Mold Matters: How I Deal With It (Pt1) Transcript

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Introduction to Mold Toxicity

How Mold Exposure Affects Health

Symptoms of Mold Toxicity

Testing Your Home and Environment

Remediation and Personal Mold Testing

[Music] [Music] hello Lisa Broyles with way2health MD I hello Lisa Broyles with way2health MD I know that I've been talking about know that I've been talking about beneficial fungi like mushrooms and my beneficial fungi like mushrooms and my previous videos but I want to start a previous videos but I want to start a series on some extremely dangerous types series on some extremely dangerous types of fungi in the mold family of fungi in the mold family many many people are affected by mold many many people are affected by mold and never even know it the difficult and never even know it the difficult thing about mold is that you can have thing about mold is that you can have multiple people living in the same home multiple people living in the same home and four out of five of those people and four out of five of those people will have no health issues from having will have no health issues from having any kind of mold in their home however any kind of mold in their home however there can be one studies show that two there can be one studies show that two to three out of every 10 Americans have to three out of every 10 Americans have a genetic inability to excrete mold a genetic inability to excrete mold toxins that means that if they inhale toxins that means that if they inhale any form of toxic mold they cannot any form of toxic mold they cannot excrete it their body hangs on to it excrete it their body hangs on to it they can't get rid of it that mold they can't get rid of it that mold can even colonize their sinuses or their gut even colonize their sinuses or their gut and create these slimy biofilms to hide and create these slimy biofilms to hide itself and create a host of symptoms itself and create a host of symptoms first of all it can cause cognitive first of all it can cause cognitive decline people can have trouble with decline people can have trouble with short-term memory with balancing their short-term memory with balancing their checkbook numbers checkbook numbers even remembering recent events so it can even remembering recent events so it can even mimic early Alzheimer's other even mimic early Alzheimer's other people can experience chronic pain people can experience chronic pain nosebleeds nosebleeds nosebleeds skin inflammation any kind of chronic skin inflammation any kind of chronic disease symptoms and chronic pain disease symptoms and chronic pain especially a shooting electric sharp ice especially a shooting electric sharp ice pick type pain is very specific for mold pick type pain is very specific for mold toxicity and should be evaluated the toxicity and should be evaluated the symptoms can really run the gamut symptoms can really run the gamut because mold can affect every body because mold can affect every body system it's extremely important to know system it's extremely important to know if your home your car or your work if your home your car or your work environment has any kind of inhaled environment has any kind of inhaled toxins that are molds or bacterias toxins that are molds or bacterias there's many and there are tests now there's many and there are tests now that have been developed to evaluate that have been developed to evaluate this the first thing you need to do is this the first thing you need to do is check your home and possibly your work check your home and possibly your work and your car you can order the gold and your car you can order the gold standard test developed by the EPA standard test developed by the EPA called an ermie e r m i this test is called an ermie e r m i this test is available online if you just Google the available online if you just Google the ermie mold test but it's available on ermie mold test but it's available on the the the envirobiomix website so it it should be envirobiomix website so it it should be easy for you to find it's 240 dollars easy for you to find it's 240 dollars it's not covered by insurance but it's it's not covered by insurance but it's well worth it because it evaluates your well worth it because it evaluates your home for all the different toxic types home for all the different toxic types of molds and bacterias that you could be of molds and bacterias that you could be inhaling and making you sick inhaling and making you sick so please take this seriously and so please take this seriously and evaluate for this the next step if you evaluate for this the next step if you do find that there is mold present in do find that there is mold present in your home your work environment or your your home your work environment or your car is to get the home remediated there car is to get the home

remediated there are professional environmental Engineers are professional environmental Engineers that can assess it and remediate those that can assess it and remediate those environments you may need to work from environments you may need to work from home you may need to get a different car home you may need to get a different car any home that's had any kind of water any home that's had any kind of water damage flood damage obviously any damage flood damage obviously any visible mold black mold black mold is visible mold black mold black mold is typically something called stack typically something called stack robotris but it also can be black and be robotris but it also can be black and be aspergillus so there are multiple kinds aspergillus so there are multiple kinds of mold that can appear black but most of mold that can appear black but most of them are not good for you especially of them are not good for you especially if you are genetically susceptible the if you are genetically susceptible the last thing I want to mention is personal last thing I want to mention is personal testing so if you've found that you have testing so if you've found that you have a mold exposure your history indicates a mold exposure your history indicates that you're having symptoms then Great that you're having symptoms then Great Plains Labs offers a urine test that Plains Labs offers a urine test that your functional medicine practice or your functional medicine practice or myself can order for you and ship to myself can order for you and ship to your home you peanut cup send it off and your home you peanut cup send it off and it gives us a list of all of the it gives us a list of all of the different mold toxins that your body is different mold toxins that your body is excreting the trick to this is taking excreting the trick to this is taking some inhaled glutathione under the some inhaled glutathione under the tongue about two pumps hold it for 30 tongue about two pumps hold it for 30 seconds swallow do this twice a day for seconds swallow do this twice a day for a week prior to submitting the urine a week prior to submitting the urine mold testing this way if your body has mold testing this way if your body has been hanging onto that mold and not been hanging onto that mold and not getting rid of it it will release it getting rid of it it will release it with the glutathione and it'll show us a with the glutathione and it'll show us a more accurate level of how much mold is more accurate level of how much mold is in your body and this is something that in your body and this is something that we need to treat so if you have any we need to treat so if you have any other questions listen up for the next other questions listen up for the next video or contact me at El Broyles at video or contact me at El Broyles at