Mold Matters Pt.2: What To Know Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to Mold Matters Part 2

Stachybotrys: Black Mold and Health Effects

Penicillium and Related Respiratory Issues

Aspergillus, Toxins, and Chronic Symptoms

hello Lisa Broyles here with way2health hello Lisa Broyles here with way2health MD we're going to dive a little bit MD we're going to dive a little bit deeper into mold today this is part two deeper into mold today this is part two of my series mold matters we're going to of my series mold matters we're going to learn about some of the different mold learn about some of the different mold species that are toxic because they species that are toxic because they produce mikotoxins as I previously produce mikotoxins as I previously mentioned about 25 percent of people are mentioned about 25 percent of people are genetically unable to process or excrete genetically unable to process or excrete mold toxins that they inhale to mold toxins that they inhale to typically mold toxicity does not affect typically mold toxicity does not affect everybody but for those that do they get everybody but for those that do they get very sick it comes from living in a very sick it comes from living in a moldy building or working in a moldy moldy building or working in a moldy building or driving a car that has had building or driving a car that has had water damage but it's constant chronic water damage but it's constant chronic exposure I'm not talking about ingested exposure I'm not talking about ingested molds I'm talking about inhaled molds so molds I'm talking about inhaled molds so I want to talk to you about three I want to talk to you about three different species today the first one is different species today the first one is called stack robotris mouthful I know called stack robotris mouthful I know but that's the most common mold that's but that's the most common mold that's considered toxic called a black mold so considered toxic called a black mold so there were some studies that were done there were some studies that were done on infants living in urban areas that on infants living in urban areas that developed what we call idiopathic means developed what we call idiopathic means well know what caused it but thought to well know what caused it but thought to be due to the black molds that the be due to the black molds that the infant was living in caused basically a infant was living in caused basically a hemorrhagic lung damage hemorrhagic lung damage um but basically stackeraba trees is a um but basically stackeraba trees is a greenished black mold it's found in greenished black mold it's found in paper fiberboard wallpaper drywall the paper fiberboard wallpaper drywall the most important thing about this is it most important thing about this is it t-r-i-c-o-t-h-e-c-e-n-e-s I know that's t-r-i-c-o-t-h-e-c-e-n-e-s I know that's a mouthful too but what they do is a mouthful too but what they do is inhibit protein synthesis and this inhibit protein synthesis and this creates chronic skin conditions like creates chronic skin conditions like eczema dermatitis worsens chronic pain eczema dermatitis worsens chronic pain sinus symptoms chronic sinusitis chronic sinus symptoms chronic sinusitis chronic allergic asthma headaches fever fatigue allergic asthma headaches fever fatigue so that's why we care about stock so that's why we care about stock robotris the next one is the penicillium robotris the next one is the penicillium and yes this is what we make penicillin and yes this is what we make penicillin from but it's important to understand from but it's important to understand that this is a greenish mold that you that this is a greenish mold that you typically see on the walls and it typically see on the walls and it absolutely can cause allergic asthma absolutely can cause allergic asthma lung inflammation chronic sinusitis it's lung inflammation chronic sinusitis it's typically found in paint carpet typically found in paint carpet fiberglass dust insulation and it has fiberglass dust insulation and it has been linked to Chronic lung conditions been linked to Chronic lung conditions like sarcoidosis and pulmonary fibrosis like sarcoidosis and pulmonary fibrosis and again all of these molds can cause and again all of these molds can cause an allergic type of asthma the next one an allergic type of asthma the next one I want to talk to you about is I want to talk to you about is aspergillus this is probably one of the aspergillus this is probably one of the most common molds that most people have most common molds that most people have heard about aspergillus is a very common heard about aspergillus is a very common mold typically found in HVAC systems so mold typically found in HVAC systems so in not just the insulation in the ducts in not just the insulation in the ducts also in carpet it can be in the walls also in carpet it can be in the walls too it makes these nasty toxins called too it makes these nasty toxins called gliotoxins and aflatoxins and the gliotoxins and aflatoxins and the aflatoxins cause the chronic sinus and aflatoxins cause the

chronic sinus and pulmonary problems but the gliotoxins pulmonary problems but the gliotoxins you're talking some neurotoxicity here you're talking some neurotoxicity here so this is where people start to get the so this is where people start to get the chronic headaches chronic fatigue brain chronic headaches chronic fatigue brain fog just can't think straight even some fog just can't think straight even some dementia symptoms because these toxins dementia symptoms because these toxins are producing these proteins that are are producing these proteins that are actually damaging the the brain the actually damaging the the brain the lungs the sinuses at a cellular level lungs the sinuses at a cellular level and the problem is these molds can then and the problem is these molds can then colonize the sinuses the lungs even the colonize the sinuses the lungs even the gut and so they'll produce more of gut and so they'll produce more of themselves inside your body so that's themselves inside your body so that's why we care and why we care and please refer to my first video as to please refer to my first video as to testing that you can do inside your home testing that you can do inside your home thank you thank you [Music]