Opening on Functional Medicine and Mold Recovery

a very holistic approach to addressing these issues because they are all interrelated. That's kind of one of the beautiful things about functional medicine, right, is getting to the root cause and using a holistic.

For those folks that have been down this journey for a lot of years, and there was a fatigue that sets in, et cetera, it's It's taxing not just on that individual, but, of course, the family and it's the whole bundle, which can sometimes just be too much, too big of a burden to carry.

What would you say the most important mind shift for those individuals would be who've been stuck on the pathway for all those years? You've tried everything.

You changed your diet, you've detoxed, and you even moved homes. And yet you still feel sick. Headaches, brain fog, fatigue that no one can explain. What if it's not you?

What is your environment? Welcome to Mold Microtoxins and More. I'm John Bode. Each week I sit down with experts uncovering how mold, micro toxins, environmental exposures affect your health and what real recovery looks like.

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Have you become the canary in the coal mine? I often have clients tell me that after having mold exposure, they become super sensitive afterwards. They say, John, you don't need to take any samples.

Just take me with you wherever you go. And I can tell you if there's mold in that building. Well, today we're going to try to unravel why that phenomenon may occur.

Welcome back to Mold Microtoxins and More, the podcast where we explore the hidden connections between environmental contamination and human health. I'm your host, John Bodie, co-founder of the Bold Pros.

And every day we work with families who have done everything right. They've remediated their homes, they've taken binders, the followed all the protocols, and yet they're still sick.

So for today's episode is about why detox alone oftentimes fails and why true recovery, what it really requires. Our guest is Dr. David Markham. He's a functional medicine practitioner located in Dallas, Texas.

Dr Markum, welcome to the show. Thank you, John. I'm looking forward to this and just talking with you guys about the depth of my knowledge going through it at a clinical point of view, but also as experiential as well.

You know, I've been through at all and it was miserable and I am so glad to be able to support other people feel better. Today's going to be really interesting.

I've been looking forward to this episode. Most people assume that mold recovery, it's about leaving the environment, getting it taken care of, and then detoxing, then everything's copacetic afterwards.

From your perspective, what actually determines whether someone fully recovers or stays sensitive over the long term? Yeah, I think it's a very common question.

It's very good one because the traditional stance of needing to throw away all the things in your home and kind of start from scratch. That is often discussed, you know, and I don't know if I fully agree with that and a lot of these people are not doing the deeper work.

to really get the mold out of their system and to reprime and reset the immune system that has been haywire for so long to have resilience and tolerance again.

A lot of times people are getting out the environment great and that's what your expertise is, is fixing that environment and getting people out. But really, you know, a lot of times when people come to me and they say they've been treated, they haven't really gotten all the mycotoxins fully out.

Maybe they did a little bit of liver work or something or took some supplements. But the reality is that these mycotoxin are very, very small and their fat soluble and go up into the deep recesses of the tissues themselves, into body, and into brain.

Why Detox Alone Often Fails

And, you know, the mycotoxins are fat soluble, so they go and collect in the brain, of course, they collect into mitochondria, which are these big things of fat where we make energy.

So, much of this, has to do with mitochondrial dysfunction, why there's so much fatigue, where there are so many neurological issues, because there is 10 times the amount of mitochondrion in brain than any other place in body.

So true healing is really be able to go into this place and do true cellular detox. Not just some liver support, not just lymphatic support because that's only going to get out the small little bit at the top that is easily available, which is a great start.

But we wanna go deeper. We wanna actually empty the bucket of all these mycotoxins that are creating this inflammatory storm in the body and the brain that's poisoning the system.

So people can just feel good at baseline. They don't need to be on a bunch of supplements. they don' need be so sensitive to gluten and other kind of exposures in general.

Because it's not even just mold. When you've lived in a mold environment, you start getting sensitive everything. So it's not, and that makes a lot of sense.

So, it was not just basically the mold load and how much we can carry or tolerate in our systems, but it really,

sounds like it is how our system responds to these stressors.

Would you agree with that? I think that's a really great point. You know, I that sometimes we have an initial catalyst and sometimes you call it an arrow that happens in life that we can't really, you know prevent.

That's the exposure to that toxins, having that injury, it's getting Lyme disease or something, for example. And that does create inflammation. that is a problem that doesn't need to be addressed.

But the second part of the disease is your body's response to that, the reactivity that happens. And in this case, it's the immune reactivty. It's this reactive inflammation that occurs that causes a lot of damage and a lots of symptoms of these diseases here.

And so, you know, ultimately we want to get out the mycotoxins, we wanna kill if there's any kind of actual mold colonization of the body as well in the sinuses and the gut and other areas.

Important. But there is also, before we even treat people, We have to calm down that inflammatory storm to be less reactive so they can even tolerate what that killing or what the detox would even entail.

We need to create some space. Because if their buck is so overflowed already and they're just on the brink of having some kind of reaction, they are not going to be able to tolerate detox very well.

So, you know, we fix the gut often first. We stabilize the immune response with many immune modulators and advanced peptides and we start healing up that gut lining.

And we started getting their energy systems, their adrenals, the hormones, and mitochondria working again. They just feel a little bit better. We down regulate their nervous system here so they're out of fight or flight because we know how much these toxins really can throw you into fight-or-flight here.

And when things are more calm and grounded, from that place we can start doing this detox in a very thorough deep way. We can go much deeper. to really get it out.

And most importantly, we retest after some of this detox. Within a week or two of finishing whatever we think is going to get most of it, out we check.

We make sure it's actually there and a lot of times people are testing incorrectly. So this could be another topic of you get tested. I know that I'm living in a mold home, but it showing that it is negative.

Inside my body what's going on? A lot of it's inside the tissues. It's not inside. The urine is not in the bloodstreams There's a lot Of false negatives and that's why we will sometimes Pre-treat people with some liver support some some glutathione some bitters and things start Mobilizing some of that before we test or do it right after a detox And that makes a lot of sense.

I've been a huge, huge fan of glutathione. And I'm in a lotta moldy homes. It's kind of an occupational hazard, right? And in addition to my PPE, I travel quite a bit, but I am a big glutothione fan for sure.

But I'd like to get your thoughts and share. We talk about mold exposure and how we talk attacks on the nervous system or the immune system and how your body regulates.

Nervous System, Immune Reactivity, and Calming the Storm

Can you share a little bit from your perspective how that actually happens, what occurs? Yeah, and you know, this is important because these are systems that interact very intricately with each other.

And sometimes when we're only dealing with one aspect of this system that is interacting, we are not going to make the full gains to really reset things because the one system you didn't address continues to throw it out of

place again.

So, you know, mold, again, goes and collects in the brain, it's very activating to the nervous system, the limbic system. The subcortical brain where the fear response, that amygdala resides, becomes very reactive and that can trigger trauma and be less stress resilient, be more reactive emotionally, mentally and things as well.

to things that might have not caused issues in the past. And when we have that nervous system activation, that also makes our immune system activated.

Our immune systems becomes more reactive in response to any kind of threat or stimulus. So if we want to lower the immune reactivity, we wanna kind shift our autonomic nervous systems from sympathetic fight or flight into parasympathetic.

That seems obvious in some ways, but you can't just maybe meditate it away. You know, there's other things that we might need to be able to do to medically be to really calm and ground that inflammatory storm in the brain.

So you aren't so restless, you are so anxious, You are able sleep well. You're not shooting out cortisol at every potential perceived stressor here. because when we are in that fight or flight, that immune system is more reactive.

When we're in the calm, grounded place, our immune systems a little bit more tolerant here. But on the other side of the coin, if we don't deal with some of inflammatory aspects here, That's creating all this inflammation in their brain.

The brain is on fire. It's firing so many times every second. That all the thoughts, the ruminations, The concerns, worries, traumas that are coming out from the rest of our lives.

That triggers a lot of the nervous system disruption and keeps you in that fight or flight. So a lotta times what we wanna do is use things like, we can go into detail if we want specific products and things, but things CPD and, things that act on GABA receptors and L-thinine and magnesium threonate.

start calming down the storm. We use antihistamines and things as well like cursitin and luteolin and stinging nettle. And we also use peptides like BPC and KPV.

KP is an amazing peptide as an immune modulator to calm down some of this inflammatory storm to be less reactive here. You've cleaned, repainted and replaced filters and still you're not getting better.

Headache, fatigue, brain fog. The doctors can't explain it, but your environment can. At The Mold Pros, we specialize in uncovering what's hidden in plain sight.

Our environmental testing looks beyond surface mold, identifying bacteria, volatile organic compounds, and even micro toxins in the air that you breathe.

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

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

Because wellness doesn't start in the doctor's office, it starts where you live. And that really just allows everything to start calming ground. And we do that while we're opening up the drainage system, getting some bitters, and getting that bio flow moving and going, because it just stops up.

Mold has this propensity to block bioflow. Bioflow is the vehicle for toxicity to leave the body. So if that slows down,

it becomes just this big pressure buildup and it gets backlogged and thrown back into the bloodstream.

which then goes into the brain and other places again. So we want to get that flow slowly out and then we use binders, of course, eventually to catch a lot of that.

Very complex. There's a of things that, just to kind of unpack that a little bit, you talked about calming down and that's, I think that that is a big one.

It's not just the attacks on the immune system that we see. you know, the neurological impacts, it's, oftentimes, our clients, your patients, they're in this state of anxiety, right?

Going through, I've used the phrase it can be almost like a PTSD type situation with that. So I'm really glad that you touched on that, that is an important side of what we do, other than just the physical side, of things.

It's calming that mind down. I think that's extremely important. Yeah. And sometimes we don't even just want to rely on just supplements and herbs and even really advanced nutraceuticals.

That's a great first step, but most importantly, we got to get out the mycotoxins that are causing all this damage in the first place. But we also have physical things to retrain the nervous system and the vagus nerve.

You know, things like vagal nerve stimulators now that just. have a little electricity right on the vagus nerve here and be four minutes twice per day and help strengthen that whole entire parasympathetic system and that helps the gut motility and the regularity and keeps you more grounded.

It keeps your immune system more relaxed and so We have other tools and I say that because sometimes, you know, we think that we need to do everything ourselves, or we just need the reduce stress, so we needed to meditate every day.

And that's great. That can work for a lot of people, but when you lived in a moldy home, You actually have this very inflamed brain and your immune system is very haywire.

Binders, Drainage, and Cellular Detox

We need some bigger guns sometimes. So it's okay to be able to use these things to just feel a little bit better and start getting it out. So in order to, you know, to get better, get it all out, there's the traditional detox pathways that we've kind of, or modalities that everybody goes through and talks about, like glutathione being one, et cetera.

In your practice, what do you see is oftentimes missed up above the tradition detox protocols? Yeah, and a lot of the people that come to me that have been to many other doctors and they're still very sick, there are similar patterns that are always happening.

One pattern is that they are using a little binders, but they aren't necessarily doing things that actually help the secretion of some of actual toxins themselves.

But then the opposite is true, people doing all these things to support the NRF2 pathway of detox and the nutrients and minerals and vitamins, the cruciferous vegetable extracts, glutathione, bitters, etc.

But they don't use any binder to actually catch it and it just reabsorbs constantly, right? Because over 80-90% of toxins coming out of the liver just constantly get reabsorbed over and over again.

So you do all this kind of detail, you're taking all these supplements, a lot of it just coming back in the system, your liver has to reprocess it at all, it dumps it again, and just keeps on going back and forth.

And it causes damage and oxidative stress in your body, every time it goes through that cycle. Binders are absolutely key. But beyond that, I would say that just doing supplements, normal oral supplements is not the way to

go.

We have newer technology these days that have shifted everything in my practice to be able to really help people that has toxicity, that had mold issues.

And this is the development and use of something called liposomal nanoparticle technology. And these liposomes are these little fat bubbles that look exactly like our cells.

They're made of even what our cell membranes are made, of phosphatidylcholine, these phospholipids. And they put the medicine inside these bubbles, and they turn them into nanoparticles.

very, very small. When you put these liquids under your tongue, they go directly into the bloodstream, even across the Blood Brain Barrier, into tissues, the nervous system, and into mitochondrial membranes where these toxins are hiding and causing dysfunction.

They're actually able to bind it, process it and move it out once for all. That's the cellular detoxification we're talking about that a lot of people don't ever get to.

They clean like the liver and the kidneys maybe a little bit, but then more just starts coming out because it's all in the tissues themselves. So the drainage systems of the lymphatic system, the kidney and liver are great places to start with before you mobilize more stuff, you know.

But eventually you want to actually start doing higher doses of some of these things and using this technology to go in there to really bind it and then use the livers support, use bitters to push it out, and use binders to be able to catch it.

And so, you know, Dr. Christopher Shade's work, he's a PhD in detoxification and he has a whole product line called Quicksilver Scientific and it's really revolutionized the ability to help people at a much deeper level for all types of toxicities here.

So in the past, we used to constantly rebuild people's immune systems and adrenals and hormones and have them on anti-inflammatories and histamine stabilizers, and they would feel good on the supplements, so then they will stop these things and then feel bad again a lot of the times.

But now when we're able to do the deeper work, really cutting off the roots of tree itself, all the leaves of a tree get strong, branches get stronger, people get to stabilize and go back into their lives.

So that's what I'm passionate about. Yeah, no doubt. It's amazing when, you know, we're, what, 17 years as a company and we attend a lot of medical conferences and shoot, when we first started this, she couldn't find a hundred practitioners to get into a room and talk about environmental illness.

You know it just wasn't that big of a thing at that point in time. And some of the new treatment protocols, modalities that we have or that you have at your disposal has come such a long way in just really a short amount of time.

I wanted to pick your brain a little bit. You talked about supplements. And I think most people, myself included, you know, I shoot 20 plus supplements a day every morning.

It got them all lined up and, of course, throughout the day. But you also talked a bit about peptides. Can you explain how peptide differ from traditional supplements for long-term recovery?

Yeah, that's a great question. So while a medicine or a drug is a very simple small molecule usually that acts very strongly on one receptor to have some kind of action in the body, very reliable, it's very strong, but there's also a lot of side effects there, right?

But then natural medicines have this intelligence of so many different molecules and nutritional components that

help support different body systems. They can build systems over time and heal things long term, but it does take longer.

Where peptides are accumulations of amino acids. So a protein might be thousands of amino acids, a peptide might just be 3, 5, 10, 20, smaller signaling molecules.

that tell your body and act on numerous receptors in your at the same time to guide a response. So there's peptides for healing and repair, any kind of injury and damage.

You know, there are healing peptide for the brain and neuroplasticity. There's peptides to boost the immune system, to modulate the system for autoimmune issues and mold issues.

We use peptid medicine.

Peptides for Mold Recovery

It's definitely an advancement of the field and it's a new generation of different medicines are going to be coming out more and more, even through the pharmaceutical realm.

Zempic is an example of a peptide, for example. But they're all different. They all have different kind of side effect ratios. And some are natural and some were kind manipulated a little bit here.

So, yeah, that's about peptides. I could go over maybe some of the ones that could be helpful for mold toxicity, if you would like. Yeah, I think that would be really helpful.

There's Again, it seems, and we kind of started this conversation with people that have gone through all the traditional things that you do with an exposure and they still have this ongoing sensitivity.

It's like they never really recover. or even get back to what the original baseline was, whether that's good, bad, or indifferent. They always come up short, it seems like, where they always have that sensitivity.

So, yeah, if you could share a little bit more about that and how people, how you've been able to help your patients overcome some of that, you know, traditional canary in the coal mines sort of phenomena.

Yeah. So, you know, one of the first peptides that comes to mind when thinking about mold toxicity is a peptide called KPV. And KP is an immune modulatory supreme.

That means it lets your body calm down if it's hyper reactive, but also if your immune system is very weak, it can also boost it up and get it stronger again.

KPv is really important because there's something in our own brain that is made called alpha melanocyte stimulating hormone. for alpha MSH. And when you've lived in a moldy home, you stop making this very well.

This is an important part of immune regulation in our bodies. So this is why things can go haywire and people can be so sensitive to so many different things here.

You know, most people when they, you know get the mold and the amycotoxins actually out that their immune system will fall back into place and kind of be more tolerant again and be less reactive.

But some people need some training wheels and to reset the system a little bit, that can be very helpful with so many things going on because there's these loops of, say, even trauma in the Nervous system, that's where psychedelics and things can come in to reset, retrain new ways of being in the world and these habit patterns that are very strong due to these life events.

But same thing with mold, it's almost like a trauma, like you were saying earlier, to the immune system. And the

system gets this cycle of, being it in a threat response, in fight or flight, hyper reactive and ready to defend itself.

So having these peptides to retrained the systems can be very helpful. And KPV is definitely one of those. They can calm down that inflammatory storm very quickly.

It's something you use earlier on when people are not feeling very well to restore some tolerance. So then we can use other supplements. We can eventually detox them, et cetera.

And it has a lot of great antihistaminic effects too. A lot people that are high histamine have got the rashes and they're itchy and just sensitive to everything.

KP will definitely help. We usually combine KPV with something called BPC 157. Probably familiar with that. You know, a lot of your listeners as well, perhaps, because it is the most common and popular peptide in all of medicine in many ways for many reasons, Because it just heals and repairs almost all tissues of the body.

And so this is typically used in people that have injuries and things that we want to repair, but we use it in functional medicine so much because it repairs the barriers of the body.

So the gut barrier, for example, where intestinal permeability or leaky gut occurs is that source of a lot of that hyperimmune reactivity because so many things from the outside of world are constantly coming into our bodies.

which makes the soldiers of the immune system in red alert so they feel like they're always under attack. So we're able to seal up that barrier between the external world and the internal world.

The immune systems start calming down at a more basic level. It also heals the blood brain barrier, which is key for mycotoxicity, of course, because it just damages the brain barriers so much.

And then all these toxins from the world, and proteins from foods we eat, et cetera, start going into the brains, but you can cause more of this inflammatory response here.

And so, you know, combination of these two peptides is great. So we have KPV that knocks down the inflammation and response reactivity very quickly. We have the BPC that starts healing some of that stuff at a deeper level.

And we would still do other gut stuff and other kind of, vitamin A, D, E, K and CBD and things, but peptide just work really well. They kind add a layer of support that is unique and novel and potent.

Very good. And I think that there's a common misperception that after we go through this and people become sort of hypersensitive to these environmental exposures that, you know, they have to live in a bubble for the rest of their life.

It's just a tough way to life, right? And so it sounds like some of these treatment protocols can help solve some those issues. Without naming names, you see a lot of patients.

One of the things that we try to do is provide hope, especially when you have some of these difficult cases, these folks that have been struggling for years down this journey of environmental illness.

Is there a particular case where you've had somebody that has had this long-term hypersensitivity and this dysregulation in their system that you been able to to help on their road to wellness.

Can you share a little bit about what that journey would look like or that story? Yeah. I mean, I would say it's every day. It's all the time.

Long-Term Hypersensitivity and Complex Cases

You know, and I think that's my base reality because we are just doing deeper work to actually address what's

causing that inflammation and the hyper reactive immune system in the first place, of course, technology to get out those actual toxins so the immune system can calm down and relax.

And we're not just recognizing that we need to do this detox. A lot of times people coming in, we don't do detox for a couple months even. We've got to the drainage systems open.

we have to fix the gut often. a lot times there's co-infections of Candida and things throughout the sinuses and the guts that you need deal with first and foremost.

and when the gut is all damaged if you start dumping a bunch of stuff from the liver a lot of that gets reabsorbed again just right back into the system there's gonna be more reactivity and detox symptoms so sealing up fixing the guy killing off that candida lowering inflammation getting energy in the mitochondria is our first kind of prerequisites really before we even start doing major detox and getting the drainage systems of lymphatic system and using the bitters to get that bile flow back is also one of these first steps and then we dive deeper and we dived really deep and were able to kind of just use this push-catch system using this nanoparticle technology to be able just get this stuff out here a little bit by little bits And we use peptides to be able to really regenerate and to re-signal, to reteach and train the immune system that has been damaged to calm down again.

And those peptide are, you know, the two that I mentioned, but there's also many other peptids that we would use, like thymalin or thimusin alpha, which are very important at theimmune system level to kind of reset some of the architecture to get theimmune system working again, But also something like VIP, VIP is something that helps to help with the brain and restores that melanocytes stimulating hormone we're talking about that modulates things.

So it calms down your inflammation, can fix a lot of the kind of brain symptoms that happen with mold toxicity long-term. So between all the tools and all of the technologies that we haven't even talked about, I mean I feel so hopeful that do have more toxins and more severe disease than we've ever seen before for sure, but we have tools technologies than ever.

No doubt, no doubt. It sounds like it really has to be a very holistic approach to addressing these issues because they are all interrelated. That's kind of one of the beautiful things about functional medicine, right, is getting to the root cause and using a holistic For those folks that have been down this journey for a lot of years, and there's a fatigue that sets in, et cetera, it's taxing not just on that individual, but, of course, the family.

It's the whole bundle, which can sometimes just be too much, too big of a burden to carry. What would you say the most important mind shift for those individuals would be who've been stuck on the pathway for all those years?

Yeah, if it's taking that many years, you're probably not doing something right and you are probably missing some pieces of the puzzle. And maybe you need to reach out to some more support and maybe seeing a different kind of array of practitioners to be able to help you and that might be different per person.

But I do think that mold toxicity is one of the most complex diseases in modern disease that we treat as functional medicine doctors. And I think not everyone is really capable of supporting at that level actually.

So I would say that a lot of people are doing natural medicine or more integrative but they're using medicines and supplements just like they would use a drug in a way you know this thing for this symptom but you got to look at it at a bigger level you see all these complex systems that are interacting and mold just damages so many different systems of the body so by the time someone gets to me sometimes there is a lot of neurological dysfunction their vagus nerve is not working so they're stuck in fight-or-flight which affects all their gut function and then there's gut issues and candida overgrowth their sinus infections which go affect the brain and things as well and there just also inflammation and pain and pain patterns with mole toxicity.

I mean, how many times have I had a patient saying that they've gone to chiropractors and had body work every single week and they're having pain and, oh, it's only on the right side here.

And it is because there is liver tension that's pulling on that myofascial net that pulls on other areas of the body and

the gallbladder meridian is all down on this side of body here and goes through the liver and even down into the feet.

And so sometimes we'll have these patterns here and you get adjusted, you do the body work, You take the anti-inflammatory and your feeling good for a period of time, but then you actually have liver toxicity, have mold toxicity.

That's what's creating that inflammatory storm. So these are just examples that, mold toxic is one of these great imitators in many ways is that you have all these different symptoms.

And you think you're trying to just treat that thing in isolation, but it's not really addressing the problem. It's still mold. You still got to go up and get that.

And again, not everyone can support you in that work. So just make sure you go into a practitioner that really is ready to dive deep with you. makes sense.

So it's not just the mold that makes people sick. It sounds like what you're actually saying is that our body gets kind of taught to be on guard all the time.

And so recovery isn't really just about, you know, fighting harder. It's about really retraining the system and getting the individual to feel safe again.

If you could leave, this has been great information. Uh, if you had one closing thought, uh, one takeaway that you can leave the listeners today, what would that be?

Mindset, Hope, and Where to Get Help

Hmm. I feel like I've stated a lot of, my main points here. Yeah, just having compassion for yourself through this process that it is one of the most complex conditions known to man and is something that heals over time.

So you want to balance that patience with yourself and the process with also making sure you're actually doing the right process and getting the support that you need.

It is just complex mold does not come out very easily here and you just want Make sure you're doing it right because if you are doing wrong that can actually cause other problems and other issues here and don't go years and years still having the continuous symptoms here.

There is a way out, there is things to do, you just got to be able to find people to that. And with that, I would say that I am telemedicine, the people that have trained here as practitioners, we help people all over the nation, and we send supplements directly to your house.

We have access to these peptides in just oral forms now, so they don't need to be injected. And that's a whole new thing, where peptide always were injected, just as a few months ago, they're in a nanoparticle form, to go directly into the system.

So we get all these advanced actions just through a supplement. Hope you can contact us if that is ever helpful. It's Integrated Wellness. My name is Dr.

David Morcom. Very good. We'll make sure that they put up your contact information. So it's great to know that you can help people, not just the Dallas area, but all throughout the U S if you want to contact you, uh, you said, is there a particular phone number?

Is there email? That's that's best. Yeah, search for us and go to the website, www.integrativewellnessfx.com. Okay. Perfect. You can also, if anybody missed that, you can contact The Mold Pros at our website, www.themoldpros.com and we could certainly connect you that way as well.

Well, thanks for joining us today. This has been super informative. And to our listeners, If you found this episode helpful, please subscribe, leave us a review.

And if you know somebody who's going down this journey that it's been elongated, it lasted forever, sounds like it doesn't need to be the case. And so if that's the, if they have a mold problem or if he'd become that canary in the coal mine.

Pass along the episode. A small action like this can help get information to people who need it the most. So if you want to learn more about what we do at The Mold Pros or get Dr.

Markham's contact information as well, please give us a call. You can reach us toll free 855-595-6653. This is your host, John Bodie. I really appreciate you tuning in and hope it's been helpful.

Stay healthy. We'll talk to you soon. You've been listening to Mold Microtoxins and More with John Bode. If you're ready to take the next step towards a healthier home, follow the show and visit TheMoldPros.com for your free consultation, because clean air is the first step to true healing.