Podcast Intro and Disclaimer

And when I graduated, the rates of autism were about one in 10,000. And now in some parts of the country, it's like as low or as high as one and 21, like in California.

Yeah. So the genes haven't changed, but the toxicity of our environment has. You've tried everything. You changed your diet, you've detoxed, and you even moved homes.

And yet you still feel sick. Headaches, brain fog, fatigue that no one can explain. What if it's not you? What is your environment? Welcome to Mold Microtoxins and More.

I'm John Bode. Each week I sit down with experts uncovering how mold, microtuxins, environmental exposures affect your health and what real recovery looks like.

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What if your child's anxiety, ADHD symptoms, chronic fatigue, or even autism diagnosis wasn't just behavioral, but it was inflammatory? What if the root cause wasn't in the brain, but in air inside your home?

Today, we're diving into one of the most important conversations we've had on this show. Welcome back to Mold Microtoxins and More. I'm your host, John Bode, co-founder of The Mould Pros.

And while normally we record from the confines of my office where we have great lighting and equipment for good sound quality, all that good stuff, today we are recording at 0 dark 30 in morning from my laptop in a hotel.

So I want to apologize in advance for our listeners for any quality issues on video or audio. But I promise you this, what we lack there, we're going to make up with a great conversation and great content.

I'm very excited to be joined today by Dr. Paula Krupstead, CEO and founder of Hope for Healing. Not only is she a board certified pediatrician, she specializes in functional and regenerative medicine, PANS, pandas, and complex pediatric cases involving chronic inflammation and environmental triggers.

Dr. Paula, welcome to Mold Microtoxins and More. For having me on, John, I appreciate it. We're certainly glad to have you. To start off, Let's start with how you began connecting pediatric chronic illness with mold and mycotoxins.

Well, actually, it happened with my own family and myself.

Dr. Paula's Path Into Mold and Pediatric Illness

So I have four children, and three out of the four have developed autoimmunity, but we didn't know that we were living in a water damaged home. And when all this started to resonate with me, I had taken the leap from general, traditional pediatric practice into functional medicine.

But then Hurricane Harvey hit Houston in 2017. And at that point in time, I had heard about chronic inflammatory response syndrome or biotoxin illness, mold, this kind of a thing.

I reached out to Dr. Scott McMahon. He is a pediatrician in Roswell, New Mexico. That was the first Dr Shoemaker certified practitioner. And he kindly gave his time and walked me through what biotoxin illness is.

And at that point I was like, I don't want to learn all this stuff. But then it started showing up at my doorstep and it really is a root cause of a lot of different conditions that roll through the door at our practice.

personal experience, but also what was presenting at our practice. So that's kind of how I took the dive into it. Very neat. Initially started out as a reluctant practitioner and then now you're full blown.

That's fantastic. Since your practice specializes in pediatrics. When children are exposed to mold or biotoxins, are there certain symptoms that you normally look for or consistently see?

Yeah, you know, first I just wanted to say that, many times when people think about mold, they think allergies. And this is not necessarily the same thing.

So we can talk about congestion, asthma, those kind of things, but that's actually different than what I'm talking about. So there's two parts of our immune system.

There's the innate immune systems that you're born with. And I always say, you get what you, get you don't throw a fit. There's always a workaround. And then there's the adaptive immune system where you develop allergies and things like that, and that's different.

So in children that are developing what we call biotoxin illness or mold illness, typically they show up to the table with about six different symptoms that need to be looked at.

First, let's talk about grownups. There's 37 different symptoms in like 13 different little clusters, and they may seem unrelated, but for children, it may just be one symptom.

So, for a child that's less than five years of age, they may just have one symptom. So it could be chronic headaches that last more than one to two months, and you rule out other reasons why, like they didn't hit their head, they don't have something wrong with their jaw, or they have a brain tumor, a normal neurologic exam.

You have to just use good medicine. But why is this kiddo having headaches? The second is chronic abdominal pain for greater than about a month. And a good practitioner too, if the kid's full of poop, which is the most common cause of abdominal and children, you have to look at that.

But biotoxin illness can impair your ability to poop. So you can have diarrhea or constipation. And then just a really big hallmark is fatigue. So let's say you've got your three-year-old and you put him into a brand new daycare.

Symptoms of Mold Exposure in Children

And all of a sudden they have, they're just more tired and they are running around the living room with all your other kiddos and all the sudden, They just sit down or lay down on the couch and their tired.

Fatigue that lasts greater than two weeks. So those are the big hallmarks in like a less than five-year-old. But the other symptoms in children are inattentiveness, like attention deficit disorder, including autism type symptoms.

And a lot of children will start to lose milestones. They'll just get worse and worse. Prolonged growing pains greater then a month. And it's not related to an activity that they did, like they didn't just start soccer practice and then prolonged bedwetting past the age of six that doesn't have to do with large tonsils or adenoidal tissue.

So those are the top six symptoms that we see in kids. Now, less than five, they can have one of those six systems to be considered positive with a known exposure.

Like I said, it could be something that comes on quickly. They go to a new daycare and new school. Schools are infamous for this. I mean, there can be horrible.

But also, people think that you should be able to see mold, smell it, see those kind of things, and you know and I know that it can be invisible. And then between six and 11, they may just have like six symptoms in different clusters, and then when you get to be greater than 11 to have those positive symptom clusters you're kind of similar to an adult.

But those are the six things that moms and dads, caregivers, grandparents should look out for. It seems like with one or more of those six symptoms that the diagnosis can be fairly complex, right?

Yes. In your practice, how often have you seen that children actually get misdiagnosed with ADHD or anxiety or any other disorder when it's actually could be environmentally belated?

Oh my gosh, all the time. So for almost all of the children that present to our practice with an autoimmune condition or autism, an incredibly high percentage of them has this genetic vulnerability that can be easily tested on LabCorp requests.

We use LabCorps and then there's some other labs that you can look for to identify if not only genetically do they have it or if that pathway has been triggered.

Just yesterday, I had the joy of telling the mom of a four-year-old, your son's in remission. He can go off a binder. We don't have to do anything else.

They're weaning all of his asthma medicines and just very rapidly, once they got into a clean environment, he is moving into this remiss of this illness.

Yes, there's a profound amount of confusion and our world really likes labels. You know, autism is just a list of symptoms on an assessment, but we have children in our practice that have recovered and officially lost the diagnosis.

That's fantastic. Yeah, so encouraging. You talked a little bit about binders, and we know how colostiramine, et cetera, is a binder that a lot of adults take, etc.

And we'll dig into bindings a bit more. I think that's important. Is there a difference between treating a child and treating adult? And if so, what's the approach that you take at Hope for Healing?

Yeah. There's not a whole lot difference of treating child than treating an adult. but you have to be careful with your dosing. You work your way up a pyramid of correction.

You know, the very first step is getting out of the exposure. And the big question people ask, can I get better while I'm in the Exposure? Yes, you can.

As long as you're taking a binder, but you may never be able to cross the finish line of complete recovery. It's dosing and it's also children are not little adults.

They're different and their physiology is different. And you just have to be cognizant of that along the way. Very good. On binders, we're very familiar with bindars.

You know, I think we are 17 years now and helping health care providers and their patients through environmental illness. You know, what I always like to say the word the environmental side of environmental illnesses.

But can you share how binders actually help remove mycotoxins from someone's body? And then what type of bonders do you find, especially for children, are helpful?

Yes. I'm really glad you asked that question because there's all different kinds of binders out there. But the thing about microtoxins, and we know that there are five specific molds that tend to make people sick.

And those microtoxins, they're a thousand times smaller than what a HEPA filter filters out of the air. And they stick to bile salts like glue.

Misdiagnosis, Genetics, and Binders

So we use something called cat ionic binders. something that's cholestyramine and this is like white cholastyramin, it's pure. And then I also let people know the commercial cholastiamine comes in little packets like this.

It also comes a can like and it is a bright yellow like that. And it can be encapsulated, but typically, for colostiramine, we use a certain amount per kilogram of body weight, and it's two to three times a day, three time a days for a child.

And we take those binders on an empty stomach, because you don't want it to bind up nutrients from the foods that you're eating. So you make sure that you're taking a certain amount of fish oil and children should be taking 1200 milligrams of EPA and 900 milligrams DHA every day for about 5 to 14 days before they start a prescription binder.

Why? It lowers inflammation in the body and When I talk about inflammation, I talked about being hot, red, swollen, and painful where your child who's acting out or in pain or with ADD, they can't unzip their brain and go, look, my brain is hot red swollen and in painful, but you see it with their temper tantrums or unattentiveness.

So you start with fish oil and then you started the binder. Now, another type of a binder, and I recommend that parents get like a little tiny mason jar with a lid and they put in almond milk or almond coconut milk, or a bit of orange juice, put the colostiramine powder in there, shake it very well and then drink it.

And you can have like an orange-juice race with your child. And it's important to brush the teeth after doing that because that binder, it is a resin, and it will stick to teeth.

And sometimes if you're in a clean environment it may only be one month, but for children that are not neurotypical, we typically do six months. If a child has vector-borne illness like Lyme disease, for some reason, they don't do very well on colostiramine.

So we use another binder called Wellcall. Now WellCall is called colosevalam. And parents can grind up these tablets in a dedicated coffee grinder. And this can also be dosed two to three times a day, either 30 minutes before a meal or 60 minutes after a meals and 60 minute away from other medications and supplements.

Now why do you take fish oil too is that our bio salts are meant to help us absorb our are fat soluble vitamins and that's what's contained in fish oil too.

So that how those are the binders that we use. Now the other thing is there's another binder called okra pepsin. It has four spots, four binding sites on it, a lot like cholestyramine.

But when you use other binders like charcoal, clay, silica, apple pectin, those kind of things, They're called anionic binders, and they don't bind as strongly to the mycotoxins.

But it's all about meeting people where they're at and what their child can or can't do. So at a minimum, fish oil and a binder, that pulls those nasty old mycotoxin from the body.

Very good. Sounds like there's a lot of arrows in the quiver to be able to, uh, to treat children and people in general. Right. So that leads us to I'm sure not every child or every person responds the same way.

Do you find that? Is it just environmental conditions or is it genetics? What's your, what's the combination thereof? what your thought process there?

Yeah, you nailed it, John. It's a combination thereof. The other thing that we do here at our practice, we've created a proprietary genetic panel, a little cheek swab.

And so when families come to our practices, We ask them to do that genetic Panel because it identifies other systems in the body that may not be working And that really guides our care because inflammation, it's, there's all these different pathways for inflammation to go awry in the body.

Fagran genomics has allowed me to create that and there's, you know, all different kinds of practices use this. This isn't genetics looking at heritage or deletions or additions, but these are single changes in genes and enzymes that can greatly affect how your body detoxifies, takes the trash out.

And so a lot of people add in other things to help the body get better quicker. So, we always use that in conjunction with testing for chronic inflammatory response, which is SIRS, C-I-R-S the fancy name of mold or biotoxin illness.

Now, I don't just see children, and I also function as a consultant for adults. So a lot of times we get the whole family involved. I just can't be their primary care provider.

But we have like five other medical providers in our practice and this is our wheelhouse. And we just have seen some beautiful results. If you find out what you need and you give the body what it is missing and take away what is doesn't need, you can really, really help restore function.

You've cleaned, repainted, and replaced filters. And still, you're not getting better. Headache, fatigue, brain fog? The doctors can't explain it, but your environment can.

At The Mold Pros, we specialize in uncovering what's hidden in plain sight. Our environmental testing looks beyond surface mold, identifying bacteria, volatile organic compounds, even microtoxins in the air that you breathe.

Autism, Environmental Triggers, and Recovery

Then we correlate those results with your clinical data, showing how your space may be affecting your health. Next, we use our patented remediation process to safely remove toxins, restore balance, and prevent them from returning.

It's more than just a cleanup. it's a science-based system designed to help your body heal by healing the environment first. If you're ready to breathe freely again, visit themoldpros.com and schedule your free consultation.

Because wellness doesn't start in the doctor's office, it starts where you live. I think it's interesting, you know, more and more genetics becomes, and I attend a lot of medical conferences every year, as I'm sure you do as well.

In fact, I mean, that's where we first met, right? Was that a medical conference years, a couple of years ago? But the role that genetics plays, so it sounds like you were able to use genetics to expedite that healing process, which is amazing.

Speaking of genetics, are there certain genetic variants that make children more susceptible or vulnerable to biotoxin illness? Earlier I'd mentioned there's a lab core test and it's actually like a little genetic sentence that's combination of mom and dad's genes and its done once in a lifetime and never changes.

But when we talk about other genetics, I mentioned that detoxification, there is a whole bunch of different genes that have to do with how your body takes out the trash.

And but also, when your house is on fire, the very first thing you want to do is put the fire out. And so we look at all these systems. There's something called the endocannabinoid system, toll-like receptors.

We target all of those. And then what we do, another thing that can make people sicker is if you can't get fuel from your bloodstream into your cells, and that's called autophagy.

And we've heard a lot about that in the news about prolonged or intermittent fasting and things like that. But if your body can't do that, there's something that we can give that will help with that.

That will pull the glucose into the cells and then give the cell energy to clean itself out. And it's really cool. God put the system together where you can recycle used parts and keep using them, but then the cell can take the garbage in the cells and put it into the bloodstream and take it to the liver, the kidney, it's the skin and the lungs so you can pee it out, poop it, out sweat it and breathe it.

That's a big thing too in biotoxin illness. You've got to have a really good bowel movement every day. We have all kinds of little tricks up our sleeve because binders bind.

They bind you up. We just did an episode with Dr. Macbeth. She's on the West Coast and that was kind of the, poop was the subject of that episode that should be airing here pretty soon.

You never really understand how important that is. And so anyway, we'll transition from the poop conversation. One last question on genetics and I'm wondering, so we get a lot of clients who they'll have Say perhaps the mom is not well and they'll have multiple children, but only one child is sick.

Kind of that genetic makeup, maybe that would explain some of what are your thoughts there? Yes. Yes, you know, and it's even worse when there's just one person in the household that's sick.

Sometimes you get gaslit. It's like, what's wrong with you? It almost better when they're five out of six people that are sick and you'd get some validation.

Yes, and some people never get sick. There are people that, about 5% of people, that have this chronic inflammatory response syndrome don't have the genetic makeup.

But if they're in a severely water damaged structure, it can be a school, It can their car, can either daycare, or it could be their home. And it may just be, you know this full well, John, one area of the home where the water intrusion took place.

It overwhelms the immune system of a person who doesn't have the genetic vulnerability. it's just too many mycotoxins that suppress theimmune system, screw up the hormone system and affect the neurologic system.

You know, one of the comments you made about poop The reason, I would just say, as far as mold and mycotoxins and why having a good bowel movement is so important when you're on a binder is that you can get what's called an intensification reaction because if those bile salts, you know, the colostromine is sticking to those bio salts like glue.

If you don't poop, then they get reabsorbed into the body and symptoms intensify and you get really bad, really quick, like horrible headaches and belly pain and all that stuff, other than just the common, I can't poop, but I've got a headache.

Right. Interesting. I want to talk about… It's a sensitive subject, but I think it's really important. Just the amount of diagnosis of autism in children and neurodevelopmental issues, it is just skyrocketing.

And so I wanted to go down that path with you. Have you seen children that have been diagnosed with autism improve after addressing their mold exposure and their biotoxin illness?

Is that something that you see commonly in your practice? To answer your question, John, yes. You know, there is no greater joy than partnering with families that their children officially lose the diagnosis of autism and it's due to living within a water damage structure.

And we see that here in our practice. Now, with the skyrocketing autism, you know There's the good, the bad, and the ugly of AI. And you ask AI, people say, well, it's just because we're better at recognizing it.

No, that's not the case. Those of us who've been around the block for a long time, I mean, graduated from medical school in 1990. When I graduated, rates of autism were about 1 in 10,000. Now in some parts of the country, as low or as high as 1-in-21, like in California.

Yeah. And so the genes haven't changed, but the toxicity of our environment has. So with, you know, what's happening in Washington in the Department of Health and Human Services, and we'll do hashtag RSK Junior at this point in time, is that Our food supply, number one, being adulterated with garbage and toxins.

And in my generation, we've moved from Tupperware and plastic, and we're going back to stainless steel and glass, but also the herbicides and the pesticides and glyphosate and G cell towers and all these other things that are assaulting our children.

But the generation now spends so much more time indoors. quality of the way that buildings are built and you could opine on this is, you know, people don't go outside as much and get their kids outside.

I don' know about you, but I grew up playing outside, kick the can, catching, playing hide and go seek and catching fireflies, in Nebraska. And now We just see this exponential increase.

So the sooner and the younger that we can partner with families, the better, because children get better quicker, faster. And if they've got this biotoxin illness, my gosh, number one, identifying it, and number two, getting them on a binder and getting in a clean structure and clean air is so important.

The way we live has changed to your point earlier. It used to be go out, get out of the house, and come back before dinner, right? And now everybody sits there playing their video games.

As we think about autism, is it about curing autism or is removing those inflammatory triggers that worsen the symptoms? What are your thoughts there?

Yeah, I think the second, you know, removing inflammatory triggers, because there are, when you get a diagnosis of autism, it's basically using a questionnaire, okay?

But there is a subset of, of you, know it is called the CARS-II, Childhood Autism Rating Scale, and there's one for toddlers and one there for older people.

Small Particle Remediation and Clean Environment

That's how it's assigned. Now, there are certain genetic vulnerabilities like inflammation and mitochondria. Mitochondria are the batteries in the powerhouses of our cells.

And there's a subset of parents, well, of children that when they received an aggressive inflammatory trigger, say in a partial live virus, and this is published by the Genetic Society in the U. S., that if a child develops a fever and starts to develop lower body tone that makes you think of inflammation associated with mitochondria in then you

have to pursue that further.

But it's all about removing the inflammatory triggers because this biotoxin illness affects the inflammation, hormones, kids may not grow as well, and then their brain, their neurologic system.

And it is identifying what they need and putting it back. So I wouldn't say cure, but there are You know, I need to host someone on my podcast very soon of someone in our practice.

The mom was doubting herself. She goes, well, what if I was wrong or what they were wrong and it was a premier children's hospital? here in Houston. I said, no, she showed up to the table.

She wasn't speaking. she met the diagnostic criteria. And because you pursued it, She no longer meets the Diagnostic criteria for autism, but their horrifically water damaged home was what was causing all of this.

That's really important. You talked about before, you know, it's step one, You got to remove yourself from from that exposure. and I think you mentioned that, Treatment will get you so far, but never across the, you know, the finish line, so to speak.

So I'd like to have you kind of expound a little bit on why a proper remediation includes a really good fine particulate remedation that way. true recovery can actually occur.

A lot of parents want to go down that path. Sometimes we get a hesitancy and folks say, okay, yeah, I know there's an issue there. It's easier for me to keep taking supplements and just try to get it a little bit better as opposed to crossing that finish line.

Can you speak to that a Yes. You know, earlier I stated that microbial volatile organic compounds from the soup within a water damage building, it's Mycotoxins, but they make all kinds of little inflammatory messengers.

And then I call it gram-negative poopy water bacteria. You know, think about when a toilet overflows or a bathtub splashes or refrigerator leaks or dishwasher or washer leaks, or you've got a roof leak, then you get bacteria that grow.

Then there's also bacteria the colonizes our body and it's in a class of bacteria that's gram positive called actinomycetes. And so even if you move, you can carry that with you and it can be driving inflammation in your body.

So knowing that these little particles are so small that you breathe them in, swallow them, They go into your lungs, they colonize your gut. A lot of people think of this as an infection and it's really more of like a colonization.

You know, it gets up everywhere and you got to pull those microtoxins out of your body using these binders but if you move from a water damaged building and you drag along with you or you have a remediation all those little teeny fine particles they're like the crumbs that go everywhere so for things that are porous like paper or say mattresses that were not covered completely with like a mattress cover So, and upholstery and furniture, you sit on it and then it sprays all these invisible mycotoxins.

And I have lived through this. I've lost over $130,000 worth of property in my home and gone through an extensive remediation and had a small particle remeditation.

And then also one of my offices we had to close in downtown Houston because the OBGYN above us rained down on our office and we're involved in a lawsuit.

So it's like, you've got to get out. So these very, what small particle remediation is, is that you literally have to remove everything that could, that's porous and that can contain these microtoxins.

And you need to do HEPA vacuuming. You need do a wet wipe and a dry wipe, and wet wipes and clean your

structure and have maintenance of that so that those little particles don't continue to drive inflammation.

Broke my heart just earlier this week, a family that had horrendous levels in a home got out and the parent sent a message and said, he's just not any better.

And I'm like, did you clean your belongings? Did you do small particle remediation, which we had provided that information? But they dropped out. And so now we're opening data for her to learn all about that.

There's grief involved. But yeah, if you don't get rid of all those little crumbs, then you're going to continue to have immune activation. It's critical for people to do that small particle remediation.

That might involve too with the cleaning, spraying, fogging, and those kinds of things too. I would submit to you, we understand that these fine particles, these find contaminants, oftentimes are much smaller than 0.3 microns.

And so a lot of them, HEPA is 99.97% effective down to 0, and that is the standard filtration that's used in the industry. At our company, the Molpros, We understand those finer particles will pass through a Hepa filter.

So we use a type of filtration much tighter than H. And so to capture some of those finer particles, and we can talk more about that at a later time, but sometimes HEPA won't get you where you need to be.

It'll just go right through there. You talked about the one family who kind of made the mistake on remediating their home. Are there other mistakes or that you've seen families make when it comes to doing a fine particle cleaning or remediation?

Yeah, you know, the thing is, is that if you, uh, they don't wash all their clothes all at the same time. I mean, like when we did our small particle, we literally went to a laundromat and we're washing all the clothes, all of the time, using the right stuff to break down those mycotoxins in the clothing.

And they keep all their papers. Like we talked about, they don't get rid of their mattresses that aren't encased. It's just like the stinking gift that keeps on giving.

Those are the most common frustrations But it's always so rewarding, like this family I was telling you about yesterday, this child that we took off this cholestyramine and he didn't have a bacteria colonizing his nose.

And he was already drastically improving and weaning off inhalers. The mom was saying, we're moving back in and in bags in the garage and nothing's going in, the house until it's been small particles.

And, you know, they've replaced the mattresses and all these things. It's not their first rodeo. it happened previously and now they're doing it again.

So you learn to live without as much and very simple. Really. It's such a journey. I have kids, you have children as well. We talk with clients every day, it's just overwhelming for them.

Hope for Healing and Closing Resources

So I'm glad to hear that story of the patient that you just provided because there is hope. And I think that's the message I hope everyone takes from this podcast.

It doesn't have to be this way all the time. There is a pathway forward. So I guess just to kind of wrap up a little bit, for parents who feel like you've tried absolutely everything, what message would you like to leave them with today?

I want to echo what you said because the name of my practice is hope for healing. And that, that don't give up. You know, parents are typically, you know they're like dogs with a bone.

We do anything and everything for our children or grandchildren. That's the stage of life that I'm in now. My children

are adults. Lucky. Yeah. You'll do anything.

You lay down your own life for your child. So I just want to say, hang in there. And if your kid's showing up to the table with all of this, they may not have a riddle in deficiency.

It may be that they've got a brain and a body that's on fire, that you need to find a person who does this. Now, I'm not on like the website, Surviving Mold, but I am a proficiency partner and I've been doing this since 2017 when Hurricane Harvey, and then I discovered about myself too, you know, hit the Houston area, helping people move forward.

And we can't make promises, we'll partner with you and find practitioners who know how to partner Ask questions about this well-called W-E-L-C-H-O-R, that's cholecevalam, the alternative to cholystyramine or questran, and learn how to use it to get your self-well or your child.

So hang in there, have hope. There's always hope because our bodies were meant to heal. Yeah, fantastic. Dr. Paula, where can listeners learn more about Hope for Healing and your podcast?

Yeah. So we have a podcast called GetToTheRoot.com. It's G-E-T with a number two, or Get To The Root. I'm sure that our Dr Talks host will put that into the show notes there.

But then our practice is in Houston. We have a provider that can practice in Colorado. I have Florida telehealth license, so I can do that too. We're located north of Houston and in an area called Shenandoah.

near the Woodlands-Conroe area, and our website is GetToTheRoot.com. And that's our joy. People can make a free welcome call, free discovery call just to kind of learn how to partner with us.

Very soon, we're going to have like a little fast track of where people can go onto our website, order some of these labs for themselves. But also on our web site, there's a whole drop down on chronic inflammatory response syndrome or mold or biotoxin illness.

We call it mold illness, but you and I know there is a lot more in a water damage building than just mold. That's how they can find us. Thanks for asking, John.

Fantastic. Yeah. We'll make sure that they put your contact information up thinner. And listeners, if you're a parent and you have concerns for your child, certainly would encourage you to reach out to Dr.

Paula. If you found this episode helpful, share it with someone who needs answers and remember to subscribe and leave us a review. Your listener support is really what drives this podcast.

This is John Bodie with The Mold Pros. Until next time, remember, clean door air quality is not a luxury for your family. It is a necessity. I look forward to talking to you later on.

Thank you. Thanks you, John. You've been listening to Mould, Microtoxins and More with John Bode. If you're ready to take the next step towards a healthier home, follow the show and visit TheMoldPros.com for you free consultation.

Because clean air is the first step to true healing.