize the amount of toxins and toxic products in our environment - we may still have a chance to convert the toxic people..Any and everything that is produced must be properly vetted by a body of "sane and knowledgeable people" (this might prove to be the toughest really) before being approved for use..I imagine a lot of products that were approved in the past will not satisfy/make the cut/ or meet these requirements today.. I also know we cannot get rid of everything that was approved, but we need to weed out as much as possible and start all over again, paying closer attention to detail...Thank goodness for our immune system, even though we are breathing in viruses, molds and all sorts of "deadly" bacteria, it keeps us alive and kicking.. All the more reason to keep our bodies healthy and humming along..This is a first pass..

Posted On 07/12/2017

Krofter

Agreed. And we can start with building departments that codify the use of these toxic materials. Manufacturers are too easily able to lobby some local jurisdiction to require the use of their new product in housing construction. I once served on a committee to implement new codes for adobe construction. Although the materials were traditional and non-toxic, I was nevertheless amazed at how easy the process was. This applies to electrical systems, mechanical systems, plumbing systems as well as wall coverings and building materials. Then other jurisdictions can pick up that new item in the code and implement it in their jurisdiction, expanding the use of some new toxic material. There is no testing and little regulation of this process. In this way these new materials have invaded our living environments while driving the cost of housing through the roof, literally.

erdakroft.com/Erdakroftfarm/Natural_Building/Natural_Building.html

Posted On 07/12/2017

seg

Kroft yes like you i know it can be done , we will likely need to do it in baby steps, but we'd have to buck this crooked, wicked system..In my opinion this is by far the greatest hindrance we face today..I have a friend at work that is battling cancer and my mind keep thinking about guys like Dr Nick Gonzalez who have had to cross swords with these crooks in order to continue their practice..You might remember just a few years ago a number of natural health practisioners were found mysteriously dead, including Dr Gonzalez..I recently came across this Cancer article that had a number of salient posts by DR.Nick Gonzalez,
articles.mercola.com/sites/articles/archive/2011/04/23/dr-nicholas-gon..

Posted On 07/12/2017

dude01

Regarding forced air systems and duct work, wondering if a clean, cotton fabric, saturated with distilled white vinegar, could be be placed across the returns? Then as the air is being returned to the system the vapor of the vinegar would permeate the duct work and help to destroy the mold.

Posted On 07/12/2017

seg

Dude could probably use baking soda on the filter.. I know there are some electrostatic filters that are supposed to zap viruses and bacteria, so that could also help.. I also think Ozone can be of great help but the units are very expensive.. I recently purchase a filtration system that i have to install when i get some time and should help as well.. All in all we need to air out our houses as frequently and possible and do whatever else we can to keep the duct work and the units as clean as possible :)

Posted On 07/12/2017

Acroyali

Seg, we have several Ozone machines and while they were expensive they were (in our opinion) well worth the money. As I love leaving the Ozone on low in our bedroom, door shut, during the day while we're out. As a vet who uses Ozone machines in his office stated, "walking into (the office) from the outdoors is like walking into a rainforest" and he's 100% right. On low humidity days we open up all the windows and put the central air/heat unit on fan only and leave it run for an hour. It does a tremendous job airing the house out and really seems to move fresh air through!

Posted On 07/12/2017

seg

Arc i am a huge fan of Ozone, for many years i have been posting about it's efficacy...The air/smell/atmosphere in your vets office is akin to the outside air after a nice big thundershower - note the "freshness"...Now only if MY vet would have listened i would have still been a patient of his :)

Posted On 07/12/2017

dude01

Seg - I used to have an electrostatic air filter in my old house. Those things are great. And I am well aware of the benefits of ozone and their high pricing. Thanks for the baking soda suggestion. Your vet? That's so funny.

Acroyali - Where did you purchase your ozone unit? It sounds like your unit might possibly be wheeled around from room to room. Is that correct? I occasionally go for colonics. The therapist treats the colonic water with ozone. The room where she provides the treatments does have a nice, pleasant smell. I can definitely relate to the rainforest description that you provided. Thanks

Posted On 07/12/2017

TammieP

While cutting out a sample of mold for testing is often recommended, it is not something to be done casually. Mercola made sure to say that mold remediation should be left to professionals, and that is very true, but so should cutting out some for a sample. Doing so improperly and/or just leavign the rest exposed can lad to spreading the mold spores & toxins extensively. Also, it is not actually necessary to know the type of mold in order to properly remediate it.

Posted On 07/12/2017

TammieP

The news article quoted at the beginning of this article is not exactly correct in saying that those with old allergies are most at risk from mold exposure. Mold allergies are not good, but they disappear once one gets away from the mold. Mold illness and mold colonization are much, much more serious, and those are the things that can cause ongoing illnesses. 25% of the population has a genetic problem with getting rid of mold & mold toxins, and they are the ones who are especially at risk for problems with mold. That said, anyone who has been exposed to high enough levels of mold and/or for long enough times periods can get extremely sick from it, genetic predisposition, or not.

Posted On 07/12/2017

TammieP

It's great that the article said not to use bleach on mold. However, it is not just for the reason mentioned. It's also because bleach, while appearing to kill the mold (due to the bleaching action), does not kill it. The chlorine part of it will kill mold, but that evaporates very quickly, leaving water, which actually causes the mold to grow more.

Posted On 07/12/2017

rrealrose

Interesting that no reference is made to Dave Asprey's (of the Bulletproof Executive) recent video on mold issues, showing how it is tested for and its remediation. Here's a link to an extended 28 min. preview to his film "Moldy": www.youtube.com/watch

Chilling opening remarks on how many American houses (assume elsewhere as well) are made of essentially paper, wallboard acts as a sponge, basements and crawl spaces with little to no ventilation - needless to say mold issues are rampant, not just from leaky roofs, doors and windows. High humidity climates? Phooey, so many factors involved.

Wall paper would be way down my list of suspects, unless with newer, high efficiency construction that does not include air-to-air (indoor to outdoor) air exchangers. According to the EPA (some source eh?) these units are just starting to be included in new residential HVAC systems: www.epa.gov/indoor-air-quality-iaq/improving-indoor-air-quality

Posted On 07/12/2017

Nightmare that had a happy ending at least regarding mold. Upon moving into my house there was an odor. We tracked it down to cat urine. That's another story. In the meantime we researched and after looking at options from alternative, to bizarre, to tearing down the house, we also learned about crime scene clean-up companies and mold. We had our vents cleaned and the guy mentioned he had never seen a worse case of black gunk and cat hair. Researching further I called an environment microbiology laboratory to ask who they recommend for testing for mold. They said don't waste your money! They told me how to collect samples (places scotch tape on window sill, another in vent, others on exposed wood in the basement and such - then taping to a plastic baggie) and mail to them. They tested the samples and gave us a verbal report on the phone (the gentleman was leaving on vacation and wanted to be sure we had the report before he left) and then told us how to eradicate. In our case it was minor.

Though there was nothing visible, wearing masks, we took a high quality vacuum and held it up to the window sills as we sanded with sand paper, catching as many spores as possible. Next in the basement shining a flashlight diagonally up and down all the exposed wood you can see a little fuzziness. Same vacuum technique on those. Now we run a dehumidifier in the basement one cycle every day, and clean that once a week with Thieves oil when the humidity level gets too high Thankful we were able to handle this...of course the thousands of dollars it took to clean up the cat odor...ugh. lol Be healthy!

Posted On 07/12/2017

TimM

My home has water damage which happened before I bought the home two years ago. Rain had seeped behind the vinyl siding in several places on the front and back of the house. This had evidently been going on for years as the OSB sheathing on the back of the house in some places was completely rotten. Once my repair guy and I had removed the damaged sheathing we found some small areas of mold in the walls. That was on the back of the house. There is water damage on the front of the house that still needs to be repaired. I'm planning to do that in the Fall once the weather cools off. I know that the damage on the front is worse, and I'm afraid of what we're going to find once we start taking things apart.

Also, when I bought the house the water heater had evidently been leaking for quite some time. Thankfully, the floor was not rotten. But there was mold on the floor. I used a product called Concrobium Mold Control to treat the mold. This is a non-toxic product made of water and inorganic salts. You can find it at local your home improvement store.

Posted On 07/12/2017

jamNjim

Besides mold, wallpaper is also known to be a favorite place for creepy crawlies like ROACHES to lay their eggs. In many cases the adhesive used to secure the wallpaper to the wall is STARCH BASED (similar to Elmer's Glue)!! So, not only do roaches like to lay their eggs on the wallpaper they literally EAT THE GLUE! After seeing that NBC was being referenced in this report I'm not surprised that there was no mention of the fact that the root cause of the problem is the GLUE used to attach the wallpaper! When this stuff is subjected to humid/damp conditions it becomes like a slice of bread. In days mold can appear out of nowhere (just like on bread). The glue is the starch feeding the spores (not the paper itself). Don't get me wrong, any organic material like paper is capable of growing mold, but when you add a starch to the equation you are guaranteed to have mold growing when you expose these materials to moisture. There are other adhesives you can use to prevent this from happening, but it makes removal of the paper next to impossible. The starch based adhesives are water soluble (water and starch based) so removing the paper is as easy as applying steam!

Posted On 07/12/2017

hut

Anyone living in a humid region like Florida should beware of old construction methods meant for cooler climates. One should never have vinyl wall-paper. Here's the scoop from Joseph Lstiburek from Building Science fame: Avoidance of the installation of vapor barriers on both sides of assemblies – i.e. "double vapor barriers" in order to facilitate assembly drying in at least one direction. Avoidance of the installation of vapor barriers such as polyethylene vapor barriers, foil-faced batt insulation and reflective radiant barrier foil insulation on the interior of air-conditioned assemblies – a practice that has been linked with moldy buildings. Avoidance of the installation of vinyl wall coverings on the inside of air conditioned assemblies – a practice that has been linked with mouldy buildings.

Posted On 07/12/2017

Garlicmeister

That was my first impression, too, that it's the glue not the wallpaper, itself in most cases. I think you are right.

Posted On 07/12/2017

Epona777

If I remember correctly, wallpaper "glue" is merely wheat gluten.

Posted On 07/12/2017

rrealrose

hut, You hit one one of the major issues, sealing houses so airflow through the walls cannot occur. This is like wrapping the structure in a plastic bag, hoping for the best? Only recently have aramid fiber underlays been available, with the ability to block moisture from coming in to the structure, while allowing moisture to leave or escape. Up until recently, DuPont's Tyvek (the plastic bag approach) has been used nearly everywhere, few contractors or re-modelers, usually the high end guys, are even aware of the difference a one-way fiber enclosure makes in humid micro-climates in the north or wide expanse of hot, humid southern climates. Of course aramid fiber building wraps and products cost more; and with competition for low construction costs, most of us are dealing with overly tight enclosures wrapped in plastic. So much for new, low-cost construction materials!

Posted On 07/12/2017

breathoflife

This is first hand: large commercial venues have problems with the condensation on the evaporator coils of the air conditioner units. Legionaries lives on that. So they spray poison on the coils regularly to kill it. Enjoy the mall.

Posted On 07/12/2017

jamNjim

Most office buildings and hospitals have the same issues. You can walk outside these buildings where the water coolers are running full blast and you get a hint of something sweet smelling in the air coming off these cooling towers as the fan blows the fine mist up into the air. That smell is MOLD (possibly Legionnaires). You can smell the same smell coming out from under the refrigerators, ice machines, and coolers used in grocery stores. More reasons to avoid ALL of those places!

Posted On 07/12/2017

TammieP

The sweet smell is freon leaking, not mold. Mold is frequently there, too, but it does not have a sweet smell.

Posted On 07/12/2017

breathoflife

@tam, not freon, if it was leaking the system would be empty very very shortly, since it is under HIGH pressure due to the COMPRESSOR, the sweet smell is the perfume they put in with the poison to fool all the fools

Posted On 07/13/2017

TammieP

Activated charcoal is another very good treatment for mold exposure. It is safe, cheap, and easy to obtain, and it works better to bind mold than bentonite clay. Bentonite clay is excellent for other things, but not nearly as good as charcoal for mold. The only two potential issues with charcoal are that it can also bind other nutrients, so you need to take it a couple of hours apart from any food or supplements. (I would guess that charcoal would also do this with meds, too.) The other possible issue with charcoal is that it can be somewhat constipating, but this is fairly unlikely and if it does happen, can be easily dealt with by eating foods like prunes, figs, etc, and/or taking Epsom salts or other forms of magnesium.

Posted On 07/12/2017

Tionico

Your comment on the coffee enema treatment, and your ABSOLUTE INSISTENCE on certified organic coffee is rather amusing... I am a coffee professional, and understand the all but meaningless Organic designation when it comes to "specialty coffee", the highest four percent of all produced coffee in terms of its quality. Nearly all such coffee is grown the same way it has been for five and six generations, and more. Face it, 95% of all coffee producers have an annual household income of some few hundred dollars per year. HOW are they going to take half or more of that, buy chemicals, spread those on their ground, and expect to reap enough more profit to repay that high cost? It does not happen.

Find a specialty roaster who KNOWS where and how his coffees are grown. Most of what we buy is from known producers, absolutely NONE of which ever use any chemicals. "Sustainability" is one of the current buzzwords... so what? WHEN a family have been running the same farm since 1870 and are still doing things the way they did back then, and fully intend for ten generations more to continue, chemicals are not part of the picture. The flavour in most organic certified coffees is significantly "flatter" and less vibrant and complex than the "conventional". All that to feed the lawyers that run the system, and a premium of usually about a dollar the pound for inferior coffee does not result in a preferred product.

Posted On 07/14/2017

Tionico

Current building codes in most places (federally standareised?) call for the "envelope", or shell of the building to be so airtight (lest any caliroes of heat travel the wrong way into/out of the buildin, gthus necessitating the use of air conditioning energy to replace) there is NO air turnover in them.... I have studied mold and water damage remediation, educatioin conducted by the IICRC, a great organisation. There are three " necessary conditions" for molds, fungi, etc: warn air, still air, and dark. So, not flushing the inside air to the outside and bringing in fresh is a sure way of developing moulds/ OPEN THE WINDOWS... year rond, at least some fresh air exchange from the outside is critical. The UV light in natural outside air, together with a bit of ozone, is that cleans the air. Eliminate those, you pressure the moulds to grow. These new rules are SO STUPID... yet we have allowed our government, unelected officials, to foist these rules upon us. When they went into effect in my state some twenty five years ago, it raised the price of building a new home thirty percent. And disease skyrocketed. Directly caused by the hermetically sealed environmants mandated by the government that are supposedly "protecting" us. I walk into most houses these days and I can SMELL the wretched stench of moulds... everywhere. The first thing I do when shown into my bedroom when staying is OPEN THE WINDOWS. I can always toss on another blanket or three. And these people wonder why their kids are always so sick so often.. and one of them is a pediatrician!!! His own house is mould sick, has been for the ten years I've known them. And his kids are always at least a little bit sick with something, usually respiratory.

Ozone generators are great tools to maintain the health of a house. That and the UV light God gaves from the sun. Use them both.

Posted On 07/14/2017

wiedbs

Everyone overlooks one of the most insidious sources of mold/mycotoxin contamination - your vehicle. A well known American vehicle manufacturer that would love for you to 'see the USA' in their cars, have a design for the HVAC system that provides a pristine growing environment for mold, mycotoxins, gram-negative bacteria, and other micro organisms. The fins in the evaporator core are too close together to properly dry. Any dirt, spores or whatever are provided a moist environment when you use the A/C and the growth begins. The manufacturer knew about the problem as far back as the mid 1980's, designed a fix (a small fan that dries the area out after use) but didn't put it on their vehicles until 2006 or so. They don't turn it on at the factory, only after the customer complains of a smell - but not all mold smells. By then, you are already contaminated.

Our family became very ill from exposure to mycotoxins over several years from our vehicle. Dr. Gray knows us, he testified for us at our trial against the manufacturer. Unfortunately, before we could finish our litigation the company went bankrupt in 2009 and all open cases went down the drain. Both my husband and I are still ill (16 yrs now), we've lost everything, our home, savings, retirement, etc.

Check out www.youtube.com/watch and www.youtube.com/watch for a detailed explanation.

Posted On 07/13/2017

Tionico

by far the best "climate control" system in any car is opening the windows. Even in a cold damp winter keep them open at least a little bit. And DO NOT select recirculation for the air mode. ALWAYS draw in fresh outside air. And those stupid cabin filters are breeding grounds for all manner of toxic microbes. Remove it, and don't replace it.

Posted On 07/14/2017

stepka

I saw an article recently on facebook about getting rid of mold on walls with hydrogen peroxide and sent it to my sis, b/c she is working on an old house with a wet basement. She got 5 bottles and tried it but only had to use one bottle b/c it was so extremely effective--she sprayed it on and said the mold just rolled right off.

I wondered then if fungal problems in the body could be helped with food grade hydrogen peroxide. I haven't been exposed to black mold in the home (that I know of) for the last 20 years but not sure how long the problems linger. Right now I have cancer that I'm treating holistically.

Posted On 07/13/2017

totalemfsolutions

A manmade EMF exposure will stimulate a stress response. Mold sees it as a threat and will grow 600 times faster. It also will also create mycotoxins. For an experiment buy two loaves of bread with the same expiration dates. Place one in an unplugged microwave oven or stainless steel bread box and the other on the counter or better yet a cordless phone base station or WIFI router. I know the results but you should do this to prove it for yourself. . May this information help you and your loved ones towards a healthier and happier life!

Posted On 07/12/2017

inka12406

Another amazing article! Thank you.

Posted On 07/12/2017

TammieP

The list of symptoms that can be caused by mold is too lengthy to have included in the article or for me to write here. However, since some GI issues were mentioned, I think it is misleading to leave out other GI symptoms commonly caused by mold. (I say misleading, because they are the opposite of the ones listed, and thus it would be easy to assume that if they occur they are not from mold.) Along with the those listed, constipation is another very common one, as are extreme bloating, nausea, and vomiting. Also, related to GI issues, weight gain without any change in eating habits, as well as weight loss without any change in eating habits are also very common with mold exposure.

Regarding the psych symptoms that mold can cause, severe depression, including suicidality, severe anxiety, irritability, and rage are all often caused by mold, too. And, while PTSD was mentioned, it was mentioned as a misdiagnosis; however, mold exposure can actually cause its own form of PTSD, too. So, it's not actually necessarily a misdiagnosis, but rather, a misattribution of the cause.

Posted On 07/12/2017

Guillermou

There are molds of many colors, but the worst is black since it is toxic: Pink mold: It is a type of mold that usually appears in bathrooms, most frequently in the toilet, in the shower and between the joints of tiles and ceramics. White mold: This one is somewhat difficult to identify because when it builds up it looks like a layer of white, cotton-like powder. It can be found on floors, wood or walls, among other places. It is dangerous as it can cause eye irritation, respiratory tract infections or problems associated with headaches. Black mold: The most feared type of mold is *Stachybotrys chartarum*, generally known as black mold, which can cause chronic respiratory irritation, headaches, and persistent fatigue.

According to the Centers for Disease Control and Prevention, black mold requires constant moisture to grow, not just intermittent humidity from the shower, so your problem is more likely caused by another, less toxic variety of mold. That said, any serious mold situation can cause or exacerbate respiratory or immune system problems. It is black with greenish tones and has a somewhat viscous layer because it accumulates moisture in its upper part. It is a type of toxic fungus that can cause serious health problems. Aspergillus Mold: Don't worry, this type rarely appears in your home.

The most common thing is that it forms and accumulates in construction areas, landslides or in places where a lot of fertilizer accumulates. Alternaria Mold: Its favorite place to grow is the kitchen, especially in dark and hidden areas. There are studies that associate this type of mold with the development of asthma episodes in vulnerable people, such as the elderly or children. Penicillium Mold: This is the type of mold that grows near old, isolated objects, such as books, furniture, or carpets. It has a color that varies between green and blue.

Posted On 03/25/2024

Guillermou

Treatment: 1) A very interesting option to prevent the appearance of mold or prevent it from appearing again after treating it, is anti-humidity plastic paint. This type of paint can be used even on supports that are not completely dry. Another paint option, if the humidity generated by the fungus has its origin in condensation, is to opt for an anti-mold paint. 2) As a home remedy to eliminate mold, ammonia can be a great ally. 3) Another homemade tip that can work very well against mold is white vinegar, which is a natural antifungal, although it does not work with all types of mold. 4) Ethyl alcohol at 80% or more and hydrogen peroxide at 3%, and even sodium carbonate at 5% can also be good antifungals.

5) When mold is persistent, you have tried other methods and nothing can combat it, it is time to turn to the experts. Normally mold and moisture cleaning processes require a drying, cleaning and waterproofing process. 6) If the mold is on a porous surface, such as ceiling tiles or unpainted drywall, there is no way to completely remove it. You will need to remove and replace the moldy material. In addition to making this a much more complicated job, removing contaminated material also greatly increases the risk of mold formation.

Turn off and seal heating and air conditioning vents, and try to create negative air pressure in the room. If the mold is on a bathroom wall, consider upgrading your exhaust fan and make sure it vents outside, not into the attic. To increase airflow and remove shower steam from the room, try leaving the door slightly open while you shower. And consider adding a timer switch to the fan, so it stays on for about five minutes after your shower ends. www.washingtonpost.com/home/2021/11/19/how-to-remove-mold-walls/ .---- <https://www.bobvila.co>

Posted On 03/25/2024

Smudge2

What I wonder is, in nature, organic products, leaves, twigs, etc, are constantly breaking down and you can see leaves, grass clippings getting moldy. So if you're walking in the woods or just outside, what about the mold that is around all of the time?

Posted On 03/25/2024

Guillermou

Good question. I understand the difference is the type of mold and being in a closed or open environment with air circulating.

Posted On 03/25/2024

airsurfer

to Smudge: in nature you have ventilation and the other inhabitants of the airflow which gives a different effect and makeup. But mostly, in nature the waste products of mold are less toxic, since they break down/recycle/prepare natural materials (and not synthetic indoor chemicals... well I'm not saying they only break down synthetic stuff inside, but it is at the very least tainted with it and synthetic means toxic and unnatural). So no need to fear the outside mold. It's a bit like comparing the milk from a free wild cow, to that of a factory poisoned captive cow.

Mold (just like mosquitoes) is a necessary and functional part (as every part) of nature, it is not the enemy, it is life in some stadium. Nature recycles everything, especially when static. Like old books which are dead wood ready to be transformed into soil. Regarding housing: nature has different levels of soil, each a microhabitat with different conditions organisms humidity etc. So to limit mold appearance, limit the mimicking of its ideal conditions in your construction. You can't really fight nature as it involves killing yourself on the way to 'victory'.

Posted On 03/31/2024

Jantango

Excellent! Just the information I needed here in Buenos Aires, a humid climate and black mold on exterior building walls around the city. A small child with respiratory problems alerted me to investigate whether the black walls on the building terrace have anything to do with it. Some published sources say no problem while others mention toxicity. There isn't a building wall outside my bedroom window that isn't completely black. Obviously the owners don't recognize the problem or just don't care. Maintenance is low on the priority list. Air conditioners drip down the building walls producing more mold, but it's too much trouble to connect hoses to drain the condensation safely. And they wonder why they have health issues.

Posted On 03/26/2024

cow5815

I will never forget a talk by a building biologist during an online mold summit. He said that in the U.S., our building practices, where we build homes and other structures essentially out of sticks and paper wrapped in plastic, is a recipe for producing mold and mycotoxins when, almost inevitably, there will be some sort of water intrusion at some point. Wall board/drywall, which is wrapped in paper, gets attached to wood, and all these materials soak up any water from a leak, and the ubiquitous Tyvek plastic wrap prevents it from breathing, ensuring mold formation which can begin in 24-48 hours. He said other countries use other materials and building practices that prevent this from happening, but the building industry and building materials industry in the U.S.

are so powerful that they won't change their ways. He said that a major article that discussed this was about to be published and the powerful building lobby blocked it. One of the materials he highlighted was Magnesium Oxide board, which is mold proof, instead of drywall. It is slowly becoming available here, but what really needs to change are the building codes and practices that set structures up for a lifetime of illness and sick building syndrome, with the sources often hidden from view. And to make matters worse, EMFs from wireless devices and wireless infrastructure make mold and mold illness symptoms worse since EMFs and mold exacerbate each other.

Here are a few resources: Building Biology Institute: buildingbiologyinstitute.org Oram Miller's website: createhealthyhomes.com Breathing Walls, website and book: <https://www.breathingwalls.com> Another book: Prescriptions for a Healthy House, 4th Edition: A Practical Guide for Architects, Builders and Homeowners, 2022, by Paula Baker-Laporte & John Banta (NOT to be confused with a book with a similar title called How to Build a Healthy Home by Daniel Stih AVOID!)

Posted On 03/25/2024

Guillermou

Interesting information. Also: STRUGGLING WITH MOLD ILLNESS? HOW EMFS COULD BE MAKING YOUR SYMPTOMS WORSE and mold are a daunting duo that can do a serious number on your body. You see, if you've been exposed to toxic mold and are struggling with mold illness, exposure to EMFs can amplify its detrimental effects in three major ways:^{12,13,14} Increasing your toxic burden: If you're struggling with mold illness, your body is already working double time just to manage your overflowing toxic load. Adding in another stream of toxins in the form of EMFs can send your body into a tailspin causing your mold toxicity symptoms to skyrocket out of control. Inducing mold growth: Studies have found that mold growing in homes or buildings can actually be amplified by EMFs causing mold to grow more rapidly and spread further.

Stimulating the release of mycotoxins: EMFs may also trigger the mold spores floating around in your body to release more mycotoxins. That means a surge in the amount of these poisonous biotoxins making their way throughout your cells and wreaking havoc. While this might sound alarming at first, this actually isn't all bad news. Because if we know that EMFs are causing flare-ups, then we can do something about it. www.jillcarnahan.com/2021/10/16/struggling-with-mold-illness-how-emfs-..

Posted On 03/25/2024

I'm glad you guys share good information. Mold isn't the enemy. It's its waste products. Mold waste from a dead tree (or other natural setting) is different than mold waste from inside a chemical laden building. EMF's make you weaker and I'm glad you mentions it makes the molds spread toxins even quicker (the molds don't 'know' how to handle the unnatural emf's either). Yet most will still point the finger to mold, instead of emf. Often substituting one toxin (chemical laden mold waste) for a chemical one (which is worse and which is the root of the problem?).

Building codes, like so many codes and practices (in every sector), are full of nonsense for nonsense reasons, as is often the case where rules are rigid and personal input (thinking individuals) is forbidden. I know it is partly to protect against stupidity, but stupidity wipes itself out. Mistakes also open the mind for thinking a lot. I'm no partisan of the nanny society that ultimately wipes itself out, because it breeds stupidity and punishes thinking.

It's not only the industry that is to blame for the relentless poisoning, as they are humans too so they need to keep the world healthy for themselves too. It's the shills that pose as gov's and regulating agencies. When there is a good (often cheaper and more natural, so not depending on any gov) and bad solution, they always choose the bad solution, how come? Sure, to fool you they come up with a ridiculously worse 'solution' to depict the bad solution as 'better' and disregarding the good one as bad (quackery, too expensive, horse paste, not approved etc).

They poison us in every way possible, hiding behind illegitimate laws and money, but I see right through it. I'm an optimist but my statement is my conclusion in every area I am proficient in. Now to stop my rant and back to toxic exposure of mold waste: it is imo the most healthy and durable solution to think about why mold doesn't make us sick in nature, yet does in buildings. As usually the industry's

Posted On 03/31/2024

only solution is to add another layer of toxic chemicals to combat the previous layer of toxin producing materials. Always more chemicals. It should be obvious this is not the way to go and will only make matters worse. Also pay attention to your genetic makeup of origin. If you are darker you need more sun and ver likely will prevail less in conditions that has natively lighter skin, greyer skies, more humidity, different nature etc. When you call it race, it is forbidden punishable think, when you call it genetics it's scientific triumph...

(data are data, regardless if they are misused by the political cabal) Do not fear nature, do not freak out if you discover any mold inside. If it's harmful and you inhale nasty stuff, you will immediately notice. If there's nothing airborne, you can just scrape it off without chemicals, and as a finishing touch to slow down the reappearance, use natural products mentioned in comments (remember if it comes back, the waste products should be less harmful when they are more natural than chemical, unless the molds are in detox mode which I can't comment on) like vinegar chlorine dioxide baking soda etc.

Remember, you are a moisture producing body. And moist warm air is nice. But the disregulation occurs when (I must sound like a very broken record) you don't vent enough, as to keep it healthy you need the natural particles that are in natural air (yes, all that aerolized stuff is a biosphere on its own). So I don't consider the plastic solution (waterproof plastics) a real one, as your breathing will moisten it up anyhow and it must go somewhere.

So vent. An ideal shower should be a seperate heated place with a big window (also for UV). You don't have to feel the draft of permanent ventilation (although it is good practice). What matters is getting rid of the moist air and condensation after the shower. So you need to be able to vent and having warmth will also transform the condensation to moist to evacuate to outside.

Posted On 03/31/2024

airsurfer

Also store your towels in a dry warm place and don't keep them in a humid bath room. Ideally dry them in outside air and sun. Also, vent your rooms in the morning, because this way you vent out the nightlong buildup of moisture, and the colder outside air is dryer, and will flow in from bottom while your moist warm air will flow out upwards (so it will rinse well). People often misunderstand and think cold air is wet because a warm thing gets wet when placed in a cold place. When you have a glass of cold beverage, the glass is cold (no, it's not sweating) and the warm (apparently dry) air around it is humid, yet because it's warm the humidity stays vapourized and gives the illusion of dry air.

That humid air when cooled by the surface of the cold glass, gets de-humidified (the drops originate from the warm air). Also why the glass gets condensation in warm air, but not in the fridge (where the air is cold and dryer). So when you vent in the morning the fresh dry air flows in and pushes the warm moist air up and out (ideally you'd remove your roof for 5 minutes).

Posted On 03/31/2024

MysticTuba

The recommendation for ferments is not correct for many people exposed to mold. Mold is a major cause of mast cell problems, and those with mast cell problems will react very badly to ferments. I had a pipe leak inside a wall in my house that I bought in 2001. Starting in 2003, I was getting odd symptoms of myoclonal jerks (RLS / PLMD) upon trying to sleep. Over the course of seven years and more than 20 doctors, I got increasingly worse to the point where I was close to suicide, and no doctor did anything other than run test after test and then prescribe drugs for the symptoms. I finally decided maybe I had Lyme and joined what was then a yahoo Lyme group.

I bought a rife machine that does cure Lyme (yes, it does.) I did not herx to it. Someone on that group said that my problem was mold, and I said no way because there wasn't any mold in my house. (It was inside a wall.) I finally did an ERMI and the ERMI score was literally off the scale, at 25. Basically nonfunctional at that point, I moved first into my garage and later spent the next three years living in outside air. Only during the third year of that I had a plumber go inside the house to do some work, and he discovered the leak, which was as said before, inside a wall.

He fixed the pipes but the mold was still there. We punched a hole in the wall and I stuck the outlet of an ozone machine in that hole, and we let it run for three weeks. (Remediators wanted a huge sum of money, were going to completely destroy the kitchen, and would not guarantee a HERTSMI result afterwards. That is why I did not use them.) After the three weeks, the HERTSMI was 6. The ozone did the job. I was unable psychologically to move back into that house and sold it. The new owners have been there in good health since 2015, and I am in another house I finally was able to buy after I recovered.

Posted On 03/25/2024

airsurfer

Hi, I hope you won't have to go through this survivor's marathon again as it must have taken lots of courage after seeing more than 20 docs. One thing that is not (imo) sufficiently common knowledge as therapeutic intervention, is to temporarily MOVE to another place (ideally a camping site, even if only to spend nights) as this will (with a bit of luck) limit the exposure to the pathogen. We tend to have sleeping rooms that are way too cluttered and not sufficiently vented. IF you are a meticulous person, it pays off to do some work yourself to make sure it's done right. I've seen too many professionals of any trade, fighting with their job instead of doing a proper durable job. Regarding ferments, everybody reacts different so the main thing is to listen to your body.

Posted On 03/31/2024

grulla

I have commented a few times in the past, here on the Mercola forum, about various measures I have taken against household mold, such as installing large door vents under kitchen and bathroom sink cabinets, as well as proper insulating and venting attics while avoiding condensation forming mold. But it never occurred to me that the outer wall coating wall paper could be a possible source of mold, especially where proper wall sealants were used to prevent moisture/mold permeation of the inner insulated wall in the first place. There are numerous books available in properly super-insulating houses while avoiding mold. My favorite book has always been "Super Insulated Houses and Double Envelope Houses" by the late William A. Shurcliff. www.thriftbooks.com/w/super-insulated-houses-and-double-envelope-house.. ~~~ en.wikipedia.org/.../William_Shurcliff And one can online search for other similar publications.

Posted On 03/25/2024

MASONMANNIX

Interesting. I had to move out of my home because the roof leaked and my well-known insurance company WOULD NOT pay to fix it. My thyroid glands had been bulging for about 2 years. Once I moved out, it shrank back to its normal size. I know I had mold in that house and that's what was causing me issues!

Posted On 03/25/2024
