Day 3 Mini Presentation - Reversing Mast Cell Activation and Histamine Intolerance Summit Transcript

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Three Levels of Sensitivity

And today's many presentation topics are. What is mold toxicity? I want to talk about three levels of sensitivities and what is colonization? Mold colonization.

How common is mold toxicity? Symptoms of mold toxicity. And I'm going to show you some ways that mold toxins trigger those mast cells. Let's start with the three levels of sensitivities.

So in my practice we categorize people with at three sensitivity levels. And I want you to start thinking about which category that you're in. Tomorrow I'm going to tell you more about next steps based on where you are in your health journey.

And you want to identify which of these is your category. So the easy category, these are people who can take almost any supplement or medication you need and any amount.

And then you don't really struggle with foods other than maybe gluten or dairy. It's just pretty easy. You can do most protocols. You're not reacting to them.

You can take glutathione and you can these do these types of things. Then there's another category, what I call sensitive. So sensitive is where you tolerate some supplements and medications.

But you have to onboard them carefully and some can really backfire for you. And you probably still not sure what the patterns are in that. Why is that happening?

You may also have some food intolerances. And this is going to be the bulk of people here on the summit. And you're in this category. Then we have what we call our super sensitive category.

Since we are super sensitive, you're tolerating less than five supplements or medications. You may not be tolerate any at all. You're struggling with a lot of food sensitivities.

I say super sensitive because you're usually more sensitive than anybody else. You know, and it seems like you just can't get a foothold. You can't get another step forward.

So think about these three. Think about which category you're in tomorrow. I'm going to talk with you about based on these categories. What you want to be thinking about in your health journey for your next steps.

Now let's talk about mold toxicity. Some. There are a few presentations of mold toxicity. So somebody could have only mold toxins.

What Mold Toxicity Is

So they inhaled or been exposed to mold toxins in some way. Somebody can have what's called mold toxins. And with mold colonization that means you've got mold toxins in your body.

And mold is growing in you. You could just have mold allergies. You may not have any mold colonized or growing in you. You may not have mold toxins, but you have allergies to mold.

So when you're around, leaves that are decomposing leaves, you get a lot of allergy symptoms. Or you go into a place that has some mold, you start sneezing, itchy eyes, things like that.

You get a lot of inflammation, brain fog. Then you could have mold allergy and mold toxicity. So there's combos of these. Or you could have mold allergy with mold colonization and mold Texas stain.

Those are the people who are the most ill from mold. So let's talk about how do you get mold toxins so you can inhale them through your nose and mouth.

So this comes from the environment. Sometimes you can get it from food, but most of the time it's coming from the environment. You're inhaling it. You're breathing it in some mold.

As it grows, it releases gases called mold, toxins and they are highly, highly toxic. You can absorb it through your skin. So if you get a lot of mold on your skin, you're rubbing up against a, you're cleaning out, or you're having a house that has mold.

You can absorb it through skin, you can swallow and food or drink, and it's not as much of a problem in the US, but it is a bigger problem. And developing nations and, animal feed, actually, pet food, you can have mold toxins from it growing inside of you from mold colonization of mold growing in you.

It's releasing toxins as it's growing.

How Mold Exposure and Colonization Happen

Now let's talk about how you can get mold colonization and get it where spores enter through your mouth, through your nose, even through the vaginal canal.

People can have, colonization in these open spaces, even in the ears. And, we get through water into consumption. And either could have been there so there was contaminated.

Now, some studies have shown, mixed information about whether you can get mold toxicity, through food in developed nations, how common that is. And so the people say it's, it's very common.

But, I typically find that the environmental load is much bigger issue. And if you live in a place with a lot of mold and you leave glass of water sitting out, those spores can fall into the water.

And then if you get spores in, you growing any of that's called mold colonization. Having mold growing can also lead to fungal growth on the skin, and it can show up in different kinds of ways.

Dandruff is an, an expression of fungal growth. And then also the toenails, nail fungus. So let's look at how do you get mold toxicity. We've been talking about environmental.

So buildings that have humidity over 50% doesn't have to have water damage. If the humidity stays above 50%, which is happening in most of the US these days, then, you'll get mold growth for sure.

Exposure to water damaged buildings. So if you're just the mold toxins is a lot of mold. Toxins in the air from the mold growing could be behind walls of ceilings, things like that.

And most of the time you won't see visible mold because it's not common to see mold in buildings with mold toxicity because it's usually hiding behind walls and ceilings, things like that.

In developing countries, it can be an issue. And like I said before, also animal feed, pet food and it can pass to the placenta and the breast milk to the fetus to the developing baby.

So many children who've been sick from birth, mold, toxins, may being passed to them. So exposure could have been years ago, could have been decades ago, or could be ongoing.

And exposure can be an ongoing, can be ongoing. And not just homes, but workplaces, churches, schools, retail

stores, and even friends or family members homes.

So we have to think about where we're going. So we had mold exposure. These are some questions I want you to ask yourself. Do you have a dirt crawlspace under your current or previous home?

So crawl spaces where the house is lifted up a little bit and then there will be an entry where you can actually crawl under the house, as opposed to being on a slab or on a basement.

Is there a humidifier on your furnace? So humidifiers, commonplace for mold growth? Have you ever lived in an older house or apartment, or worked in an older building or church?

An older church? Are there any musty smells home, car, workplace, or other places that you're going? A musty smell is a mold toxin smell.

Common Symptoms of Mold Toxicity

It's moldy. Okay, actually. But, do you have what's called an evaporative cooler? It's also called a swamp cooler. They use those a lot more in desert kind of regions, and they have water in the bottom and air's blown over it to cool the air.

So anytime there's water sitting for more than 48 hours, mold is going to grow. Is there any visible mold in the shower, under the vanity, or anywhere else?

Do you have windows that leak? Does humidity in your home ever get above 50%? And I keep little humidity gauges, and I don't just rely on the one on my thermostat, but I have this little gauges in every room in the house so that, I can keep an eye on the humidity and make sure it stays below 50%.

Have there been any water leaks can be a thing about roofs, pipes, even water heater never shampooed the carpets if they didn't get the moisture out. That can lead to mold growth.

Have you ever left a car window or trunk open when it rained? So some things to think about here. And you can get these slides over at the Earth Summit Resources page.

Mast cell three 6.com/summit. So some symptoms of mold toxicity I'm going to go over these fairly quickly so we can get you over to the talks. And you can read these more at your leisure and the slides.

But abdominal issues GI issues are common, particularly chronic Sibo, anemia, asthma, chronic sinus congestion, cough, shortness of breath, changes of appetite, difficulty with cognition.

Edema means swelling, water retention, eyes like tearing or blurred vision, excessive thirst or frequent urination, fatigue or weakness, frequent colds or other viruses.

Headaches. Migraines. Impotence. Infertility. Interstitial cystitis. Urinary issues increase in static shocks. So when you touch a doorknob, you get shocked.

Joint pain, more morning stiffness, muscle aches, cramps, menstrual issues, metallic taste in the mouth, mood swings, night sweats, trouble temperature regulation parts, low blood pressure, dysautonomia, sensitivity, light sounds, touch foods, supplements or medications, sinus issues, sleep issues, slow healing.

Tinnitus, which is a brain tremor. Unusual nerve pains this is a dead ringer. If there's lightning bolt or ice, pick pains, that's often mold toxicity or Bartonella vertigo.

Dizziness. And then definitely consider mold. If you've dealt with, it's been told you have atypical presentations like Alzheimer's, autoimmunity or multiple sclerosis.

Parkinson's is the time to think about it. Asthma, autism spectrum and sensory processing disorders. Any kind of biochemical anxiety, depression, depersonalization, due realization, mood swings, cancer history, chronic fatigue, chronic sinusitis, sinus issues, cognitive impairment, or OCD.

Now, none of this is diagnostic. I'm just giving information. So that you can consider whether to explore this more.

Mold, Mast Cells, and Closing Remarks

It's also often said to consider mold with fibromyalgia, hypermobility, multiple chemical sensitivities, nasal polyps, significant EMF sensitivity sensitivities, light center touch food supplements or vocations, and then the symptoms you need to mold or Bartonella to the tick borne infection, internal vibration and tremor.

Nerve pain in the experience of a lightning bolt or an ice pick type. Pain. Strange skin sensations like crawling, sometimes other type of skin sensations.

Sensitivities to everything. Static shocks. And let's look a little at the impact of mold on mast cells. So lots of research. I just have a small selection here of some of the research that has shown clear impact of mold and mycotoxins on mast cells.

Now don't worry about everything that's on these slides. What I want you to see is that this is a study from 2018, looking at how mast cells are activated by fungal species, and that includes mold and Candida provoke an increase of prostate gland.

And so that's a mast cell mediator. And that led to hypersensitivity and signs such as irritation of the respiratory tract and eyes, recurrent sinus issues, bronchitis, cough and fatigue, nausea, headaches and brain fog.

And what they found was that there fungal species, when they were growing and living in somebody colonized them, activates a receptor called the toll like receptor.

So they were reporting. And the fungal species can activate mast cells to secrete pro-inflammatory cytokines. Now another one here. This is another 2018 paper about how mast cells are involved in immune response and contribute to dysregulated immune response, with host issues with bacteria or fungal issues like fungal infections.

And then this even back 2011, paper was looking at certain mycotoxins known to create neurotoxicity and mold. Toxins have been shown to be toxic to every system in the body the kidneys, the liver, the GI tract, hormones.

And so on. Even our genes. So you can see how even just this little snapshot, why say mold toxins are one of the biggest triggers that we have to address really early on if we really want to get ahead of mast cell issues.

So let's get to the talks. Just a quick reminder again about your Summit resources page here at Mast Cell 360, the Commerce Summit. Enjoy your talks. Enjoy your day and I can't wait to see you tomorrow.

Don't forget about our Facebook Live tonight at 6 p.m. eastern. I can't wait to be with you there.