



A Functional Physician's Approach to Mold



Dr. Jill Carnahan, MD

Mold Week! on Women's Wellness Radio

All the effects of a hurricane may not be felt right away but they could be a big issue the following year if people are not careful.

One of the most profound things that mold does is weaken the immune system. It leads to massive toxic exposure which causes immune deficiency. In some cases other old infections you may have had as a child growing up like Lyme can pop up after a mold exposure because the immune system is in a weakened state.

According to Dr. Jill, 25% of houses and buildings in the US are likely affected by mold, that's 1 in 4, and about 24% of the population are susceptible to this. So mold is everywhere, very common and is behind many diseases.

Detoxing

Total toxic load - we are all born with a bucket which is our ability to handle toxic exposures. We accumulate various toxins throughout our lifetime and if that bucket fills up and spills over, we often start seeing some diseases which are often autoimmune diseases like Hashimoto's, Lupus, Parkinson's, Alzheimer's, neural degenerative diseases and cancer.

You should therefore detox to lower the level of toxic load in your body. Dr. Carnahan advises to detox first because if your body is very intoxicated and you start with other forms of treatment, you will not do well. You can do simple things like using:

- infrared sauna
- glutathione
- binders
- Epsom salt baths
- alkaline water or mineral water

These are things you can do every day at home. But you also need to ensure that you are getting clean air, clean water and clean food. Use water purifiers or make sure that you're drinking filtered water. These are the foundational things as simple as they are. They play a huge role in decreasing the toxic load in your bucket.

Using Filters

You need air filters in your home and workplace.

There are many viruses and virus affiliates that put a huge burden on the body system and most of them are notorious because they can stay dormant in the body. But once you get a weakened immune system due to mold exposure, often these tend to pop up and re-emerge and cause problems.

To reduce exposure, you can use:

- HEPA (High efficiency particulate air) filters
- VOC (Volatile organic compounds) filters – many of the mold toxins are VOCs
- [IQAir air purifiers](#)

A VOC filter in a new home is great because it reduces VOCs emitting from the new materials. There are fumes, gases and odors from mold which can cause massive damage in the body. The musky smell is one of the VOCs from mold and every time you smell that musky smell, there's got to be mold somewhere around you.

Dr. Jill Carnahan's Recommendations

You can start remediating your home by yourself. Take control of your life and do what you can early on.

Dr. Carnahan recommends getting the N95 mask and wearing protective gear when entering a house with mold to do cleanup. However, if you can afford to hire a professional, that would be the best way to go so that you get to stay out of the house.

You need to get rid of any sort of porous materials like books, paper goods, clothing, or rags that have been damaged by water. Clothing can be cleaned if it has just been in a moldy house and not contaminated with both flood water and mold.

Binders help your liver and gall bladder detoxify. Dr. Carnahan uses prescription binders like cholestyramine and Welchol. You can typically add in clay charcoal, chlorella or other things. These binders go in to your body and basically grab the bile acids and pull them out with the toxic load. You therefore reduce your toxic burden.

Binders help with different toxins in the body and not just mold. Some of them bind endotoxins and some bind heavy metals. You're therefore decreasing your level of toxic load little by little.

If you suspect mold exposure and can't get your doctor's help, there are things you can do something on your own. Visit Dr. Carnahan's website and get her [6-page free guide](#) with information to get you started on your own.

Lab Testing

You can order [Biotxin Mold Illness Panel](#) by yourself through [LifeExtension.com](#). This panel will tell you if you have an inflammation in your body related to mold. You can do this directly without a doctor's order.

There's also the [HLA-DR Mold Genetic Testing](#) also on [LifeExtension.com](#).

Resources

[IQAir Air Purifiers](#)

[Biotxin Mold Illness Panel](#)

[HLA-DR Mold Genetic Testing](#)