



Symptoms of Mold and Easy Detox Tips



Bridgit Danner, LAc

Mold Week! on Women's Wellness Radio

Hurricane Harvey caused damage to 185,000 homes and led to 87,000 flood insurance claims being filed as at Sept 22, 2017 while hurricane Irma caused damage to 90% of homes in the Florida Keys.

We all need to educate ourselves about mold, especially following a flood season. Water damage in a house tends to lead to mold because there's water coming in, water leaking behind a wall that we may not know about, plumbing accidents and overflowed bathtubs.

Our homes are primarily meant to protect us from the elements and we need to be careful with the structures we have in place.

Typical Symptoms of Mold Toxicity

Most people who turn out to have toxic mold have at least 15 symptoms they're complaining about. There may be a main symptom but if you catch it early on and treat it, you will probably experience less of the other symptoms.

Typical symptoms of mold toxicity include:

- Getting sick easily/often
- Chronic swollen glands
- Post nasal drip
- Headaches
- Depression/ suicidal thoughts
- Mold rage
- Asthma/shortness of breath
- Fatigue
- Eye twitching

- Female hormone dysregulation/periods
- Poor memory
- Eye strain
- IBS - digestive disorders
- Loss of motor function
- Learning disabilities in kids

Mold toxicity can also contribute to cancer and heart disease. It shows up in people in different ways and the symptoms happen over time.

Toxic Mold

Not every type of mold will make you sick. There are about 5 classes of toxic mold that can grow in your home which are:

1. Penicillium
2. Aspergillus
3. Stachybotrys
4. Fusarium
5. Cladosporium

The above 5 types emit toxins and can be harmful to your health.

Testing for Mold

It's good to test both your house and body for mold toxicity.

In the home, this involves finding a good mold inspector to inspect your dry wall samples, air samples and do a visual inspection for mold spores, signs of leakage (current & past leakage), how the gutters are arranged etc.

You can get dust samples from your home and mail them off for testing to find out if there are toxins present.

For your body you can do a nasal swab test and visual acuity test, because mold may affect your eyes.

Finding a Good Practitioner

Here are some helpful resources for getting a mold practitioner:

1. Dr. Ritchie Shoemaker's [website](#) - find a practitioner in your area
2. [Dr. Jill Carnahan](#)
3. [Dr. Ann Shippy](#)

You probably want to find a practitioner who has experienced mold and knows what to look out for and treat it, or one who has done extensive research into it. You need to support your immune system and if you still see no improvements find a new doctor.

Other Remedies

Here are other things you can do at home:

1. Use nasal washes to rinse your nose. You can also do a salt wash to get some of that toxic stuff off your nose.
2. Sauna – with a heat sauna (gym sauna) you release 97% water and 3% toxins, but with an infrared sauna you supposedly release 80% water and 20% toxins.
3. Coffee enemas - the coffee goes into a lower part of your intestine and is absorbed into the liver. A compound in the coffee gets into your liver and makes this tremendous amount of glutathione. It therefore cleans your blood. However, coffee enema is not to be done every day.

It is advisable to try out different things and see what works well for you. You should also detoxify to help your liver work better and help push out the toxins. Changing houses or moving away does not automatically cure you because the toxins may still be present in your body. You need to recover your health.

Resources:

- [Vitamin D supplements](#)
- [Zinc supplement](#)
- [Supplement consultation with Bridgit Danner](#)
- [NeilMed Sinus Rinse Salt Packets](#)
- [Nasopure “Nicer Neti” Sinus Wash System](#)