Introduction and Guest Background

Welcome back to the Detox Docks Report. Welcome back to the Detox Docks Report. I'm Dr. Diana and I'm so glad you're I'm Dr. Diana and I'm so glad you're here.

here. here. Today, I'm so excited to be joined by Today, I'm so excited to be joined by Brantley May. He brings together Brantley May. He brings together building science, indoor environmental building science, indoor environmental consulting, moisture control, mechanical consulting, moisture control, mechanical systems, and mycology in a way that is systems, and mycology in a way that is incredibly relevant for you.

incredibly relevant for you. He's a building scientist, council He's a building scientist, council certified indoor environmental certified indoor environmental consultant, and a state licensed mold consultant, and a state licensed mold assessor. He's also certified in the assessor. He's also certified in the microscopic examination and microscopic examination and identification of fungal spores and identification of fungal spores and pollen, and he teaches other pros in the pollen, and he teaches other pros in the indoor environmental space.

indoor environmental space. So, Brantley, thank you so much for So, Brantley, thank you so much for being here. being here. >> Of course, more than happy.

>> Of course, more than happy. >> So, before we dive in, I'd love to hear >> So, before we dive in, I'd love to hear how you got into this work. You have how you got into this work. You have such an interesting combination of such an interesting combination of building science and mycology, building science and mycology, microscopy. So, what led you down this microscopy. So, what led you down this path?

path? path? >> Well, um my mom and my dad are mold >> Well, um my mom and my dad are mold remediators. remediators. remediators. And so, you know, when I was And so, you know, when I was gosh, 15 or 16 years old, they started gosh, 15 or 16 years old, they started their company and their company and when I turned 17, I started working with when I turned 17, I started working with them. Well, I call it work, but um I them. Well, I call it work, but um I guess it's not work if you're not guess it's not work if you're not getting paid, right? And getting paid, right? And but uh but uh you know, just ripping out mold and you know, just ripping out mold and um you know, whenever I um you know, whenever I uh you know, family business, you're uh you know, family business, you're kind of in and out, right? And I left, I kind of in and out, right? And I left, I started working for Apple, funny enough.

started working for Apple, funny enough. Um I was a site support engineer for Um I was a site support engineer for Apple, and I learned a lot of techniques Apple, and I learned a lot of techniques on root cause analysis and uh critical on root cause analysis and uh critical thinking skills that they would teach on thinking skills that they would teach on us problem-solving and bugging out us problem-solving and bugging out issues. And uh came back and I was at issues. And uh came back and I was at that point way more interested in the that point way more interested in the investigation side of things.

investigation side of things. And so, I just kind of started my own And so, I just kind of started my own company doing inspections for mold. company doing inspections for mold.

And as I grew, I realized that there's And as I grew, I realized that there's more problems than just mold. Um and more problems than just mold. Um and then, then, then, you know, I started dealing with my own you know, I started dealing with my own health stuff, which I I've been back and health stuff, which I I've been back and forth in in my life. And I realized like forth in in my life. And I realized like how important it is to be able to handle how important it is to be able to handle uh uh uh sensitive situations, complex situations sensitive situations, complex situations for people that are immunocompromised or for people that are immunocompromised or immunosuppressed. And so, now that's immunosuppressed. And so, now that's usually where we hang our hat. We do usually where we hang our hat. We do mostly stuff for um people that are have mostly stuff for um people that

are have mold-related illnesses um or autoimmune mold-related illnesses um or autoimmune issues. And then we have um we deal with issues.

What Mold Is and Why Moisture Matters

And then we have um we deal with complex cases. That's our job. complex cases. That's our job. >> Awesome. Awesome. And I know you've come >> Awesome. Awesome. And I know you've come out with this course recently, which out with this course recently, which we're going to talk about in this we're going to talk about in this episode because it's awesome. But I love episode because it's awesome. But I love that in that course, you start by that in that course, you start by reminding people what mold actually is reminding people what mold actually is cuz I think that's so important because cuz I think that's so important because people often think of mold as a spot on people often think of mold as a spot on the wall or something mysterious, the wall or something mysterious, something that is, you know, kind of something that is, you know, kind of lurking behind the walls. So, can you lurking behind the walls. So, can you just give us a brief summary? I love how just give us a brief summary? I love how you explain it in the course, but can you explain it in the course, but can you give us a brief summary of how mold you give us a brief summary of how mold works as a living organism and why that works as a living organism and why that matters when we're thinking about our matters when we're thinking about our homes?

homes? homes? >> Sure. I mean, um depends on how nerdy >> Sure. I mean, um depends on how nerdy you want me to get. But uh fungi in you want me to get. But uh fungi in general, it's its own kingdom, right?

general, it's its own kingdom, right? So, we have all these different So, we have all these different kingdoms. Um we're in the animal kingdoms. Um we're in the animal kingdom, but kingdom, but you know, you have plants and then you you know, you have plants and then you have bacteria. And fungi have their own have bacteria. And fungi have their own kingdom and they deserve their own kingdom and they deserve their own kingdom because they're very special. Um kingdom because they're very special. Um what makes them different? Well, um what makes them different? Well, um they're very different than plants as they're very different than plants as though uh as though they may look though uh as though they may look similar and you might think that they're similar and you might think that they're similar. Plants are very specific similar. Plants are very specific because they can produce their own because they can produce their own sugars. You know, they they have sugars. You know, they they have photosynthesis, if we remember back in photosynthesis, if we remember back in uh fifth grade biology. They, you know, uh fifth grade biology. They, you know, they get stuff from the sun and they they get stuff from the sun and they convert it to sugar.

convert it to sugar. Mushrooms can't do that. Mold can't do Mushrooms can't do that. Mold can't do that, right? So, they have to digest that, right? So, they have to digest their food. They have to find sugars and their food. They have to find sugars and find foods. And here they have a huge find foods. And here they have a huge source of those things in the source of those things in the environment or in our house.

environment or in our house. And um Um, you know, the other thing And um Um, you know, the other thing that makes them very unique, different that makes them very unique, different from animals, is we ingest food in our from animals, is we ingest food in our mouths and our bellies, mouths and our bellies, munch it up and digest it. You know all munch it up and digest it. You know all about that.

about that. And um, they do the opposite, right? And um, they do the opposite, right? Instead of putting the apple in their Instead of putting the apple in their mouth, going inside, and then breaking mouth, going inside, and then breaking it down into simple components, they um, it down into simple components, they um, you know, they embed themselves into it.

you know, they embed themselves into it. They release chemicals, and those They release chemicals, and those chemicals will break down the components chemicals will break down the components into simpler parts, and then they absorb into simpler parts, and then they absorb them. And so, um, why is that important?

them. And so, um, why is that important? Uh, well, what makes it Well, the first Uh, well, what makes it Well, the first thing I want to point out is these thing I want to point out is these things are everywhere, and they're things are

everywhere, and they're actually necessary for life.

actually necessary for life. Um, you know, they are the decomposers Um, you know, they are the decomposers of the world. So, we're going to find it of the world. So, we're going to find it every step you take outside. You're every step you take outside. You're There's miles of mycelium, which are the There's miles of mycelium, which are the root-like structures of of uh, the mold root-like structures of of uh, the mold underneath your feet. And there are underneath your feet. And there are quite literally millions of spores uh, quite literally millions of spores uh, underneath your feet every time you underneath your feet every time you walk. So, you know, walk. So, you know, the first step is to recognize the first step is to recognize let's regulate our nervous systems here, let's regulate our nervous systems here, and let's realize that this is this is and let's realize that this is this is out there, right? If someone comes in out there, right? If someone comes in and does an air sample in your house, and does an air sample in your house, and they see mold spores in the air, um, and they see mold spores in the air, um, if you're worried about that, I don't if you're worried about that, I don't want you to know how many spores you're want you to know how many spores you're stepping in when you're going outside to stepping in when you're going outside to ground yourself. You know, ground yourself. You know, >> I hate Exactly. Exactly.

>> I hate Exactly. Exactly. >> Yeah. >> Yeah. >> Yeah. So, keep in mind that um, but with that So, keep in mind that um, but with that being said, being said, moisture thrives on or or mold thrives moisture thrives on or or mold thrives on moisture.

on moisture. And so, whenever we have a moisture And so, whenever we have a moisture issue in our house, issue in our house, and it goes unchecked, right? Um, then and it goes unchecked, right? Um, then that is when it actually does cause some that is when it actually does cause some problems because problems because the house is very different than the the house is very different than the outside environment, where there's UV, outside environment, where there's UV, day and night cycles, humidity cycles, day and night cycles, humidity cycles, dry, wet, dry, wet, different um, dry, wet, dry, wet, different um, biology out there to keep the balance, biology out there to keep the balance, right? When you start having mold grow right? When you start having mold grow in your house because of these moisture in your house because of these moisture issues, they are going to start eating issues, they are going to start eating on these materials, like we said that on these materials, like we said that they need to digest and eat their foods.

they need to digest and eat their foods. They produce chemicals during that They produce chemicals during that process. A lot of them can be um, a process. A lot of them can be um, a concern for us and exposure risk, like concern for us and exposure risk, like mycotoxins. And then um, you know, once mycotoxins. And then um, you know, once they reproduce, which they're going to they reproduce, which they're going to throw spores around in the air just like throw spores around in the air just like a mushroom would, they can be a mushroom would, they can be allergenic, they can be potentially allergenic, they can be potentially pathogenic, causing infection, and a lot pathogenic, causing infection, and a lot of them can have toxins associated with of them can have toxins associated with them. So, it's important. Now, um, one them. So, it's important. Now, um, one of the biggest of the biggest um, I guess, problems that we find with um, I guess, problems that we find with misinformation about mold in the misinformation about mold in the environment is that, um, you know, if environment is that, um, you know, if you if if mold gets in your house, it's you if if mold gets in your house, it's just going to spread.

just going to spread. You need a moisture source, right? There You need a moisture source, right? There has to be moisture. So, no moisture, no has to be moisture. So, no moisture, no mold. And so, um, really when it comes mold. And so, um, really when it comes down to it, down to it, the most important thing to know about the most important thing to know about mold is that it needs moisture. And mold is that it needs moisture.

Building Science, Ventilation, and Airtight Homes

And that's why we need to be very, very good that's why we need to be very, very good at identifying moisture sources. at identifying moisture sources.

>> Yeah, so true. And that environment >> Yeah, so true. And that environment inside our bodies can be inside our bodies can be a very, you know, nice moist environment a very, you know, nice moist environment for for mold, as

well. But, like to keep for for mold, as well. But, like to keep our microbiomes in check. So our microbiomes in check. So interesting. Thanks.

interesting. Thanks. Um, and so, when we talk about the air Um, and so, when we talk about the air quality, quality, quality, we talk a lot about molds. But, as you we talk a lot about molds. But, as you said, you learned early on that it said, you learned early on that it wasn't just mold, and there's several wasn't just mold, and there's several pieces to the puzzle, and pieces to the puzzle, and that it's moisture. Mold is a moisture that it's moisture. Mold is a moisture issue.

issue. issue. But, how do these different components But, how do these different components come into play in our home? So, we've come into play in our home? So, we've got moisture, ventilation, we've got our got moisture, ventilation, we've got our HVAC, we've got dust, we've got building HVAC, we've got dust, we've got building materials.

materials. materials. Like, what's the biggest deal? How can Like, what's the biggest deal? How can all of these affect our indoor all of these affect our indoor environment?

environment? environment? >> Well, if we look at it from a building >> Well, if we look at it from a building in the in the you know, in the early 1900s, we were you know, in the early 1900s, we were doing pretty good. We built our our doing pretty good. We built our our buildings out of solid wood, plaster.

buildings out of solid wood, plaster. Um, there really wasn't much insulation Um, there really wasn't much insulation to speak of. to speak of. And so, And so, when, you know, the the the the function when, you know, the the the the function of insulation is to create a resistance of insulation is to create a resistance of heat transfer. So, that way when it's of heat transfer. So, that way when it's really, really cold outside, the house really, really cold outside, the house doesn't get really, really cold. It's doesn't get really, really cold. It's There's some resistance there with the There's some resistance there with the heat in the house escaping. We want We heat in the house escaping. We want We want insulation in the walls, so it want insulation in the walls, so it doesn't go out. Imagine going outside uh doesn't go out. Imagine going outside uh without a jacket on, right? Immediately without a jacket on, right? Immediately you're cold. Um but if you put a nice, you're cold. Um but if you put a nice, big, fluffy jacket that has insulation big, fluffy jacket that has insulation in it, it keeps you warm for a little in it, it keeps you warm for a little bit. Um and so, bit. Um and so, before we put insulation in our walls, before we put insulation in our walls, we actually didn't have that much we actually didn't have that much problem with mold because problem with mold because what happened when things got wet is what happened when things got wet is that they dried themselves. And how does that they dried themselves. And how does it dry? Well, things dry because they it dry? Well, things dry because they need energy. Right? So, if something's a need energy. Right? So, if something's a liquid and you apply heat and energy to liquid and you apply heat and energy to it, it will evaporate eventually and dry it, it will evaporate eventually and dry out. Well, if you're stuffing things in out. Well, if you're stuffing things in your walls that are preventing energy your walls that are preventing energy from transferring, what do you think's from transferring, what do you think's going to happen when that wall gets wet?

going to happen when that wall gets wet? Right? Now it's more likely to stay wet Right? Now it's more likely to stay wet and not dry. and not dry. And then, mix on top of that, as things And then, mix on top of that, as things continued, we replaced plaster with continued, we replaced plaster with drywall.

drywall. drywall. We replaced solid wood with OSB and We replaced solid wood with OSB and sheathing, right? Which are basically sheathing, right? Which are basically chunks of half-digested wood, which I'm chunks of half-digested wood, which I'm sure mold is like, "Thanks, you know?" sure mold is like, "Thanks, you know?" And then, And then, on top of that, we dealt with the energy on top of that, we dealt with the energy crisis in the '70s, which made energy crisis in the '70s, which made energy efficiency a huge deal. And now our efficiency a huge deal. And now our insulation got better, more efficient.

insulation got better, more efficient. Our We started dealing with uh air Our We started dealing with uh air conditioning systems. Now we're dealing conditioning systems. Now we're dealing with with with um um um complex networks of airflow. We're complex networks of airflow. We're dealing with pressure imbalances. We're

dealing with pressure imbalances. We're dealing with um hot hitting cold. And dealing with um hot hitting cold. And now, you know, flash forward to today, now, you know, flash forward to today, things are things are cheaper materials, way more energy cheaper materials, way more energy efficient, way more airtight. And when efficient, way more airtight. And when the building gets more airtight, the building gets more airtight, whatever's going on in the building, whatever's going on in the building, you're stuck in the building with, you're stuck in the building with, right? And so, a small mold problem back right? And so, a small mold problem back in 1910 was a small mold problem because in 1910 was a small mold problem because there was so much natural ventilation.

there was so much natural ventilation. Now it's a big mold problem because Now it's a big mold problem because you're stuck in there with it. And so, you're stuck in there with it. And so, we have to consider that uh ventilation we have to consider that uh ventilation is is a huge deal, not just for mold, is is a huge deal, not just for mold, but for other pollutants that are in the but for other pollutants that are in the house. We create a lot of pollutants, house. We create a lot of pollutants, you know, with cleaning, cooking, uh you know, with cleaning, cooking, uh showering, whatever the case may be, showering, whatever the case may be, there's pollutants inside. We slough off there's pollutants inside. We slough off particulate, so do your animals, and particulate, so do your animals, and there's just it goes on and on and on, there's just it goes on and on and on, right? And so, ventilation is huge. HVAC right? And so, ventilation is huge. HVAC systems are huge cuz they're handling systems are huge cuz they're handling the conditioning, cooling, drying, the conditioning, cooling, drying, filtration, and um filtration, and um you know, what building materials are we you know, what building materials are we bringing in? So, now there's chemical bringing in? So, now there's chemical component to this. So, yeah, as as time component to this. So, yeah, as as time goes on, we have to be more and more goes on, we have to be more and more mindful because mindful because as we add things into our environment to as we add things into our environment to worsen the air quality, we're also worsen the air quality, we're also making the houses tighter, which are making the houses tighter, which are basically trapping us in there with it.

basically trapping us in there with it. So, um we are now kind of at the cusp of So, um we are now kind of at the cusp of how regulations and code are how regulations and code are requiring ventilation, which is great.

requiring ventilation, which is great. So, now we're getting some fresh air, So, now we're getting some fresh air, but it's tricky, and because it's so but it's tricky, and because it's so novel to a lot of contractors, it's novel to a lot of contractors, it's being done wrong. And so, it's kind of being done wrong.

Presence vs Exposure and Hidden Mold

And so, it's kind of an interesting time right now to try to an interesting time right now to try to fix air quality issues. fix air quality issues. >> Yeah, so interesting, and I've heard >> Yeah, so interesting, and I've heard that phrase a lot, like let the home that phrase a lot, like let the home breathe, or does the home need to breathe, or does the home need to breathe? What do you think about that?

breathe? What do you think about that? >> I don't want the home to breathe. I want >> I don't want the home to breathe. I want me to breathe. me to breathe.

Um yeah, I don't Um yeah, I don't >> I >> I >> I Well, you've heard that, right? There's Well, you've heard that, right? There's that that that >> Yeah, yeah, and I think I think um >> Yeah, yeah, and I think I think um there's some truth to it. I think there's some truth to it. I think there's just um there's just um Yeah, there's some We got to fix the Yeah, there's some We got to fix the nomenclature. So, nomenclature. So, >> Absolutely.

>> Absolutely. >> Absolutely. >> the the house >> the the house We want fresh air in the house because We want fresh air in the house because we want fresh air. We want to be able to we want fresh air. We want to be able to dilute what's in there. We want to be dilute what's in there. We want to be able to breathe fresh.

able to breathe fresh. But, But, But, we don't want the house to breathe we don't want the house to breathe through the walls, through the windows, through the walls, through the windows, from the attic, from the crawl space.

from the attic, from the crawl space. We want to control where it's coming in. We want to control where it's coming

in. So, there is no such thing as a house So, there is no such thing as a house that's too tight as long as you're that's too tight as long as you're bringing in fresh air because if it's bringing in fresh air because if it's not too tight, and someone says, "Well, not too tight, and someone says, "Well, we'll just do natural ventilation," we'll just do natural ventilation," where's is coming from? It's coming from where's is coming from? It's coming from the attic, which fiberglass, roach poop, the attic, which fiberglass, roach poop, humidity, mold. It's coming from the humidity, mold. It's coming from the crawl space, radon, right? So, let's get crawl space, radon, right? So, let's get the house as tight as we can and then the house as tight as we can and then control the air by going through a control the air by going through a filtration, dehumidification, cooling, filtration, dehumidification, cooling, and all the things that it needs.

and all the things that it needs. >> Yeah, I do like the phrase the solution >> Yeah, I do like the phrase the solution to pollution is dilution. That one I to pollution is dilution. That one I think checks out.

think checks out. >> Yeah, I would uh I like to say that it's >> Yeah, I would uh I like to say that it's the secondary solution. The primary the secondary solution. The primary solution is source control.

solution is source control. Because if you have a pollutant in your Because if you have a pollutant in your house, let's get it out first. Um house, let's get it out first. Um should you go buy that rug from the, you should you go buy that rug from the, you know, $20 rug from Amazon that's going know, $20 rug from Amazon that's going to be off-gassing the chemicals in your to be off-gassing the chemicals in your house forever?

house forever? Um and are you being mindful of the Um and are you being mindful of the paint that you're using? When you're paint that you're using? When you're cooking, are you using your range hood cooking, are you using your range hood to get all those particulates and to get all those particulates and chemicals out when you're cooking? Um chemicals out when you're cooking? Um are we handling the mold problem? So, are we handling the mold problem? So, source control is also is always number source control is also is always number one. But, we are going to have a natural one. But, we are going to have a natural level of pollutants that we need to level of pollutants that we need to dilute.

dilute. dilute. >> Mhm. So, the solution to pollution is >> Mhm. So, the solution to pollution is source control. Doesn't have the same source control. Doesn't have the same ring to it, but you guys heard it here.

ring to it, but you guys heard it here. Let's remember that. Okay, and then so Let's remember that. Okay, and then so I love how you say a lot on your pages, I love how you say a lot on your pages, there's a difference between presence there's a difference between presence and exposure, right? So, um there on the and exposure, right? So, um there on the flip side though, too, flip side though, too, if you you don't have to see visible if you you don't have to see visible mold for it to be affecting your indoor mold for it to be affecting your indoor air quality. So, just to underscore air quality. So, just to underscore that, how can a home look clean, you that, how can a home look clean, you know, be clean, you clean regularly, but know, be clean, you clean regularly, but still >> Well, most of the problem most of the >> Well, most of the problem most of the areas that uh don't dry well areas that uh don't dry well are are the ones that grow mold. Right?

are are the ones that grow mold. Right? Cuz if it's it's staying wet. Um and Cuz if it's it's staying wet. Um and most of the areas that don't dry well most of the areas that don't dry well are the ones that are inside of walls are the ones that are inside of walls and places you can't see and so um most and places you can't see and so um most often we find what people would call often we find what people would call hidden mold hidden mold you know in walls underneath your you know in walls underneath your kitchen sink and all these areas can kitchen sink and all these areas can grow mold that isn't easily obvious but grow mold that isn't easily obvious but it could still affect the air quality.

it could still affect the air quality. And yes, it may be in a wall and it may And yes, it may be in a wall and it may be less exposure than if it was on the be less exposure than if it was on the surface of the wall but we still have surface of the wall but we still have air flow and balances pressure and air flow and balances pressure and balances in the house that can cause balances in the house that can cause forces to pull that stuff in from the forces to pull that stuff in from the wall cavities from the kitchen sink from wall cavities from the kitchen sink from

wherever it is into the breathing space wherever it is into the breathing space and so anything that can get into the and so anything that can get into the breathing space that's a pollutant is breathing space that's a pollutant is technically an exposure risk. Now the technically an exposure risk. Now the presence versus exposure is huge because presence versus exposure is huge because we need to know we need to know Okay, we know that there's a presence of Okay, we know that there's a presence of mold mold mold but we also as an indoor but we also as an indoor environmentalist I have to understand environmentalist I have to understand what the exposure risk is of that. So what the exposure risk is of that. So for example for example if I had a very large amount of mold if I had a very large amount of mold underneath your tile flooring underneath your tile flooring well if your tile flooring is completely well if your tile flooring is completely sealed the exposure risk of that could sealed the exposure risk of that could be actually quite low even though it's a be actually quite low even though it's a large amount because it's not getting large amount because it's not getting into your breathing space.

into your breathing space. And that is also true of the mycotoxins And that is also true of the mycotoxins a lot of people think mycotoxins can a lot of people think mycotoxins can just like perfuse through things and just like perfuse through things and that's that's not true.

that's that's not true. Mycotoxins are typically which we can Mycotoxins are typically which we can talk about later but mycotoxins are are talk about later but mycotoxins are are not of not a gas right they're bound to not of not a gas right they're bound to the fungal fragment or structure or the fungal fragment or structure or spore and so we don't really see that spore and so we don't really see that happening but it doesn't mean the happening but it doesn't mean the exposure is zero it just means that it's exposure is zero it just means that it's it's less than if it were you know it's less than if it were you know exposed. Now exposed. Now you might look at a large amount of mold you might look at a large amount of mold underneath tile and say the exposure underneath tile and say the exposure risk is is lower but a small amount of risk is is lower but a small amount of mold in your HVAC system like on your mold in your HVAC system like on your vents or in your ducts could be a large vents or in your ducts could be a large exposure risk because of where it is. So exposure risk because of where it is. So whenever you have an environmentalist in whenever you have an environmentalist in there you have to you have to really there you have to you have to really like ask them are you considering what like ask them are you considering what the exposure risk is to these things?

the exposure risk is to these things? Right? Um because if you just swab in Right? Um because if you just swab in the back of a kitchen cabinet and it the back of a kitchen cabinet and it shows some dangerous mold, that doesn't shows some dangerous mold, that doesn't tell me how much I'm breathing that in.

tell me how much I'm breathing that in. Especially if the cabinets are staying Especially if the cabinets are staying closed, we don't really use it too much, closed, we don't really use it too much, we're all the way on the other side of we're all the way on the other side of that the house. What's the exposure risk that the house. What's the exposure risk of that? And so, um so that's kind of of that? And so, um so that's kind of huge. But, a lot of people will think, huge. But, a lot of people will think, "Well, just because it's not in my sight "Well, just because it's not in my sight doesn't mean it it just means that it's doesn't mean it it just means that it's it's not going to affect the air it's not going to affect the air quality." Well, that's not true at all.

quality." Well, that's not true at all. We do pressure and balance testing all We do pressure and balance testing all the time and we always see air coming the time and we always see air coming out of wall cavities and underneath out of wall cavities and underneath cabinets and stuff. So, so it's all it's cabinets and stuff. So, so it's all it's always possible. The question is how always possible. The question is how much?

much? much? >> Absolutely. I think it's so important >> Absolutely. I think it's so important from the clinical side, too. That's what from the clinical side, too. That's what I often investigate with people when I'm I often investigate with people when I'm consulting is, okay, if there's a consulting is, okay, if there's a family, say, and there's a one child is family, say, and there's a one child is more affected than anyone else, you more affected than anyone else, you know, maybe it was because the mold was know, maybe it was because the mold was literally behind the wall that they were literally behind the wall that they were sleeping next to or things like that.

sleeping next to or things like that. And it was this, you know, giant slab of And it was this, you know, giant slab of

mold there versus whole other end of the mold there versus whole other end of the house and maybe it wasn't really so much house and maybe it wasn't really so much of an exposure. And of course, there's a of an exposure.

How to Inspect a Home for Mold

And of course, there's a whole bunch of other factors in, you whole bunch of other factors in, you know, previous state of health and know, previous state of health and everything like that as far as how much everything like that as far as how much mold is going to affect you clinically mold is going to affect you clinically as far as symptoms go. Uh one of the top as far as symptoms go. Uh one of the top ones being how sensitive to mold are you ones being how sensitive to mold are you because for some one person, you know, a because for some one person, you know, a small exposure could be totally fine.

small exposure could be totally fine. And for another person, it's going to And for another person, it's going to trigger a mast cell flare. So, trigger a mast cell flare. So, definitely important to weigh all those definitely important to weigh all those variables with the pros.

variables with the pros. So, for somebody who is already sick and So, for somebody who is already sick and potentially very overwhelmed by this potentially very overwhelmed by this whole mold, biotoxins, all this whole, whole mold, biotoxins, all this whole, you know, all this info, what is the you know, all this info, what is the hierarchy when checking a home? And I hierarchy when checking a home? And I know, again, it's in your course as know, again, it's in your course as well. But, what are the first like, most well. But, what are the first like, most urgent things to check before they go urgent things to check before they go start spending money on tests and start spending money on tests and things?

things? things? >> Well, um >> Well, um I would probably say I would probably say you never want to just start with a you never want to just start with a test.

test. test. That's never the best way to go. That's never the best way to go. If you suspect that you have a mold If you suspect that you have a mold issue in your house, whether it be issue in your house, whether it be symptomatic or things that you're symptomatic or things that you're seeing, sensing, smelling in the home, seeing, sensing, smelling in the home, uh uh uh the first line of defense would be an the first line of defense would be an inspection, inspection, inspection, a visual inspection. Now, the hard part a visual inspection. Now, the hard part is finding the right person.

is finding the right person. Right? That's a whole different Right? That's a whole different conversation, and I know that that's a conversation, and I know that that's a problem. And I tell people, "Hey, you problem. And I tell people, "Hey, you got to start with a thorough got to start with a thorough inspection." And usually the answer is, inspection." And usually the answer is, "Well, Brantley, it's hard to find "Well, Brantley, it's hard to find someone that knows what they're looking someone that knows what they're looking for, that's going to be thorough, blah for, that's going to be thorough, blah blah blah." That's why we created the blah blah." That's why we created the homeowner course on how to find it homeowner course on how to find it yourself. But, that is the that is the yourself. But, that is the that is the first step, right? Um it would almost be first step, right? Um it would almost be like like like if someone in your field of work, right?

if someone in your field of work, right? Um Um Um if a patient was starting to not feel if a patient was starting to not feel good, and they're like, "Oh, man, I'm good, and they're like, "Oh, man, I'm not feeling good. I'm having these not feeling good. I'm having these symptoms, whatever." symptoms, whatever." I I think the wrong question would be I I think the wrong question would be like, "Well, what test should I start like, "Well, what test should I start with?" with?" The The real The real question is, The The real The real question is, "Where do I find "Where do I find a doctor or a nurse practitioner or a a doctor or a nurse practitioner or a functional whatever practitioner that functional whatever practitioner that can actually listen to me, understand can actually listen to me, understand what my symptoms are, and guide me on what my symptoms are, and guide me on the right path, on the right test to do, the right path, on the right test to do, on the right protocol?" And that is the on the right protocol?" And that is the same thing with the indoor environment.

same thing with the indoor environment. You can't just do a DIY test and it You can't just do a DIY test and it gives you all the answers because there gives you all the answers because there is no single test that's going to give is no single test that's going to give you all the answers, just like there's you all the answers, just like there's no single test in medicine that's going no single test in medicine that's going to give you all the answers. Imagine if to give you all the answers. Imagine if me, if I went into an environment and I me, if I went into an environment and I and they gave me symptoms and I said, and they gave me symptoms and I said, "Oh, man, "Oh, man, yeah, yeah, this is making you sick. You yeah, yeah, this is making you sick. You should go check your thyroid should go check your thyroid antibodies." antibodies." antibodies." You know what I mean? Like, and that's You know what I mean? Like, and that's the only thing they check.

the only thing they check. It's not going to give them a full It's not going to give them a full picture. You got to You got to do a good picture. You got to You got to do a good assessment of what's going on, and then assessment of what's going on, and then create a good plan holistically, and you create a good plan holistically, and you can't do that with a single test.

can't do that with a single test. >> Absolutely. Yeah, so true. I think >> Absolutely. Yeah, so true. I think that's one of the most common questions that's one of the most common questions I get and probably what you get as well.

I get and probably what you get as well. I feel I feel sick, you know, what test should I do to sick, you know, what test should I do to check for mold? And that's why I'm like, check for mold? And that's why I'm like, okay, here is the info you really need okay, here is the info you really need an evaluation. That's why I send people an evaluation. That's why I send people to my symptoms quiz first. And I'm like, to my symptoms quiz first. And I'm like, my question back to you is what are your my question back to you is what are your symptoms, right? Because I don't know symptoms, right? Because I don't know what test you really need until I know what test you really need until I know what's going on with you. You may need a what's going on with you.

Introducing the DIY Mold Assessment Course

You may need a few different tests or we may not want few different tests or we may not want to start with testing at all. So, to start with testing at all. So, that's so important. So, I'm going to I that's so important. So, I'm going to I want to talk about your course now want to talk about your course now because I think we've already alluded to because I think we've already alluded to it a couple times. So, it a couple times. So, okay, you say we say the best test is an okay, you say we say the best test is an assessment. And you've gone further than assessment. And you've gone further than that now for people to say the best DIY that now for people to say the best DIY test is not a petri dish, it's not the test is not a petri dish, it's not the air sample canister that you can order.

air sample canister that you can order. It is actually a DIY assessment. So, It is actually a DIY assessment. So, tell me about your course and what tell me about your course and what people like who is it for and who can people like who is it for and who can this help?

this help? >> Sure. >> Sure. >> Sure. Well, the the course is for people that Well, the the course is for people that have a lot of pain points with finding have a lot of pain points with finding the right assessor.

the right assessor. Um Um Um finding a assessor they can afford, finding a assessor they can afford, right? Maybe they can't afford an right? Maybe they can't afford an assessor.

assessor. assessor. Maybe it's Maybe it's logistical challenges, right? I'm I'm logistical challenges, right? I'm I'm trying to find a rental. I'm trying to trying to find a rental. I'm trying to find a home. I can't get someone to find a home. I can't get someone to inspect a rental when we're looking at inspect a rental when we're looking at two or three of them a day. You know two or three of them a day. You know what I mean? It's just not logistically what I mean? It's just not logistically possible. Um or it's a preliminary like possible. Um or it's a preliminary like before I spend a whole bunch of money on before I spend a whole bunch of money on this thing, this thing, I'd like to get just a scope and see I'd like to get just a scope and see what's going on. Uh maybe it's someone what's going on. Uh maybe it's someone that's curious and they just want to that's curious and they just want to know more about how to empower know more about how to empower themselves when they do talk to themselves when they do talk

to professionals, right? I guarantee you um professionals, right? I guarantee you um if you took our DIY course on how to if you took our DIY course on how to find moisture and mold, which teaches find moisture and mold, which teaches you the the moisture meter, the you you the the moisture meter, the you know, the the flashlight techniques and know, the the flashlight techniques and what to look for and what you need to what to look for and what you need to do, you're going to have a really good do, you're going to have a really good idea of what it takes to do a good mold idea of what it takes to do a good mold inspection. And then when you ask when inspection. And then when you ask when you call a a mold inspection specialist, you call a a mold inspection specialist, right? A mold assessor, a mold right? A mold assessor, a mold remediator, you'll have so much remediator, you'll have so much knowledge on what that looks like and knowledge on what that looks like and you'll know exactly what to ask, what you'll know exactly what to ask, what questions are like their answers, if questions are like their answers, if they're good answers or bad answers and they're good answers or bad answers and and so it's it's really just for a and so it's it's really just for a holistic view of like what do I need to holistic view of like what do I need to do? But at the end of the day, what it's do? But at the end of the day, what it's actually designed for is boots on the actually designed for is boots on the ground inspection. Like how do I find ground inspection. Like how do I find the moisture and mold? Uh, the problem the moisture and mold? Uh, the problem that we had and the reason we created that we had and the reason we created the course is because there's so many the course is because there's so many courses out there um, vast majority courses out there um, vast majority aren't online and the other ones are aren't online and the other ones are just someone with a PowerPoint or just someone with a PowerPoint or talking to a camera and teaching and talking to a camera and teaching and it's good information but it's all it's good information but it's all conceptual. Like here are the different conceptual. Like here are the different types of mold and here then this one has types of mold and here then this one has a That's not important. A homeowner a That's not important. A homeowner needs to know where do I find it, right?

needs to know where do I find it, right? What do I look for? Where are the What do I look for? Where are the building flaws? How do I find the building flaws? How do I find the moisture and the mold? And that's what moisture and the mold? And that's what the course is for. It's very, very boots the course is for. It's very, very boots on the ground. That's why like um, and on the ground. That's why like um, and you've you've went through the course, you've you've went through the course, you completed the course. You know, it's you completed the course. You know, it's mostly like in the field, right? We're mostly like in the field, right? We're we're in the house, we're in the attic, we're in the house, we're in the attic, we're in the crawl space, we're we're in the crawl space, we're whatever, like showing you this right whatever, like showing you this right here. Look for this. And um, and so we here. Look for this. And um, and so we we wanted that because I'm going to be we wanted that because I'm going to be honest, it doesn't matter like you I honest, it doesn't matter like you I don't need to teach you for 2 hours on don't need to teach you for 2 hours on different types of mold. You just need different types of mold. You just need to know how to find it, right? And so to know how to find it, right? And so that's that's kind of what it was all that's that's kind of what it was all about is just let's get down and dirty, about is just let's get down and dirty, let's make it as quick as possible, give let's make it as quick as possible, give them 90% of what they need to know in 3 them 90% of what they need to know in 3 and 1/2 hours with all these like little and 1/2 hours with all these like little bite-sized videos on how to find mold in bite-sized videos on how to find mold in their house. And this is is to be a their house. And this is is to be a lifelong skill. So that way when you go lifelong skill. So that way when you go look for the new house, the rental, or look for the new house, the rental, or you go to your mom's house, you go to you go to your mom's house, you go to your daughter's house, or whatever, you your daughter's house, or whatever, you can bring those skills and say, "That's can bring those skills and say, "That's not good. That's not good. That's not not good. That's not good. That's not good." And we've seen that time and time good." And we've seen that time and time again from testimonials that people have again from testimonials that people have reached out to us and they're like, "Oh reached out to us and they're like, "Oh my gosh, like, you know, I've went my gosh, like, you know, I've went through five, 10 rentals and I was just through five, 10 rentals and I was just like, 'No. No. No. No. No.'" And uh we like, 'No. No. No. No. No.'" And uh we finally found one that we feel good and finally found one that we feel good and we decided that we were going to bring we decided that we were going to bring someone in. And that's awesome. Like, I someone in. And that's awesome. Like, I even actually had someone else, my video even actually had someone else, my video producer, tell me the same thing. They producer, tell me the same thing. They ended up feeling comfortable enough just ended up feeling comfortable enough just to move forward with putting a contract to move forward with putting a contract on the rental, but they said no to like on the rental, but they said no to like 15 rentals before that. They didn't need 15 rentals before that. They didn't need to do a single test on them. They didn't to do a single test on them. They didn't have to wait for a uh ERMI to get back have to

wait for a uh ERMI to get back on like, you know, they just he went in on like, you know, they just he went in and he said, "I don't like the way the and he said, "I don't like the way the gutters are. The windows aren't good. I gutters are. The windows aren't good. I found this water damage issue under the found this water damage issue under the kitchen sink. Nope. Next." And and kitchen sink. Nope. Next." And and that's what we want. We want people to that's what we want. We want people to be able to empower themselves to find be able to empower themselves to find their own issues and make educated their own issues and make educated decisions decisions decisions at a reasonable cost. We don't want you at a reasonable cost. We don't want you to have to spend a thousand bucks on an to have to spend a thousand bucks on an assessment every time.

assessment every time. >> Right. Yeah, or all these ERMI tests and >> Right. Yeah, or all these ERMI tests and everything really add up. And like you everything really add up. And like you said, waiting for results. Yeah, so I said, waiting for results. Yeah, so I took the course and took the course and I have to admit when I first signed into I have to admit when I first signed into it, I thought, "Okay, well, I'll just it, I thought, "Okay, well, I'll just kind of, you know, do this while I'm kind of, you know, do this while I'm doing other things or I'll come back to doing other things or I'll come back to it every now and then and maybe finish it every now and then and maybe finish it eventually." it eventually." Um cuz I didn't need it, you know, Um cuz I didn't need it, you know, personally immediately, but I actually, personally immediately, but I actually, you know, binge-watched the whole thing you know, binge-watched the whole thing because it was so captivating and because it was so captivating and actually so, so useful.

actually so, so useful. Um so, as someone who has several Um so, as someone who has several courses online, I would say uh I was courses online, I would say uh I was really impressed by all the all the really impressed by all the all the practical info. And for those of you practical info. And for those of you listening who who may be thinking, listening who who may be thinking, "Okay, so "Okay, so what exactly is in this course?" what exactly is in this course?" Something that you didn't mention that I Something that you didn't mention that I think is so useful is the checklist.

think is so useful is the checklist. Like, the just that checklist you can Like, the just that checklist you can just take with you in the resources. Of just take with you in the resources. Of course, go through the videos, but in course, go through the videos, but in the resources there are checklists and the resources there are checklists and things that you can take with you and things that you can take with you and just kind of go down when you don't want just kind of go down when you don't want to like open up the video and and have to like open up the video and and have it, you know, playing with you. But and it, you know, playing with you. But and I've already recommended this course to I've already recommended this course to people. Especially, I have one client people. Especially, I have one client who is in that situation where she's who is in that situation where she's looking for a new place. And she's like, looking for a new place. And she's like, this is, you know, exactly what I need this is, you know, exactly what I need to go ahead and look for places without to go ahead and look for places without having to test each one or feeling like, having to test each one or feeling like, okay, well, I can't test each one. Now, okay, well, I can't test each one. Now, do I just have to go in just hoping and do I just have to go in just hoping and praying that it's going to be okay or praying that it's going to be okay or maybe I'll never find a safe place to maybe I'll never find a safe place to live. You know, so I think it's really live. You know, so I think it's really empowering for people.

empowering for people. And it also has some of that mycology And it also has some of that mycology for those of you who like that. So, so for those of you who like that. So, so love it and we will put the link to the love it and we will put the link to the course with a discount in the show course with a discount in the show notes.

notes. notes. >> Yeah, that checklist took a lot of >> Yeah, that checklist took a lot of energy and a lot of time and trials, energy and a lot of time and trials, right? Like using it on houses and be right? Like using it on houses and be like, no, we got to add this. No, we like, no, we got to add this. No, we should remove this. It's too should remove this. It's too complicated. Because the whole time complicated. Because the whole time we're going through the course, we we we're going through the course, we we made the course at a fifth grade level.

made the course at a fifth grade level. That was our goal. Because we want That was our goal. Because we want everyone to understand it, right? Um everyone to understand it, right? Um that that means like the verbage, the that that means like the verbage, the type of type of technical information that we're technical information that we're providing. Like it almost has no providing. Like it almost has no technical information. And the technical information.

And the checklist, too. Um how is the checklist checklist, too. Um how is the checklist going to be useful for someone that, going to be useful for someone that, let's pretend they never even watched let's pretend they never even watched the course.

the course. Could they use this to get an idea of Could they use this to get an idea of what's going on in their house? And what's going on in their house? And that's really hard when you're trying to that's really hard when you're trying to put something on a checklist to say, put something on a checklist to say, for example, check the gutters, right?

for example, check the gutters, right? Well, what am I supposed to be checking, Well, what am I supposed to be checking, right? And so, we had to make it not too right?

Maintenance Tips: HVAC, Humidity, and Dehumidifiers

And so, we had to make it not too specific, but also not too vague. And specific, but also not too vague. And and then you can mark green, yellow, and then you can mark green, yellow, red. Um and green, yellow, red is very red. Um and green, yellow, red is very subjective, but it was way better than subjective, but it was way better than some of the other options like problem, some of the other options like problem, not problem or or give it a score. Like not problem or or give it a score. Like you can't do that. And then we we you can't do that. And then we we created it as a design to where you can created it as a design to where you can actually put a description per issue.

actually put a description per issue. And then And then you can hold on to that as a Some people you can hold on to that as a Some people actually reached out and said like, actually reached out and said like, "This is amazing as a like a 3-month "This is amazing as a like a 3-month thing. Like I'm going to do this every thing. Like I'm going to do this every couple months as a maintenance on my couple months as a maintenance on my house. And then I could see like if it's house. And then I could see like if it's getting better, worse, or what's going getting better, worse, or what's going on." And then other people said, "This on." And then other people said, "This is going to be amazing to hand to my my is going to be amazing to hand to my my mold inspector and say these are the mold inspector and say these are the things that I identified." And um and so things that I identified." And um and so it's just yeah, the checklist was it's just yeah, the checklist was actually a lot more popular than I actually a lot more popular than I thought it would be. Um and then of thought it would be. Um and then of course we have a lot of resources.

course we have a lot of resources. >> That's immediately I remember texting >> That's immediately I remember texting you like, "Okay, this checklist is you like, "Okay, this checklist is literally the best." literally the best." >> Yeah, yeah. It It took a lot of time.

>> Yeah, yeah. It It took a lot of time. Like it was like months to get that Like it was like months to get that right. right. right. Um Um Um and then of course we got a lot of and then of course we got a lot of resources, too. I mean there's like over resources, too. I mean there's like over a thousand dollars worth of resources in a thousand dollars worth of resources in there. I've pulled together my my my there. I've pulled together my my my friends and my family, like not my real friends and my family, like not my real family, not my blood family, but like my family, not my blood family, but like my family family, like John Skelly, Andrew family family, like John Skelly, Andrew Melrose, Melrose, Melrose, um Regan, some of these people in uh in um Regan, some of these people in uh in the industry and they've been so kind.

the industry and they've been so kind. They're like, "Yeah, well, you know, They're like, "Yeah, well, you know, we'll give them like discounts on our we'll give them like discounts on our service, our virtual consults." And then service, our virtual consults." And then my buddy Josh, he owns a lab in Fort my buddy Josh, he owns a lab in Fort Lauderdale. He's like, "Yeah, we'll do Lauderdale. He's like, "Yeah, we'll do we'll do homeowner um testing for them.

we'll do homeowner um testing for them. Yeah, and we'll give them free overnight Yeah, and we'll give them free overnight shipping." Blah blah. And I was able to shipping." Blah blah. And I was able to get all this stuff to provide and like get all this stuff to provide and like $250 off one of my favorite air $250 off one of my favorite air purifiers

from my buddy Tanner. And just purifiers from my buddy Tanner. And just like we're like, "Oh my gosh, everyone's like we're like, "Oh my gosh, everyone's being so helpful." Boom, and we just being so helpful." Boom, and we just slap it in there.

slap it in there. No one was asking for anything in No one was asking for anything in return. It's like not a kickback system. return. It's like not a kickback system.

The only kickback thing I have on there The only kickback thing I have on there is like my affiliate Amazon page because is like my affiliate Amazon page because I had to make uh we made like a curated I had to make uh we made like a curated tool lists. And so we have curated tool tool lists. And so we have curated tool you don't have to go find it. I went you don't have to go find it. I went through and I'm not even joking. I went through and I'm not even joking. I went through eight moisture meters trying to through eight moisture meters trying to figure out the right one. Not figure out the right one. Not professional ones.

professional ones. Like I bought like eight moisture meters Like I bought like eight moisture meters on Amazon saying, "Nope, that's not it. on Amazon saying, "Nope, that's not it.

That's not it." And then we did the same That's not it." And then we did the same thing with thermal imagers. We did the thing with thermal imagers. We did the same thing with flashlights. I'm like, same thing with flashlights. I'm like, "What is the best thing?" And so we "What is the best thing?" And so we curated these Amazon lists so you could curated these Amazon lists so you could just go click click click click. And we just go click click click click. And we just try to make it as simple as just try to make it as simple as possible. So lots of resources. If you possible. So lots of resources. If you decide to dive deeper into any given decide to dive deeper into any given topic, we give you curated um like topic, we give you curated um like YouTube playlists, too. Say, "Okay, YouTube playlists, too. Say, "Okay, well, you want to learn more about the well, you want to learn more about the army test? Okay, look at these. You want army test? Okay, look at these. You want to learn more about, you know, how to to learn more about, you know, how to find an inspector? Look at these find an inspector? Look at these videos." So we just try to be as as videos." So we just try to be as as well-rounded as possible to help people.

well-rounded as possible to help people. >> Yeah. Yeah. And I know you said >> Yeah. Yeah. And I know you said something about, "Okay, people said something about, "Okay, people said they're going to check their home every they're going to check their home every 3 months for certain things." 3 months for certain things." Is Are there things that we should be Is Are there things that we should be checking in our homes like every That's checking in our homes like every That's a common question I get, too. How often a common question I get, too. How often should I be checking my filters, my should I be checking my filters, my this, my that? Like are there a couple this, my that? Like are there a couple things that people should put on their things that people should put on their calendars for that sort of thing?

calendars for that sort of thing? >> Well, number one thing's going to be >> Well, number one thing's going to be your HVAC and your water heater. your HVAC and your water heater.

The HVAC is things that you might not be The HVAC is things that you might not be able to check. Although we do teach you. able to check. Although we do teach you.

We do show you how to check your coils We do show you how to check your coils homeowner friendly in the course. But um homeowner friendly in the course. But um you know, maintenance-wise, you know, maintenance-wise, HVAC's huge.

HVAC's huge. Um that's like one of the number one Um that's like one of the number one things that we see failing or um or things that we see failing or um or having mold issues. And I mean, I I having mold issues. And I mean, I I might be a little bit different, but might be a little bit different, but some people get them checked checked some people get them checked checked twice a year. I like to do it on the twice a year. I like to do it on the change of every season. So that's four change of every season. So that's four times a year. And what are we looking times a year. And what are we looking for? Uh we're making sure that the for? Uh we're making sure that the filter is right. We're making sure that filter is right. We're making sure that ducts haven't collapsed. Static pressure ducts haven't

collapsed. Static pressure is good. That it's cooling and drying is good. That it's cooling and drying properly. That there's no mold in the in properly. That there's no mold in the in the unit. You know, that it's still the unit. You know, that it's still sealed. Things aren't falling apart.

sealed. Things aren't falling apart. Like just the regular basic stuff um Like just the regular basic stuff um that can turn into big problems. Um that can turn into big problems. Um the one of the biggest problems that I the one of the biggest problems that I see that are so easily fixed see that are so easily fixed homeowners miss all the time is your homeowners miss all the time is your condensate line. Right? During the condensate line. Right? During the summertime, your air conditioner is summertime, your air conditioner is removing a lot of moisture out of the removing a lot of moisture out of the air and it goes out of that condensation air and it goes out of that condensation line and they get clogged. And if you're line and they get clogged. And if you're not keeping up with that and you haven't not keeping up with that and you haven't touched it in a year, two years, three touched it in a year, two years, three years to clear it and clean it, that is years to clear it and clean it, that is the biggest, most expensive mistake you the biggest, most expensive mistake you could do when it takes, you know, a could do when it takes, you know, a couple minutes and some vinegar, you couple minutes and some vinegar, you know, to to just go in there and do that know, to to just go in there and do that because we get called out to losses all because we get called out to losses all the time and it was a $15,000 project the time and it was a $15,000 project because it overflowed, it went down into because it overflowed, it went down into the first floor. Now you got to remove the first floor. Now you got to remove all the ceiling and all the flooring in all the ceiling and all the flooring in the second floor and then like the house the second floor and then like the house got contaminated cuz you didn't catch it got contaminated cuz you didn't catch it fast enough and wow, man, I wish I just fast enough and wow, man, I wish I just poured some vinegar down there. That poured some vinegar down there. That took a minute, you know, and that's so HVAC is huge.

that's so HVAC is huge. There's a lot of stuff you could do with There's a lot of stuff you could do with your exterior to make sure that things your exterior to make sure that things are good. Like are my gutters shedding are good. Like are my gutters shedding water away? Are they getting, you know, water away? Are they getting, you know, clogged? That's very, very common basic clogged? That's very, very common basic thing.

thing. thing. What about my my windows? Are they What about my my windows? Are they starting to separate and crack? What starting to separate and crack? What about my stucco? Is it starting to about my stucco? Is it starting to separate and crack? A lot of basic stuff separate and crack? A lot of basic stuff and you'll learn you'll learn about how and you'll learn you'll learn about how to identify these things in the class to identify these things in the class and then that will just intuitively tell and then that will just intuitively tell you what you need to just be checking you what you need to just be checking on.

on. on. >> Yeah, and a good reminder to use those >> Yeah, and a good reminder to use those dehumidifiers as well. dehumidifiers as well. Yeah, people always say like what air Yeah, people always say like what air purifier do you recommend? And I have purifier do you recommend? And I have the ones that I like, but the first the ones that I like, but the first thing I say is okay, first thing you thing I say is okay, first thing you want even before an air purifier, I want even before an air purifier, I think top is dehumidifier. Personally, think top is dehumidifier. Personally, because it's a it's a moisture issue.

because it's a it's a moisture issue. >> Well, yeah, there's there's two things >> Well, yeah, there's there's two things with the dehumidifier. One, with the dehumidifier. One, controlling your humidity is one of the controlling your humidity is one of the single best factors you could do for air single best factors you could do for air quality.

quality. quality. It's ventilation and humidity are the It's ventilation and humidity are the two biggest factors because when two biggest factors because when humidity goes up, it's not just mold.

humidity goes up, it's not just mold. It's bacteria, virus some viruses can It's bacteria, virus some viruses can stand the air longer. You have stand the air longer. You have particulates, right? They ride along on, particulates, right? They ride along on, you know, little water vapors. So do you know, little water vapors. So do chemicals and all these things it also chemicals and all these things it also attracts more animal bugs. Right? So now attracts more animal bugs. Right? So now you're dealing with more roaches, which you're dealing with more roaches, which by

the way, there's lots of interesting by the way, there's lots of interesting studies between roaches and endotoxins studies between roaches and endotoxins in a home, which are toxins that come in a home, which are toxins that come from bacteria. Um, so lots and lots of from bacteria. Um, so lots and lots of connections to humidity. Get that connections to humidity. Get that humidity down. Um, you know, if if your humidity down. Um, you know, if if your air conditioner is doing a wonderful job air conditioner is doing a wonderful job of that, then great. Don't run them of that, then great. Don't run them every day to hear that really annoying every day to hear that really annoying humming. But, you should still have them humming. But, you should still have them in the house you should still have one in the house you should still have one sitting in your back in your yard or in sitting in your back in your yard or in your uh storage shed or whatever, just your uh storage shed or whatever, just in case something were to ever happen, in case something were to ever happen, your air conditioner goes out, you need your air conditioner goes out, you need something to handle the humidity, or if something to handle the humidity, or if you ever had a flood, you should throw you ever had a flood, you should throw that in that room to help dry it that in that room to help dry it quickly. Everybody should have a quickly.

Mycotoxins, Toxic Load, and Health Impacts

Everybody should have a dehumidifier, whether you're using it dehumidifier, whether you're using it every day or not. every day or not. >> Yeah, I mean, I have little ones in each >> Yeah, I mean, I have little ones in each bathroom because I mean, my kids are not bathroom because I mean, my kids are not going to turn on the fan or things like going to turn on the fan or things like that. So, definitely want to keep those that. So, definitely want to keep those generally humid areas from getting too generally humid areas from getting too humid.

humid. humid. >> Totally. Yeah. >> Totally. Yeah. >> Yeah, I think you mentioned something >> Yeah, I think you mentioned something really interesting about how mycotoxins, really interesting about how mycotoxins, even though they're microscopic, they even though they're microscopic, they don't actually just don't actually just diffuse through tile or things like diffuse through tile or things like that. Can you speak a little more to that. Can you speak a little more to that cuz that I feel like that is a very that cuz that I feel like that is a very common misconception.

common misconception. >> Yes, it it is. Um, and before I get into >> Yes, it it is. Um, and before I get into this, I this, I sometimes uh when when we start adding sometimes uh when when we start adding information into people's knowledge base information into people's knowledge base that they didn't formally know of, that they didn't formally know of, it it may come off as like, you know, it it may come off as like, you know, you don't have to worry about it. We you don't have to worry about it. We definitely still need to worry about definitely still need to worry about mycotoxins. Okay? Mycotoxins are the mycotoxins. Okay? Mycotoxins are the single biggest factor that I see and my single biggest factor that I see and my clients having um issues or autoimmune clients having um issues or autoimmune flares or not being able to heal. So, flares or not being able to heal. So, mycotoxins are huge. They're very mycotoxins are huge. They're very important. Trust me. All right? From my important. Trust me. All right? From my personal health experience and what I do personal health experience and what I do for work, I should not be in this field for work, I should not be in this field with my autoimmune issues. Here I am.

with my autoimmune issues. Here I am. And what I can tell you is if I make And what I can tell you is if I make mistakes, there was actually um mistakes, there was actually um a a a quite small divergent.

quite small divergent. Some of the two two or three of the Some of the two two or three of the videos that you saw in the course where videos that you saw in the course where there was a lot of mold happening in there was a lot of mold happening in their house like behind the wallpaper in their house like behind the wallpaper in the water heater closet and stuff like the water heater closet and stuff like that.

that. that. Some of those things I just couldn't Some of those things I just couldn't record with the mask on because you record with the mask on because you couldn't hear me. And we recorded in couldn't hear me. And we recorded in that house for about a day and a half.

that house for about a day and a half. And I was out for the count. It took a And I was out for the count. It took a lot to get back from that. Um lot to get back from that. Um And so it's it's for real, man. It's for And so it's it's for real, man. It's for real. Now with that being said, um real. Now with that being said, um how do they tra- how do the

microtoxins how do they tra- how do the microtoxins travel? How do you get exposed to them?

travel? How do you get exposed to them? A lot of people think that it's a gas. A lot of people think that it's a gas. All right, they think that it's just All right, they think that it's just kind of flying around independently and kind of flying around independently and on its own. So if you have mold in a on its own. So if you have mold in a wall, it's just going to diffuse through wall, it's just going to diffuse through the wall and just show up and just the wall and just show up and just absorb into your all your porous absorb into your all your porous materials. That is not how it works.

materials. That is not how it works. It's not a gas. All right, a microtoxins It's not a gas. All right, a microtoxins are not volatile. What they are is are not volatile. What they are is it's a it's a secondary metabolite it's a it's a secondary metabolite that's produced by mold that's produced by mold usually during digestion phase or during usually during digestion phase or during its defensive phases trying to protect its defensive phases trying to protect itself. But it's a toxin that's itself. But it's a toxin that's bound to as as a just a chemical bound to as as a just a chemical compound bound to the spore.

compound bound to the spore. Bound to the fungal fragments that are Bound to the fungal fragments that are flying around. Bound to the actual flying around. Bound to the actual growth structure, you know, the growth structure, you know, the sporangium, conidium, whatever. They're sporangium, conidium, whatever. They're bound to the actual structure. So bound to the actual structure. So they're not going to fly around on their they're not going to fly around on their own. However, own. However, what is mold, you know, how did how did what is mold, you know, how did how did God make these things? He made them to God make these things? He made them to reproduce by spreading spores reproduce by spreading spores everywhere, right? And so the spores are everywhere, right? And so the spores are really the main driver of your really the main driver of your microtoxin exposure. Because they're microtoxin exposure. Because they're flying around everywhere, you're flying around everywhere, you're breathing them in. If they're on your breathing them in. If they're on your contents, you're sitting on them, you're contents, you're sitting on them, you're stepping on them, you're walking on stepping on them, you're walking on them, you're you're getting some into them, you're you're getting some into your saliva going into your stomach.

your saliva going into your stomach. They're That is the main source of They're That is the main source of exposure. Now if someone starts to mess exposure. Now if someone starts to mess with things like destroying drywall, with things like destroying drywall, spraying chemicals on it, you have bits spraying chemicals on it, you have bits and pieces of the roots and the fungal and pieces of the roots and the fungal fragments and stuff flying around that fragments and stuff flying around that also have the mycotoxins on them. So, also have the mycotoxins on them. So, even tiny particulates can collect in even tiny particulates can collect in the dust that are problematic for us. Um the dust that are problematic for us. Um but, we have to differentiate whether but, we have to differentiate whether it's a gas or if it's a particle. And it's a gas or if it's a particle. And most of the time it's a particle riding most of the time it's a particle riding on another particle. That's That's kind on another particle. That's That's kind of the best way to to look at it.

of the best way to to look at it. And if you know that and if your And if you know that and if your inspector knows that, you can better inspector knows that, you can better assess assess assess what to do about it, what could have what to do about it, what could have been affected, and most importantly, been affected, and most importantly, what do I do with my contents and my what do I do with my contents and my stuff?

stuff? stuff? >> Right. Yeah, so interesting. And that >> Right. Yeah, so interesting. And that translates well to the body, too, translates well to the body, too, because we think about how we breathe in because we think about how we breathe in the spores and the mycotoxins. And yes, the spores and the mycotoxins. And yes, you're getting them in through the GI you're getting them in through the GI tract, whether through food or through tract, whether through food or through your environment, but also, you know, your environment, but also, you know, the spores the spores can go so far in your sinuses, but then can go so far in your sinuses, but then those mycotoxins and the smaller those mycotoxins and the smaller fragments can go through via the fragments can go through via the olfactory bulb and catch a ride straight olfactory bulb and catch a ride straight to the brain. So, the problem people ask to the brain. So, the problem people ask about me a lot of times about how do I about me a lot of times about how do I find out if there's mold in my body? But find out if there's mold in my body? But the real question is the real

question is what it How has mold affected your body?

what it How has mold affected your body? Like, how inflamed are you due to mold Like, how inflamed are you due to mold and toxins and full and toxins and full toxin load and all the different toxin load and all the different byproducts of the ecosystem of microbes byproducts of the ecosystem of microbes that you've been exposed to. So, that you've been exposed to. So, you know, these mycotoxins, yes, they're you know, these mycotoxins, yes, they're they're with the spores and we're they're with the spores and we're breathing them in, but they're causing breathing them in, but they're causing that inflammation in the body. And, you that inflammation in the body. And, you know, they can circulate throughout. So, know, they can circulate throughout. So, so that's really interesting and and so that's really interesting and and definitely ties in well to uh the definitely ties in well to uh the clinical side.

clinical side.

Common Mistakes and How to Avoid Them

So, then, So, then, other question, too, is are there other question, too, is are there certain types of mold, as a mycologist, certain types of mold, as a mycologist, are there certain types of mold that you are there certain types of mold that you think of or like the top three, you think of or like the top three, you know, worst molds or if you have certain know, worst molds or if you have certain molds then you should definitely not, molds then you should definitely not, you know, get this rental or is it more you know, get this rental or is it more about the amount of molds or how do you about the amount of molds or how do you think about that risk?

think about that risk? >> So, uh the main thing is >> So, uh the main thing is it's not about the different types of it's not about the different types of mold because mold because you shouldn't have any sources of mold you shouldn't have any sources of mold growth in your house.

growth in your house. No matter what it is. There's no such No matter what it is. There's no such thing as a good source of mold growth in thing as a good source of mold growth in your house.

your house. Uh there's no such thing as a a Uh there's no such thing as a a non-problematic source of mold growth in non-problematic source of mold growth in your house. If you have mold growth in your house. If you have mold growth in your house, that is a symptom of a your house, that is a symptom of a moisture problem.

moisture problem. And the moisture problem means that And the moisture problem means that there are also other molds that could be there are also other molds that could be growing, too. And this is where things growing, too. And this is where things get a little bit in the gray area. Yes, get a little bit in the gray area. Yes, there are more mold that may be more there are more mold that may be more clinically significant if we wanted to clinically significant if we wanted to get technical like Stachybotrys can get technical like Stachybotrys can produce uh a lot of trichothecenes. Um produce uh a lot of trichothecenes. Um Penicillium and Aspergillus, they can Penicillium and Aspergillus, they can produce ochratoxin A. And so, these produce ochratoxin A. And so, these things are important, you know, Fusarium things are important, you know, Fusarium can produce fumonisin and can produce fumonisin and deoxynivalenol, deoxynivalenol, deoxynivalenol, but but but the thing is we can't focus on the mold the thing is we can't focus on the mold because testing is limited, right? So, because testing is limited, right? So, if you have a uh a wall full of mold and if you have a uh a wall full of mold and I swab in one little area and it says I swab in one little area and it says it's one type, that doesn't mean that's it's one type, that doesn't mean that's the only type there. Therefore, it the only type there. Therefore, it doesn't matter to me that that said doesn't matter to me that that said Cladosporium, "Oh, it's less Cladosporium, "Oh, it's less concerning." Well, how do I know there concerning." Well, how do I know there wasn't other things?

wasn't other things? Is there water damage in the house? Has Is there water damage in the house? Has it caused a problem? Has it caused it caused a problem? Has it caused potential contamination? It's an issue potential contamination? It's an issue whether or not. Now, the amount whether or not. Now, the amount obviously is important, right? There is obviously is important, right? There is such thing as a normal amount of mold in such thing as a normal amount of mold in an environment. So, I would say amount an environment. So, I would say

amount is bigger, but I would also say the is bigger, but I would also say the scale of water damage event is also big, scale of water damage event is also big, too. Like, was it just a little bit of too. Like, was it just a little bit of sweating at the bottom of your window?

sweating at the bottom of your window? Just a tiny bit and you're starting to Just a tiny bit and you're starting to see a little bit? Is it a little bit on see a little bit? Is it a little bit on your caulking? Or has the window been your caulking? Or has the window been leaking for 10 years? Has the shower leaking for 10 years? Has the shower been leaking for 10 years? So, that's been leaking for 10 years? So, that's kind of where we look at as far as kind of where we look at as far as triaging if this horrible or not.

triaging if this horrible or not. >> Yeah, and then comparing to the outside >> Yeah, and then comparing to the outside levels, too, right? Which I know outside levels, too, right? Which I know outside it can be high as well, but that can be it can be high as well, but that can be >> Yeah, we just did one um >> Yeah, we just did one um I just read it yesterday. It was 50,000 I just read it yesterday. It was 50,000 spores per cubic meter. So, you know, if spores per cubic meter. So, you know, if you imagine just a cubic meter in front you imagine just a cubic meter in front of your face, every step that you take, of your face, every step that you take, you're walking in a 50,000 spores. That you're walking in a 50,000 spores. That was a normal baseline for outside. So, was a normal baseline for outside. So, yeah.

>> Yeah, yeah, all those variables, but I >> Yeah, yeah, all those variables, but I think that's actually really important think that's actually really important to conceptualize and can help with not to conceptualize and can help with not being overwhelmed by this. It's not a being overwhelmed by this. It's not a matter of nitpicking what one or 20 matter of nitpicking what one or 20 types of mold and bacteria you have in types of mold and bacteria you have in your home. It's a matter of where are your home. It's a matter of where are the moisture sources, where are these the moisture sources, where are these issues with either the materials or what issues with either the materials or what are these different things that we need are these different things that we need to to to pre- use to prevent mold and moisture pre- use to prevent mold and moisture issues or treat anything that has issues or treat anything that has already happened. So, I think that's already happened. So, I think that's really helpful.

really helpful. >> Yeah, and you also have to consider >> Yeah, and you also have to consider total toxic load. Um trying not to focus total toxic load. Um trying not to focus mainly on mold. Of course, that is a mainly on mold. Of course, that is a huge driver, but if you can get your huge driver, but if you can get your total toxic load down, your air quality total toxic load down, your air quality is going to be better. So, like what do is going to be better. So, like what do I have in my house that's microplastics?

I have in my house that's microplastics? What do I have in my house that's What do I have in my house that's producing too much electricity? What do producing too much electricity? What do I What do I have in my house that's I What do I have in my house that's producing too many chemicals? What am I producing too many chemicals? What am I doing in the house that could be doing in the house that could be contributing to the humidity or to contributing to the humidity or to bacteria? Um you know, how clean is it?

bacteria? Um you know, how clean is it? How much am I keeping keeping the dust How much am I keeping keeping the dust up, right? Which is going to be a up, right? Which is going to be a harboring station for all of this stuff.

harboring station for all of this stuff. Right? And so, whatever that case may Right? And so, whatever that case may be, you just have to consider your en- be, you just have to consider your en- en- environmental load and get that down en- environmental load and get that down because, you know, a lot of people ask because, you know, a lot of people ask like, "Well, what do I do if I'm still like, "Well, what do I do if I'm still living in mold?" Right? And there's a living in mold?" Right? And there's a lot of things you could do, right? You lot of things you could do, right? You could dilute the air with outdoor air, could dilute the air with outdoor air, you can do run air purification, you can you can do run air purification, you can seal up Remember, source control is seal up Remember, source control is huge. Seal up the areas if you know huge. Seal up the areas if you know there there's mold in that cabinet, tape there there's mold in that cabinet, tape it up, right? Like whatever it is, you it up, right? Like whatever it is, you could do things, but you know what else could do things, but you know what else you could do to help your symptoms is

you could do to help your symptoms is get the other environmental stuff that get the other environmental stuff that you can't control out.

you can't control out. Get rid of those freaking blade Glade Get rid of those freaking blade Glade plug-ins, sorry Glade, and toss them in plug-ins, sorry Glade, and toss them in the trash. Right? Like, what am I using the trash. Right? Like, what am I using cleaners for? How can I alternate like cleaners for? How can I alternate like how can I go into more non-toxic stuff?

how can I go into more non-toxic stuff? What am I using to wash my clothes? Can What am I using to wash my clothes? Can I switch to 100% cotton for my bed I switch to 100% cotton for my bed sheets? Whatever it is, just reduce sheets? Whatever it is, just reduce everything else and the toxic load in everything else and the toxic load in the house as a whole as a sum will go the house as a whole as a sum will go down as you're trying to handle the mold down as you're trying to handle the mold problem, too.

problem, too. >> That's so true. Yep, home and body >> That's so true. Yep, home and body absolutely as I like to talk about all absolutely as I like to talk about all the time, your toxin bucket. Every small the time, your toxin bucket. Every small choice counts. So, anything you can do, choice counts. So, anything you can do, every little thing helps, you know, every little thing helps, you know, filtering your water, you know, all of filtering your water, you know, all of these things, it helps with your total these things, it helps with your total toxin load. And you know, you're toxin load. And you know, you're absorbing through skin, too. So, all of absorbing through skin, too. So, all of those products, all those skin products those products, all those skin products and everything. So, just taking a little and everything. So, just taking a little inventory of what's around your house, inventory of what's around your house, what's in your pantry, you know, what what's in your pantry, you know, what ultra-processed foods are there, what ultra-processed foods are there, what high-mold foods are there. And for those high-mold foods are there. And for those listening, making make sure you have my listening, making make sure you have my guide on what to do in a moldy guide on what to do in a moldy environment. Uh probably my most popular environment. Uh probably my most popular guide because there's so many people in guide because there's so many people in this situation. So, I'll link that as this situation. So, I'll link that as well.

well. well. So, So, So, this is great. So, any other common this is great. So, any other common pitfall pitfalls to avoid when trying to pitfall pitfalls to avoid when trying to evaluate your indoor environments or evaluate your indoor environments or when you're thinking you need to fix any when you're thinking you need to fix any kind of microbial issue in the home?

kind of microbial issue in the home? >> Yeah, um this is kind of more of like a >> Yeah, um this is kind of more of like a broad broad thing. Um and this is just broad broad thing. Um and this is just also from experience because of just also from experience because of just what I do with work. It's not a what I do with work. It's not a technical thing. It's it's a it's a technical thing. It's it's a it's a philosophical thing. And philosophical thing. And when you so, here here's what I would when you so, here here's what I would say the number one problem I see.

say the number one problem I see. When you see a problem or when you think When you see a problem or when you think there's a problem or you get a lab there's a problem or you get a lab result back clinically, right? And it result back clinically, right? And it says that your your analysis or blood says that your your analysis or blood serum antibody test or whatever is high, serum antibody test or whatever is high, you immediately want to solve the you immediately want to solve the problem.

problem. problem. A lot of these people, especially like I A lot of these people, especially like I don't know what the relationship is with don't know what the relationship is with immunocompromised like um autoimmune immunocompromised like um autoimmune people and intelligence, but it seems to people and intelligence, but it seems to be very analytical intelligent people be very analytical intelligent people that are dealing with this. Or maybe that are dealing with this. Or maybe it's just me cuz I'm the smartest guy in it's just me cuz I'm the smartest guy in the world.

the world. >> No, that's so true. >> No, that's so true. No, I mean, yeah, my husband was quite No, I mean, yeah, my husband was quite sick from mold and other things, and sick from mold and other things, and he's like a

certified genius, so.

he's like a certified genius, so. >> Yeah, and these people they're they're >> Yeah, and these people they're they're problem solvers, right? And so you get problem solvers, right? And so you get this result back and you want to act.

this result back and you want to act. Take a breath. Take a breath. Slow down. Slow down. Figure out what needs to be done. Find Figure out what needs to be done. Find the right people to help you.

the right people to help you. Don't jump off and just get the first Don't jump off and just get the first guy, first girl, whatever. Don't just guy, first girl, whatever. Don't just jump right into the remediation. Slow jump right into the remediation. Slow down. Not only are you a problem solver down.

Where to Find Brantley and Closing Remarks

Not only are you a problem solver and you want to get things solved, you and you want to get things solved, you want to get your health back, but you're want to get your health back, but you're probably also dealing with not that probably also dealing with not that great energy. You're probably dealing great energy. You're probably dealing with brain fog, right? And it's just too with brain fog, right? And it's just too much it's just too much to handle this.

much it's just too much to handle this. It's just overwhelming and it's just It's just overwhelming and it's just like, well, I don't even know what to like, well, I don't even know what to do. I'm just going to just I just have do. I'm just going to just I just have to do whatever I can. And then what to do whatever I can. And then what happens is, let's flash forward 10 happens is, let's flash forward 10 months and you've spent $80,000 on your months and you've spent $80,000 on your house. You're still sick. You still house. You're still sick. You still don't know what's going on, and you feel don't know what's going on, and you feel like you're back at ground zero. I see like you're back at ground zero. I see that all the time. So, like health that all the time. So, like health health issues alone will wear on you.

health issues alone will wear on you. They will keep you at 0% energy, 0% I They will keep you at 0% energy, 0% I don't even know how I'm going to handle don't even know how I'm going to handle this, especially cuz it affects your this, especially cuz it affects your work, which affects your finances, and work, which affects your finances, and then it affects your relationship with then it affects your relationship with your husband or wife, and then it your husband or wife, and then it affects your relationship with your kids affects your relationship with your kids and how present you can be and how and how present you can be and how they're how they're health is. And they're how they're health is. And it's really really hard to to handle it's really really hard to to handle this, and it just affects your general this, and it just affects your general quality of life.

quality of life. So, um So, um it's just really important to consider it's just really important to consider that um that um you can do this very wrong you can do this very wrong if you don't have the right people and if you don't have the right people and if you don't slow down and just try not if you don't slow down and just try not to panic. One of my favorite movies of to panic. One of my favorite movies of all time is The Hitchhiker's Guide to all time is The Hitchhiker's Guide to the Galaxy. I don't know if you know the Galaxy. I don't know if you know that movie. And it's a big book and that movie. And it's a big book and right on the front it says, "Don't right on the front it says, "Don't panic." panic." panic." And and that's it, right? You just have And and that's it, right? You just have to slow down and be like, "Okay, let me to slow down and be like, "Okay, let me figure this out." I know that's easier figure this out." I know that's easier said than done because there's a lot of said than done because there's a lot of misinformation out there. People have misinformation out there. People have different opinions both in the different opinions both in the environment and functional medicine.

environment and functional medicine. They're going to have different ways They're going to have different ways that they're going to treat you or treat that they're going to treat you or treat your house.

your house. Um but at the end of the day, you're Um but at the end of the day, you're your own advocate. You have to make your your own advocate. You have to make your own decisions. And so, take the time to own decisions. And so, take the time to get the right information, to get to get get the right information, to get to get the right um

solutions for your house the right um solutions for your house before you move forward because I don't before you move forward because I don't want you wasting money. I don't want you want you wasting money. I don't want you having to take out a second mortgage. I having to take out a second mortgage. I don't want you having to figure out what don't want you having to figure out what to do here um because you rushed and to do here um because you rushed and went too fast. The amount of times I went too fast. The amount of times I hear people say, "Man, if I knew what I hear people say, "Man, if I knew what I knew 10 months ago." knew 10 months ago." Right? So, let's just slow down and and Right? So, let's just slow down and and let's figure it out slowly.

let's figure it out slowly. >> Absolutely. >> Absolutely. >> Absolutely. You don't have to figure everything out You don't have to figure everything out today, just your next best step. And get today, just your next best step. And get the pros, the right pros involved. And the pros, the right pros involved. And we can help, for sure. So, thank you for we can help, for sure. So, thank you for that and for all the insights you've that and for all the insights you've shared. So, like I said, we're going to shared. So, like I said, we're going to put those links in the show notes. Where put those links in the show notes. Where else can people find you?

else can people find you? >> Yeah, if you guys want to go on my >> Yeah, if you guys want to go on my social media, it's @brantley.iaq. social media, it's @brantley.iaq.

And that's uh you know, we give a lot of And that's uh you know, we give a lot of free information on what to find, what free information on what to find, what to look for. Some of it's technical, but to look for. Some of it's technical, but a lot of it we try to keep simple to a lot of it we try to keep simple to say, "Hey, look for this, look for say, "Hey, look for this, look for that." And we like to be entertaining that." And we like to be entertaining and and just help, give free information and and just help, give free information out there. Um if you want to hire us for out there. Um if you want to hire us for like inspections or consultation, I like inspections or consultation, I would probably say envirohealth.co.

would probably say envirohealth.co. That's our That's my main website and That's our That's my main website and that's uh that's where you can hire me that's uh that's where you can hire me and my team to help you guys out.

and my team to help you guys out. >> Wonderful. Well, thanks again, Brantley. >> Wonderful. Well, thanks again, Brantley. This has been the Detox Dudes Report.

This has been the Detox Dudes Report. Thanks for joining us, and I'll see you Thanks for joining us, and I'll see you on the next episode. on the next episode.