# Extreme Fatigue, Anxiety, Insomnia & Countless Sinus Infections – Black Mold Was the Hidden Cause Transcript

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## Introduction and Early Symptoms

Hi I'm Claire, I am 20 years old. I went junior in college and I started my feeling sick when I was about 18 years-old. It was the winter between my freshman year.

And I came home from college, and it was a month and a half of me feeling terrible. My arms were going numb. My head was killing me. I couldn't breathe properly because I thought I had pneumonia, bronchitis.

And I kept going to the doctor and being like, something's wrong with me, and they drew my blood, they were like no, everything's fine. Some level is elevated, but nothing's right with you.

Okay, well then there's something wrong. So I went to my normal doctor, I was like I can't stop coughing. They're like oh, you probably have bronchiitis, so I want an antibiotic for that.

Then I'm like okay, after three weeks it'll get better, then you'll probably get pneumonia. So one of the other, I went through all the steps that a normal person would do of like going to the doctor, drawing my blood, seeing what's wrong, and constantly they were like, nothing is wrong.

When I would go in and be like I can't, every time I get up I say I'm gonna pass out and it doesn't go away and I just sit on the ground for 20 minutes before I actually go to school.

And they'd be, like oh you need to get out slower. Oh getting up slower is not a thing I could do the rest of my life. I also would get a sinus infection every other week and they would look at the point where antibiotics wouldn't work on me.

and no one wants to take antibiotics every two weeks because it stops helping. So I finally was sitting in my aunt's house and I was like, why don't you just sit down to see if you can help with your sinuses and she just sat in her house.

I'm sitting there and my Aunt Sam was, I can't get better. There's nothing that's helping me. I was like, even if I go sit in a sauna, I'm never any better.

And she was, like why don't you try deeper healing? Because my uncle had actually gone for mold. I didn't have mold, that is crazy. At 18 years old, why would I even have a mold?

I doubt that mold's even a thing. It's something that grows in our food. Something that you see outside of the wall. But it's not something I have inside of me.

She's like well don' you just try? Cause you've done everything you can. Okay fine, i will try. So I came in here and I started just grabbing all my symptoms, and every single time I said symptom, someone was like, yeah, that has to do with mold.

I had so much anxiety, I felt so depressed, but I'm such a happy person. And I was, like I don't know why I keep feeling so sad and anxious for small things that usually a year ago would never have triggered me.

## Doctors Find Nothing Wrong

simple things like something didn't go my way in the day and I literally would spend the rest of the Day so anxious and that was such a big change and it came to like when I scratched my body I would have red marks on my Body

for hours after so it was things Like that that I started saying and everyone was like this is something that is normal when you have mold so then I went and tested myself and lo and behold I had all five types all super high and I felt so reassured that I wasn't crazy that something is wrong with me because every doctor was kept telling me nothing's wrong.

So I started realizing that that was a problem, but it was also a really hard thing to do when you're in college and no one believes that multiple thing.

People will be like, Claire, you don't have that. It was so hard for me to just keep being like, I know I'm not crazy, and know something's wrong with me.

I have a test to prove it now and not be like yeah you're right, i'm totally fine. When there would be days where I really couldn't get out of bed and the most I could do is go to class and come home and just sit there for hours in a dark room.

And I couldn"t sleep at night because the cortisol was too high that I would literally sleep for an hour a night and I was just so exhausted and it would take me so long to get I was just in a sorority and I'd have to drag myself out of bed to go do something to just make friends and be social.

But no one understood that and how hard it was, so it's really just a silent battle with myself trying to force myself to get out bed. And you can only call your mom so many times.

So finally in the summer I came back and started detoxing. There's points where I'm so down that I would go to work, go home. Couldn't move, sit in my room for hours.

My friends would be like, what is something I just can't right now and I can explain why I cant? But I'm always tired and the excuse of being always and me feeling like I am so sorry, I so tired got so old that I felt so bad that when I was telling my friends I always was tired, my parents always were tired.

And there wasn't really a fix for it. So I started detoxing and obviously the worse for you the better. Before I left for college there was a glimpse of myself.

I came home and Dr. McCarter saw me and my neck was so big, my face is so gray, she didn't even recognize me. She was like, your lymph nodes are so massive.

she was, like I don't want to tell you this, but you are still gray in the face. You don' even look like yourself. Like I met you when you were probably unhealthy, you just continually got worse.

I was just like i've never seen you look so bad. To me, I look totally fine. But to anyone else who knew me I was like, dang, I'm super sick. So finally before I came back, my mom was, you have color in your face.

Your lip bones aren't swollen. You don't get sick all the time. And I finally started to feel better. A lot of lifestyle changes went into that because I would go to school every time I went to college.

Do I want to do that? Not at all. I had to walk 15 minutes every day, 30-50 minutes back. Take time in my day where I could be hanging out with friends, doing homework, going to eat or doing whatever.

But I had to make the promise to myself that I have to do certain things to be make myself still continually feel better.

## Discovering Mold as the Cause

So I think that, I've made definitely a lot of lifestyle changes that have helped me, but I haven't noticed such a big difference in my lifestyle. Some just even knowing what's wrong with my body.

It makes me feel so much more in touch with it, getting off of certain pills and things that weren't helping me have just made me a feel a whole lot better and more myself again.

And yeah, this summer on detoxing heavy metals, it's not gonna be fixed in a month. It's a gradual process, which is hard as someone who's young and just wants to be over it and never deal with it again.

But it is worth it in the end to look back on my life and live it probably enough and definitely longer and to just feel better because it was not normal to sick all the time.

Its not normally to have a sinus infection every other week. And that's the way to live life just constantly in and out of being sick and not being tired, not getting out bed.

Deeper healing is real because even though it might take a second, you get so many results. And I think many people have this idea that it's not like a real doctor's office because you don't actually, like, check in with someone.

It doesn't have any of that very doctor office feel. No one's in a lab coat talking to you. But to me, it feels better than a doctor because it feel so much safer than doctor.

There are people here that care for me soo much and that I've gone through so things with that like know my name, which a Doctor, they'd never know your name.

that know how I'm feeling, check up on me, I get texts, like messages on my platform that just show that they care about me so much. And I don't know, how to store in the runway, but I wish that people could see that.

Those doctors don't have all the answers. No one says there's a root cause to everything and there is not just a band-aid fix. And I wish you would have understood that headache is nothing you can take a pill for.

There's something underlying that needs to be figured out because of continuing to leave band aiding. I've had to talk to so many friends who have problems.

One of my best friends had a leave college this year because she had an awful lot on USBs. She would go to all these doctors in the hospital for three months.

and they couldn't figure out what was wrong with her and finally she kind of took a more holistic path and she started feeling better. I wouldn't have done anything for her to like, you know, go to that quicker.

## Testing Positive and Feeling Validated

So for me to come to it quicker, I just like people to see those real results here and to know that Even if it's taking a magnesium in your brain, as it makes sense, it is helping your body and to kind of drop that veil of, you know, I can't go to a real doctor, but to real a doctor who does all those things, like not going to MESC, But this makes a difference and all of those IVs and shots and things you're getting here are made to make you feel better in the long run versus when you go a normal doctor in cases like this, when there's an underlying root cause and a problem that's environmental, especially, that you don't know where it's coming from.

This is a place where its meant to make you heal. To just prolong come back to the doctor every five months, every two months every other year. It's meant send you out on your way and heal you and you dont even need to come and if you do come obviously there is place for you because you feel so much better and healthier.

Hi I'm Claire, I am 20 years old. I went junior in college and I started feeling sick when I was about 18 years old. It was the winter between my freshman year.

I came home from college, and it was a month and a half of me feeling terrible i thought that i was dying the whole time time to be honest my arms are going numb my head was killing me i couldn't breathe properly because i felt i had pneumonia bronchitis then i kept going to the doctor and being like something's wrong with me and i went with

the dermatologist and they did my blood and know everything's fine.

I was like, okay, well then there's something wrong with me. So I went to my normal doctor and I can't stop coughing. They're like oh you probably have bronchitis so I want an antibiotic for that.

Then I'm like okay after three weeks it'll get better. You probably will have pneumonia. so i went into the doctor, and they took an x-ray. One after the other, I wanted to do all the steps that a normal person would do.

Going to the doctors, drawing my blood, seeing what's wrong and constantly they were like nothing's and that was something that's happened in my whole life where I would go in and be like, I can't, every time I get up I say I'm gonna pass out and it doesn't go away and I'd sit in the ground for 20 minutes before I could actually go to school.

And they'd be, like oh you need to get out slower or things like that. I also would get a sinus infection every other week and they would look at to the point where antibiotics wouldn't work on me.

So I finally was sitting in my aunt's house and when I was like, why don't you just sit down to see if you can help with your sinuses. I'm sitting there and I said, I can't get better.

There's nothing that's helping me. Even if I go sit in the sauna, like I'll never get any better and she was, Why don' you try deeper healing because my uncle had actually gone for mold.

And I didn't have mold, that is crazy. At 18 years old, how would I even have a mold? I doubt that mold is even a thing. It's something that grows in our food.

It something you see outside of the wall. But it's not something I have inside of me. She's like, why don't you just try?

## Detoxing and Lifestyle Changes

Because you've done everything you can. And I was like OK, fine. I will try. So I came in here and I started describing all my symptoms. Every single time I said symptoms, someone was, like yeah, that has to do with mold.

There was a point where I had so much anxiety. and felt so depressed. but I'm such a happy person. Like, I am so confused. feeling so sad and anxious for small things that usually a year ago would never have triggered me.

Simple things like something didn't go my way in the day and I literally would spend the rest of the days so anxious and that was such a big change. And it came to like when I scratched my body, I would have red marks on my bodies for hours after it looked like someone was like, scratched me up and down.

So it was things I started saying and everyone was this is something that is normal when you have mold. So then I went and tested myself and lo and behold I had all five types all super high and I felt so reassured that I wasn't crazy that something is wrong with me because every doctor was kept telling me nothing's wrong.

So I started realizing that was a problem but it was also a really hard thing to do when you're in college and no one believes that mold's a thing. People will be like, Claire you are crazy, you don't have that.

When someone has something that's so wrong with them, you're like, they're making fun of my pain. It was so hard for me to just keep being like I know I'm not crazy.

I have a test to prove it now and not be like yeah you are right, I am totally fine. When there would be days where I couldn't get out of bed and the most I could do is go to class and come home and just sit there.

for hours in a dark room. I couldn't sleep at night because the cortisol was so high that I would literally sleep for an hour a night. And I was just so exhausted and it would take me so long to get out of bed.

Like, I just was in the sorority and I'd have to drag myself out to bed to go do something to just make friends and be social. But no one understood that and how hard it was.

So it really was like a silent battle with myself trying to force myself to out bed and like you can only call your mom so many times. So I finally, in the summer, I came back and I started detoxing and there was points where I was so down that I would go to work, go home, couldn't move, sit in my room for hours.

My friends would be like, want me to do something? I'd be, like I just can't right now and can explain why I can. But I'm always tired and the excuse of being always-tired and me feeling, I am so sorry, so tired, got so old, that I felt so bad that when I was telling my friends, my parents, and there wasn't really a fix for it.

So I started detoxing and obviously it was for the better. Before I left for college there was a glimpse of myself. I mean I know I came home. And Dr.

McCarter saw me and my neck was so big, my face is so gray, she didn't even recognize me. She was like, your lymph nodes are so massive. I don't want to tell you this, but you are still gray in the face.

You don' even look like yourself. Like I met you when you were probably unhealthy, you just continually got worse. And I was just like I've never seen you look so bad.

To me, I look totally fine. But to anyone else who knew me I was like, dang, I'm super sick. So finally, before I came back, my mom was, you have color in your face.

Your lip tones aren't as swollen. You don't get sick all the time. And I finally started to feel better. A lot of lifestyle changes went into that because I would go to school every time I went to college.

## Healing, Support, and Holistic Care

Do I want to do that? Not at all. I had to walk 15 minutes every day there, 15, 30, 50 minutes back. Take time in my day where I could be hanging out with friends, doing homework, going to eat or doing whatever.

but I had to make the promise to myself that I have to do certain things to be make myself still continually feel better. Was taking a million pills every day fun?

Nope. But do I feel that are now? Yes. I was having to eat gluten and sugar and so long, which helped my inflammation, but it's super hard again, being a college kid and being like, no, sorry, I don't want that pizza or no but we can go for ice cream, But I'll just watch you guys eat it.

but there's certain that, that try to promise stuff I would do, to make myself feel better, but to also not make my life stop just because I have these problems.

Because eventually, if there's so many things that can be wrong with you, it can consume you. And I'm not going to look back at my own life and hopefully never have a problem again and be like, I should have gone and eat that ice cream or should've gone eat pizza with that friend.

Maybe not take my pills that night because I was okay and I'll wake up next morning maybe feeling a little bit worse, but it will never be worth the suffering to miss out on something.

So I think that I've made definitely a lot of lifestyle changes that have helped me. But I have noticed such a big difference in my lifestyle. So it's just even knowing what's wrong with my body.

It makes me feel so much more in touch with it, getting off of certain pills and things that weren't helping me. That just made me a lot better and more myself again.

And yeah, I'm detoxing my heavy metals, but I think that it is not going to be fixed in a month. Its a gradual process,

which is hard as someone who is young and just wants to get over it and never do it again, It is working in the end to look back on my life and live it probably enough and definitely longer and to just feel better because it's not normal to be sick all the time.

It's normal not to have a sinus infection every other week and that's a way to live life just constantly in and out of being sick and not being tired, not getting out bed.

So I would say that kind of sums up my whole thing. I've been going to holistic, normal doctors since I was in 10th grade and every single time I went, they gave me another band-aid solution.

I would go to a chiropractor who would give me certain pills and it was just one after the other. You're fine, take a supplement. When I took it for a couple days, a month, I saw no results.

I'd go back, oh, we're on a pill, here's another one. So I started thinking there's something way more wrong with me that is not something a doctor can see because the antibiotics are working and they could x-ray me all day, but there was nothing that's sticking out to them.

after I really felt like I was just living constantly with this and I would just get tired and have a sinus infection or I will not be able to get out of bed and that's just the state of my life and then I'll have to do this for the rest of life.

I finally found deeper healing and when I came and described the symptoms I were having that were so random that I would obviously look up online and I'd be like, I'm getting bruised.

You have this awful crazy disease that you'll never get rid of. I was like I just don't know how I wouldn't have gotten that. Does it make sense? I finally came deeper healing and described my symptoms and they told me mold and metals and it made me feel so understood because no other doctor ever told that would be a possibility and to feel that my feelings were validated and my sickness and anxiety and depression were evaluated was something I can't describe because as 20 or while I was 18 no one believed me and it just felt like every doctor I went to they were just like I would go there and I'd try to minimize my symptoms and be like you know what but I feel fine I'll just deal with it.

no one was like, you don't actually feel fine. They said, okay, we'll see you in six weeks and you'll be totally fine by then. But I never was fine, so coming to a place where I knew there was someone who actually cared about me and cared for my health and knew that they were looking out for me, and there is something underlined, they could help me fix, felt so great, especially to young person who I don't always speak for myself and I feel misunderstood, especially when you go to doctors because they kind of minimize your feelings.

It felt so great for someone to look at me and talk to me like I am an 18 year old and to make me feel like i was understood and tell me there's a way to feel better.

We just have to do it. deeper healing is real because even though it might take a second, you get so many results. And I think many people have this idea that it's not like a real doctor's office because you don't actually check in with someone.

You can fill out all those forms you fill on. It doesn't have any of that very doctor office feel. No one's in a lab coat talking to you. But to me, it feels better than a doctor because it feel so much safer than doctor.

There are people here that care for me and then I've gone through so things with that like know my name. that know how I'm feeling, check up on me, I get texts, like messages on my platform that just show that they care about me so much.

But I wish that people could see there's a root cause to everything and there is not just a band-aid fix and I want you to understand that headache is nothing you can take a pill for.

There's something underlying that needs to be figured out because continually banding. I've talked to so many

friends. after having gone through things like this, who have problems.

One of my best friends had a leap college this year because she had an awful lot of muses. And she would go to all these doctors in the hospital for three months and they couldn't figure out what's wrong with her.

Finally, she kind of took a more holistic path and she started feeling better, which to me, if we could have those three much spent in hospital, just shortened it a little bit, knowing that and her not feeling crazy.

I would have done anything for her to, like, you know, come in that quicker. So for me to come into it quicker, I just like people to see those real results here and to know that even if it's taking a magnesium in your brain, as it makes sense, it is helping your body.

And to kind of drop that veil of, You know I can't go to not like a real doctor, which obviously it not a not real a doctor but to a really doctor who does all those things.

Like not going to MESD, but this makes a difference and all those IVs and shots and things you're getting here are made to make you feel better in the long run versus when you go to a normal doctor in cases like this when there's an underlying root cause and a problem that's environmental especially that you don't know where it's coming from this is a place where that it is meant to heal to just prolong coming back to the doctor every five months, every two months every other year It's meant to send you out on your way and heal you and you don't even need to come back.

And if you do come out, obviously there's a place for you because you feel so much better and healthier.