

MOLD TOXINS SUMMARY

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Introduction: Mold toxins are one of the main reasons that there are so many mysterious conditions that baffle the medical community. This is a very important topic and well worth studying. An understanding of this material can easily double the effectiveness of any practitioner who is not already helping their clients or patients to remove mold toxins from their bodies and environments. Mold toxins are neurotoxins – that is, they are toxic to the nerves.

Mold exposure: Researchers at Harvard University studied thousands of homes and found that fully half of them had enough mold toxins in them to cause symptoms. Most of these homes have no obvious water intrusion and little or no visible mold. This situation is similar in most parts of the country. About half of the people in the USA are living in homes that have enough mold toxins to make them sick.

The kinds of houses that have high mold levels are those that have had water intrusion, those that have basements or are built on a concrete slab, or those that have an attached garage. Concrete that is in contact with dirt wicks moisture and is a continual source of water vapor. Just ask anyone who has stored a bag of pre-mix concrete on their garage or basement floor! Any natural fibers (cellulose) such as wood or sheetrock paper that are exposed to this moisture will start to make mold spores. There may not be enough mold to damage the building, but there is certainly enough to cause serious illness.

Flat roofs are very common causes of water intrusion. If a building has a flat roof and a concrete floor it is probably making people sick.

Vented crawl spaces often work well and they can be a huge improvement over basements or slab construction. On the other hand, during the winter when the air in the house is warmer than the air in the crawl space, the warm air rises and crawl space air can be pulled up into the house. When this happens, up to 40% of the air in the home can be moldy air from the crawl space. The problem is the holes where wiring, plumbing and heating vents pass through the floor. Sealing around these holes will help. An essential oil diffuser could be placed in the crawl space and air leaks under sinks, around air ducts and even leaks around electrical outlets and switches could be discovered and sealed.

Closed and conditioned crawl spaces are perhaps the best form of house construction. A conditioned crawlspace and no attached garage would be a good combination.

Almost all cars are very moldy, even those that are only a few weeks old. We drive them in the rain, open the doors in the rain, we open the trunk in the rain, and so on. If your car has been driven in the rain, it is almost certainly moldy.

A car or building does not have to smell musty or have visible mold to be contaminated. A musty smell is an indication that mold levels are very high. It is interesting that many

who have high levels of mold toxins in their bodies cannot smell mustiness until after their levels are reduced. Then they start smelling mold in buildings.

When wood or cardboard or paper or other natural fibers come in contact with water or water vapor, molds such as *Stachybotrys*, *Aspergillus*, *Acremonium*, *Penicillium* and *Chaetomium* are likely to start colonies. The colonies may be visible or they may be hidden in places such as the tops of ceiling tiles or the bottoms of carpets. The molds send out spores which contain the powerful toxins. Some molds send out hundreds of times as many toxin particles as they do spores. These molds may be difficult to detect with conventional tests.

The genetic aspect: When these spores or toxin particles with their neurotoxins are inhaled, the immune systems of about 76% of people have the ability to quickly tag the particles as invaders and eliminate them. They may sneeze or have other symptoms, but symptoms are temporary. They are like a plastic bucket that has poison drip into it from time to time but they have a small hole in the bottom of the bucket and the poison leaks out.

About 24% do not have a hole in their bucket. They have a genetic inheritance that makes them unable to eliminate mold toxins. The immune system simply cannot tag the toxins as invaders and it does not eliminate them. The liver can send these toxins to the digestive tract via the bile, but they are quickly reabsorbed back into the blood. The result is that continual or repeated exposures to mold toxins results in large amount of these toxins in the body. It is estimated that around 25 million Americans have some degree of mold toxin illness though it might be called MS, Parkinson's, chronic fatigue, fibromyalgia, rheumatoid arthritis and so on.

These mold toxins cause chronic inflammation with symptoms such as fatigue, pain, brain fog, out of control weight gain and loss of sex drive. Mold toxins can cause symptoms similar to a permanent case of flu.

An inflammatory reaction is very useful to help deal with an infection. It is damaging when it goes on and on. An inflammatory response caused by mold can cause the body to release even more inflammatory chemicals. It is similar to when you hold a microphone too close to a speaker. You get a feedback squeal. The result of this increasing inflammation can be severe pain, blood sugar problems, nerve damage, reduced circulation, autoimmune diseases, cancer and symptoms that resemble advanced heart disease. Any exercise can result in a crash that lasts for days. This inflammation can even result in gluten intolerance.

Detecting mold toxins: Dr. Ritchie Shoemaker uses the Visual Contrast Sensitivity test. The idea is that mold toxins cause reduced ability to see shades of gray (or grey if you prefer). You can do this test online. Just do a search for visual contrast sensitivity.

We prefer to use a version of Autonomic Response Testing using calibrated vials. This test enables us to produce mold toxin scores that allow us to monitor progress. This test can be done from a distance using a saliva sample.

We also prefer Autonomic Response Testing for testing mold levels in a building or car. This can also be done from a distance using a sample collected using a quarter of a wet paper towel that is allowed to dry in the room or vehicle.

Treatment: An effective material that I have found for mold toxin removal is plant sterols. One version called Cholestepure has about 450 mg of plant sterols per capsule. The typical dose is 2 three times a day. There is a peach leaf extract and a thuja extract that speed up mold toxin removal. Unfortunately, the peach and thuja products do not work well with Nano TCM which is a favorite product that we use.

We have found ways to speed up mold and Lyme toxin removal. At least one type of Japanese foot detox patch pulls out mold toxins very quickly with no apparent adverse effects. We are seeing amazing improvements in as little as a week.

Also, an "ionic foot detox" setup where the feet are in separate tubs is very effective and works quickly. A 9 volt battery can power the tubs or some frequency generators make DC offset waves that can be used. Please note that the feet must be in separate tubs with an electrode each side for best results. Here is a case where both foot patches and tubs were used:

Client KR reported that he had chronic fatigue along with severe joint and muscle pain. It was thought that he had rheumatoid arthritis and fibromyalgia for which he took "Prednisone" and "Vicodin" but he still had severe pain. He also said that his muscles were so weak that he could not even open a vitamin bottle. It was a major strain just to walk the fifty feet from his car to my office.

He had very high levels of mold toxins and also Lyme disease. The source of the mold appeared to be their home and his wife's car. His truck was also moldy but that did not matter as much as he could no longer drive.

KR decided to try to eliminate the toxins from his body with 10 foot detox patches, just enough for 5 treatments. He did not get supplies to treat his home or the car.

After five nights of using foot patches, he was feeling much better so he mowed his church's lawn and fertilized it and then mowed the lawn at home. Quite a change from having a very hard time walking at all!

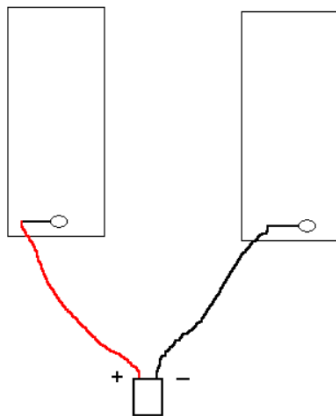
A few weeks later, his wife called to say that he was in extreme pain and he had been to the emergency room to get back on the medications again. Even standing up required great effort. He had run out of the foot pads and he was still living in a mold contaminated house where he inhaled mold spores and toxin particles daily.

This time KR decided to use a cold air diffuser and an essential oil combination called Detox Oil to kill mold in his home and car. To remove the toxins from his body he decided on a pair of foot tubs. He would use alligator test leads to attach a 9 volt battery to a stainless spoon in each tub. The positive (+) side went to the tub with the left foot and the negative side went to the right foot. Each side would have a pinch of Celtic or Real Salt and 3 inches of warm water. The salt amount should be just enough so the current could just barely be felt. Treatment time would be 30 minutes a day.

I called him a week later so see if he had been able to make any progress. He said that he was symptom free and "I used the treadmill for an hour yesterday and used it again today." So in his case, he was able to get good results in just a week. Twice.

Any Clark type of zapper and also certain frequency generators can also make "DC offset" electricity that can be used for foot detox. The water does change color just a bit in the tub with the left foot. The color change will be faint and not dramatic like the commercial ionic foot units that have iron and copper electrodes that dissolve into the water giving it that murky color. Treatment can be 30-60 minutes a day. If a frequency generator is used, any frequency suitable for detox or infections can be used. The voltage should be just barely high enough to be felt. High frequencies much above 10,000 Hz cannot be felt well or at all. Most any frequency can be used, but if you want to be able to feel it, choose one well below 5000 Hz. **This setup works far better for mold toxins than the commercial units where feet are in the same tub.**

This is an economical but very effective foot detox setup. It does not have electrodes that dissolve so there will be very little color in the water.



These are two plastic tubs the size of shoe boxes. Into each one goes a pinch of Celtic or Real Salt and about 3 inches of warm water. There should just enough salt so the current can just barely be felt.

You can use a couple of old stainless spoons for contacts, one spoon in each tub. Connect the spoons to a 9 volt battery with alligator clip leads. The + side of the battery goes to the tub with the left foot.

You can also use a Harmonic Generator or other DC offset equipment instead of the battery.

Start with 5 minutes a day and work up to 30 minutes. Avoid mold exposure.

The radionics activation 80300 (803,000 ohms) is effective in reducing mold toxin levels. You can treat alfalfa and take three tablets, three times a day. Or, treat water and take a tablespoon three times a day. Consider sleeping on a screen attached to an activator.

Killing mold in cars and buildings: Take care of any water intrusion such as a roof leak. Dr. Edward Close discovered that you can reduce mold with a cold air diffuser and "Thieves" oil. He has the diffuser set so it uses about ¼ ounce of oil in 24 hours. "Detox Oil" can also be used and it is much less expensive. Keep this setup away from children.

We are now also using Detox Oil in a crock pot. **KEEP THIS SETUP AWAY FROM CHILDREN.** Add the oil to an empty dry crock pot and set it to Warm or Keep warm and leave it uncovered. When you can no longer smell the oil, you can turn the crock pot up to Low. When you can again no longer smell the oil, let the crock pot cool and discard any residue. For a large area like a garage or basement, I use a whole 2 ounce bottle. More than one crock pot may be needed. Treat cars for 24-48 hours. Treat a basement or a garage for at least a week. Then in general, re-treat cars and buildings at least overnight every week or two. I have an area with past water intrusion that I treat continually with the crock pot on low.

MMS (Sodium Chlorite) and citric acid can also be used. To treat a car, put about one tablespoon of MMS and the same amount of 50% citric acid in a glass or plastic bowl and leave it in the car overnight. Do not breathe the fumes. If there is a trunk treat it with another bowl of the mix. Air the car out before using it. Treat the car three nights in a row and then once or twice a month.

To treat a room, use a bowl with four ounces or more of MMS and the same amount of 50% citric acid for each 10 foot square (100 square feet) of space. For a large room such as a garage or basement you can use a large glass flat bottom baking dish with 8 ounces or more of each. Do not breathe the fumes. Again, it is often necessary to treat the area every couple weeks or even more often. It is necessary to turn off the furnace if it is there and block off any vents or any ways that the fumes could escape.

Ozone is also an effective way to kill mold in cars and buildings. An industrial strength unit must be used and levels must be high enough to require vacating the area during treatment. There are inexpensive units that put out 7000 mg or more of ozone per hour. Air the area out after finishing the treatment. Excessive prolonged use of ozone can damage rubber, plastic and some other materials.

I am hearing good reports from people using hydroxyl generators in the living area. They can be run continuously even with people present.

Treating a serious illness such as MS, Parkinson's, rheumatoid arthritis, cancer, Lyme disease or even less serious conditions like fibromyalgia without addressing the mold issue may not be very effective. It may even be a total waste of time. Mold toxin buildup is a root cause and it must be dealt with for good success. Of course it is also necessary to deal with other causes like spinal misalignments, toxic metals, toxic chemicals (including medication toxicity), infections (including infections in tooth sockets), parasites and radiation damage.

This is not a quick fix. This is not like an antibiotic for strep throat where you get 20 tablets and you take four a day until they are gone and then you are finished. This is a lifetime of paying attention to where you go and a lifetime of avoiding places that are moldy. If you must go, consider wearing a surgical mask to keep out the bigger spores. Do extra detox when you get home. This is a lifetime of treating garages or basements or

rooms built on slabs and cars. This is a lifetime of removing mold toxins from your environment and yourself. If possible, choose a house with a crawlspace vented to the outdoors and no attached garage. Avoid a home on a hillside or at the bottom of a hill where water might run down the hill and make the foundation excessively wet. If you are apartment hunting, choose a second floor apartment with an outside stairway and entrance. The first floor units will act as your crawlspace.

In conditions such as cancer, MS, Parkinson's and ALS if the mold score is high it is absolutely necessary to develop a fanatical avoidance of mold exposure. NEVER drive or ride in a car unless it has been treated recently. NEVER go to grandma's if she has a basement or other mold source. NO EXCEPTIONS!

On a positive note, this is a major factor in clearing up crippling and degenerative conditions. This is a way to enjoy a life that is far superior to what you get when you suppress symptoms with medications.

Mold Toxins Experiments:

1/19/2016 SL took a starting saliva sample. The mold toxins were 680,000. She then worked in her basement all night wearing a surgical mask. She thought it leaked some around the edges.

1/20/2016 in the morning she took a saliva sample. The mold toxins were 720,000. She did a 30 minute foot soak with feet in separate tubs connected by a 9 volt battery. The mold toxins were 550,000. That would work out to more than 200,000 points per hour. She put on a pair of Quick Edition foot patches and went to bed. When she got up on 1/21, the mold toxins were 330,000. The reduction was more than 200,000 points.

3/15/16 about noon SL took a starting saliva sample. The mold score was 480,000. In the evening she did a 40 minute foot soak. The mold toxins were 310,000. That would work out to more than 200,000 points per hour.

6/9/16 in the evening the mold toxins were 470,000. She decided to test Kinoki brand patches.

6/10/16 in the morning the score was 450,000 for a 20,000 point reduction.

6/10/16 in the evening the score was 490,000. She used the Kinoki patches for 4 hours.

6/11/16 in the morning the score had dropped to 470,000 for a 20,000 point drop.

6/11/16 in the evening the score was 490,000.

6/12/16 in the morning after 12 hours of Kinoki patches the score was 430,000 for a reduction of 60,000 points.

6/13/16 in the evening her score was 510,000.

6/14/16 after 11 hours of Kinoki patches the score was 470,000 for a 40,000 point drop.

6/16/16 in the evening the mold toxins score was 470,000. She switched to Quick Edition patches.

6/17/16 in the morning after Quick Edition foot patches the score was 280,000 for a 190,000 point drop. She was then exposed to 45 minutes of a moldy home. The score was 690,000 and by evening it was 680,000.

6/18 in the morning after Quick Edition patches the score was 430,000 for a very nice reduction. The Quick Edition was the clear winner.

Another lady, SN, volunteered to test the cheaper Kinoki patches:

6/7/2016 in the evening, SN had a mold score of 253,000. She applied Kinoki brand foot patches.

6/8/2016 in the morning she had a mold score of 225,000. The reduction was 28,000.

The most effective of the methods tried were the Quick Edition patches and the foot baths with the feet in separate tubs.

It is also important to reduce exposure.