Mold Toxicity: New Insights from Dr. Andrew Campbell Transcript

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Conference Recap and Key Takeaways

Dr. Lisa Broyles here with Way to Health Dr. Lisa Broyles here with Way to Health MD. So, I just got back from my favorite MD. So, I just got back from my favorite conference of the year, Synergy, but put conference of the year, Synergy, but put on by the North Carolina Integrative on by the North Carolina Integrative Medical Society. Such an amazing Medical Society. Such an amazing conference, and there was some really conference, and there was some really important topics that I wanted to share important topics that I wanted to share with you because they affect your health with you because they affect your health and they've really changed the way I and they've really changed the way I practice after listening to these practice after listening to these lectures. So, we were fortunate enough lectures.

Dr. Campbell on Mold Toxicity

So, we were fortunate enough to have Dr. Andrew Campbell, MD. He is to have Dr. Andrew Campbell, MD. He is an international expert and authority on an international expert and authority on mold toxicity and mycotoxins. You know, mold toxicity and mycotoxins. You know, it really was so refreshing to see a it really was so refreshing to see a fellow MD who is passionately explaining fellow MD who is passionately explaining how mycotoxins are causing all kinds of how mycotoxins are causing all kinds of diseases much more than just a stuffy diseases much more than just a stuffy nose or allergies. Okay, this is this is nose or allergies.

Health Effects of Mycotoxins

Okay, this is this is for real. So, Dr. Campbell went into a for real. So, Dr. Campbell went into a recent statement by the National recent statement by the National Institute of Health in 2025 where they Institute of Health in 2025 where they recognized that mycotoxin and mold recognized that mycotoxin and mold exposure can cause cancer, exposure can cause cancer, cognitive decline, cognitive decline, and other neurodegenerative disorders and other neurodegenerative disorders such as such as Parkinson's, multiple sclerosis, even Parkinson's, multiple sclerosis, even fog and dementia. Uh we're thinking even fog and dementia. Uh we're thinking even kids with ADHD, maybe fetal exposure and kids with ADHD, maybe fetal exposure and young young childhood exposure. So, he young young childhood exposure.

Brain and Immune System Impacts

So, he really opened my mind to the really opened my mind to the neurocognitive neurocognitive neurocognitive effects of mycotoxins. I really think effects of mycotoxins. I really think this was something that I was missing, this was something that I was missing, that a lot of us have been missing that a lot of us have been missing because mold is everywhere, right? And because mold is everywhere, right? And it's kind of this thing that we don't it's kind of this thing that we don't want to touch because if we tell a want to touch because if we tell a patient that they've got mold toxicity, patient that they've got mold toxicity, it opens this huge can of worms because it opens this huge can of worms because it's expensive to get your home it's expensive to get your home remediated. I know cuz I've done it once remediated. I know cuz I've done it once and now I've got more work to do after and now I've got more work to do after you saw that video where Rick Bayless you saw that video where Rick Bayless came to my house. After Campbell was came to my house. After Campbell was explaining that you actually get what's explaining that you actually get what's called white matter disease or white called white matter disease or white matter cell death. White matter is kind matter cell death. White matter is kind of the support structure in the brain.

of the support structure in the brain. You get demyelination. You get demyelination.

Testing Mycotoxins and Mold

You have dysregulation of your You have dysregulation of your mitochondria, actual neuronal cell death mitochondria, actual neuronal cell death in exposure to in exposure to mycotoxins which are released by molds, mycotoxins which are released by molds, okay? This can be bacteria, fungus.

okay? This can be bacteria, fungus. Basically, he explained that the immune Basically, he explained that the immune system gets dysregulated. You have system gets dysregulated. You have something called T2 induced toxicity something called T2 induced toxicity with increased reactive with increased reactive reactive oxygen species, okay?

reactive oxygen species, okay? You're seeing people develop more You're seeing people develop more autoimmune disease again due to autoimmune disease again due to mycotoxin exposure. So, there's lots of mycotoxin exposure. So, there's lots of them. Gliotoxin, aflatoxin, them. Gliotoxin, aflatoxin, trichothecenes, ochratoxin A. I test for trichothecenes, ochratoxin A. I test for them all. I also learned something when them all. I also learned something when it comes to testing from Dr. Campbell.

it comes to testing from Dr. Campbell. So, I've been testing just urine. He's So, I've been testing just urine. He's saying that ochratoxin A does not bind saying that ochratoxin A does not bind well in urine. So, if you're seeing it well in urine. So, if you're seeing it in the urine, there's actually a whole in the urine, there's actually a whole lot more in the body than there was on a lot more in the body than there was on a urine sample. He said the most accurate urine sample.

Treatment and Home Remediation

He said the most accurate way to test for mold is through serum way to test for mold is through serum IgGs, um serum IgEs. So, basically IgGs, um serum IgEs. So, basically blood. So, I now have an account with a blood. So, I now have an account with a new lab that I can do blood testing for new lab that I can do blood testing for mycotoxins and I'll be doing that from mycotoxins and I'll be doing that from here on out. He basically said treatment here on out. He basically said treatment involves using antifungal prescriptions involves using antifungal prescriptions which I can do, which I can do, um eight supplements which I can discuss um eight supplements which I can discuss with you if you have a visit with me, a with you if you have a visit with me, a low histamine anti-inflammatory diet, low histamine anti-inflammatory diet, and last but not least, you have to and last but not least, you have to remove the exposure. So, you have to remove the exposure. So, you have to test your home. I recommend the ERMI, E test your home. I recommend the ERMI, E R M I. Go to EnviroBiomics to get your R M I. Go to EnviroBiomics to get your ERMI test. It's the EPA's gold standard ERMI test. It's the EPA's gold standard for mold testing in your home. I also for mold testing in your home. I also recommend calling up a healthier home recommend calling up a healthier home with Rick Bayless. Watch my video where with Rick Bayless. Watch my video where he came to my home. So recommend calling he came to my home. So recommend calling He is the expert in diagnosing, finding He is the expert in diagnosing, finding the problem, and then he will point you the problem, and then he will point you to who you need to remediate your home.

to who you need to remediate your home. This is serious. Take mold serious. This is serious. Take mold serious. Please come ask me about it. Speak to Please come ask me about it. Speak to someone like Rick Bayless with a someone like Rick Bayless with a healthier home who's an expert in healthier home who's an expert in finding it, and then we can guide you in finding it, and then we can guide you in