When Mold Attacks the Brain: Understanding Neuroinflammation and Healing Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to Mold, Mycotoxins, and Chronic Illness

And also the ADHD is now, I mean, everybody, it seems like almost everybody's diagnosed with that. Do you think that mold, exposure, toxicity, does it actually translate into those other conditions as well?

Well, have seen it. I have some people with pretty severe ADHD and or anxiety disorders. that really have pretty high levels of mycotoxins and the mold has affected them in a very detrimental way.

When you have that mold affecting them, in that detrimental away, remember, that inflammation is going to cause an issue where your serotonin, your dopamine, you GABA, they can't dock to the receptor sites appropriately.

Why? Because they're gonna be blocked by that mycotoxin. You've tried everything, you've changed your diet, detoxed, 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, microtuxins, environmental exposures affect your health and what real recovery looks like. Let's get into today's conversation.

The information provided on the Mold Pros Podcast is for educational and informational purposes only and is not intended as medical advice, diagnosis, or treatment.

Listening to the podcast does not create a doctor-patient or professional-client relationship between you and the Podcast host, guest, and Mould Pros.

The content shared should not be used as a substitute for professional medical advise, diagnoses, treatment, And always seek the medical advice of your physician or qualified healthcare provider with any questions you may have regarding the medial condition, potential mold exposure, or health concerns.

Never disregard professional medical advise or delay in seeking it because of something you heard on this podcast. And while we strive to provide accurate and up-to-date information, we make no representations or warranties of any kind, expressed or implied, about the completeness, accuracy, reliability, and suitability of all the information discussed.

A guest's experience and outcomes discussed on this podcast are individual cases and should not be considered typical results. Your situation may differ significantly.

As always, if you think you have a medical emergency, call your doctor or 911 immediately. By listening to the Mold Pros podcast, you acknowledge that you understood this disclosure.

Welcome back to Mold, Mycotoxins and More. I'm your host, John Bodie, co-founder of The Mould Pros. On this podcast, we explore the real world impacts of environmental exposure, not just in buildings, but in the human body.

And today we have a very special guest, Dr. Gordon Crozier. He's a board certified physician, medical director of the Crozer Clinic, and has over 30 years of clinical experience.

Dr. Crozieru2019s Personal Journey with Mold and Lyme

He's really known for his work in integrative and root cause medicine, specializing in complex chronic conditions like mold toxicity and Lyme disease and environmental illness.

His approach combines advanced diagnostics, genetic testing, and a personalized treatment protocol to uncover what really traditional medicine oftentimes misses.

He is also a nationally recognized speaker and educator, training physicians across the country on cutting edge therapies and chronic illness, Dr. Crozier, welcome to the show, really glad to have you.

Well, thank you, it's good to be here. And I wanna thank for what you did, cause I can remember, I don't remember what was 12 or 15 years ago, but it was a long time ago that you when we would send people to you for help to clean their homes up, because that's the first part of what we have to do in mold illnesses, clean that home up.

You did it. Your homes and the people that were treated that had their home, They came back and they did phenomenal with treatment modalities where a lot of the other ones did not.

So you really gave the true ability to clean homes in a proper way. And so I'm so appreciative to all that you've done. Thank you very much. We have, we have known each other for many, many years.

I don't know if it's been 12 or 15. It's, it has been around that, that timeframe. You know, our families, and we've shared bills together. I remember sitting around your dining room with, I think it was your wife's extended family.

We've had some great conversations and really appreciate the relationship that we've. Had, if you don't mind not to put you on the spot, but I happen to know some of your backstory and I know that you yourself had a personal journey with chronic illness.

And so if, you know, mind if your share a little bit about that. And maybe did that shape any way your approach and how you handle patients that have environmental health conditions?

Uh, it sure did. Um, and it still does to this day. And because nobody knew really what it was back then, you know, I mean, It was kind of an enigma, uh, way back, then.

So I was actually sick as a child too. I had Crohn's disease when I, was very young. um, And then you, know with that, You know I got through that and I kind going through life until I working, at a university, a major university.

The OR I worked at, I didn't realize, the OR that I work at every single morning teaching the residents was full of mold. I had no clue. And then we had a brand new home, but our home had had leak in it and it wasn't done properly and we have leaks behind the walls.

Our house, even though it was brand-new, was fully molded. So I had both of those things. I became so severely ill, I started passing out in surgery. You know, they put me on medical disability.

Nobody could figure out what was going on with me. I had to do the due diligence to really figure it out myself what is happening. And it took a long time.

On top of the mold, nobody ever did a traditional Western blot. It was positive on a tradition Western Blot for Lyme disease. So, it had mold and Lymes.

And I call it the dreaded duo. That's what I always call that here in my practice. Well, you have the Dreaded Duo. So I really had to weave myself out of where I was at.

And that's how I kind of understand. the pain syndromes from toxin exposure, and not just the pains syndormes, but also the neurological insult that happens on you neurologically.

And then I've treated so many people because that's primarily what I do here is do treat a lot of neurological illness

secondary to toxins exposures. I really had to work my way out and I did eventually find, so what is I had to read a lot of literature.

And most of it wasn't here from America at that time. It was actually European literature way back then. They were kind of ahead of us. Now, I think we're ahead to them now, but they were ahead us at point.

Then we had other people that came about that started treating mold and you can kind read it a little bit more and kind gain some insight from other practitioners that were doing it, but there were hardly anybody doing in way back then.

There was very few people. And even 15 years ago, you know, there was hardly any body that we had doing. So you've cleaned, repainted and replace 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. Yeah, I think that's the first conference I went to and we were going on 20 years of helping folks with environmental illness.

Why Mold Illness Is Often Missed in Medicine

I don't think there was like a hundred healthcare providers in that room. And now, you know, we can go to conferences and there'll be over a thousand plus, right?

And so the awareness has certainly cranked up. But I thing it's kind of interesting. So here you are, your medical doctor and instructor and you're getting exposed and You know, we hear oftentimes with some of our clients that, listen, I know something's just not right.

My kids are sick or I'm sick and we've been to our family doctor. We've even maybe gone to an analogist and they've run some tests. Everything comes back fine, but I still feel terrible.

What's your experience? How on earth can well-intentioned, well formed, and well educated medical practices run these standardized mold tests and still miss mold-related illnesses.

Well, I think they aren't. Number one, they're not looking. And number two, some of them really still don't believe in it. It hasn't been that many years ago, I was reported to the Board of Medicine from a plastic surgeon that did not believe in mold illness.

Did not belief in it. And this is not that, it's just a couple of years. So now I have a slap on my hand because even the board doesn't really believe it, But I had all the literature, I have all of the scientific facts to back me up.

And they said, well, we still have to give you a slap on your hand. That's the least we can do and that's what we have do. So it's kind of crazy that we're still in that way today.

But we are still by a lot of physicians, so they miss it. Then you have people that haven't been properly trained on how to read the labs. So, you look at specific sears or chronic inflammatory response in labs, and when you have those labs a lot of people don't know how to interpret them.

And so then they're like, oh, what's that mean? What does it mean if you had a high TGIF beta-1? Oh, wow. Well, that's a lot of inflammation going on right there, right?

They don't know how to get that. They really know not how do it. And there's still a lotta people, even in integrative medicine, regenerative, functional medicine.

they don' believe in the urine test to look for mycotoxins in your urine. And I think it's a legitimate, I, think, it is legitimate myself. And, you know, there's different platforms that are actually doing it right now.

There's three major ones that I would trust. They're good, and I really think they do give you an aspect of what's going on with these mycotoxins. That really proves a lot.

But what I see also is a lot of people don't understand is that when you have mycotoxins, you also might have heavy metals or other environmental toxins.

So you really have to go a little bit farther and look for more environmental toxins. And that's how I got involved with with other universities that were doing more with, uh, other environmental toxins and, um, really became friends with a couple of toxicologists here in the U S which there's not very many.

There's only like 1200 nationwide environmental toxicologist here. So, that are actually true toxicology. I call myself one, but I don't know. There's a couple of things there I think it's worth expounding upon.

For a long time the government has tested our foods like coffee and peanuts and those for quote unquote acceptable levels of mycotoxins. And so if the assumption would be vis-a-vis that there are therefore unacceptable levels mycotoxin and the reason for that would have to be you would think adverse health effects on those consuming those food groups.

So how on earth could you get your hand slapped for treating that condition that the government tests our foods for? That just doesn't make sense to me at all.

No, it doesn' make sens, but that is our medical system. That's our medial system today. They don't want to have big payouts. Look at some of the numbers, how they've shifted because CLIA, it's a government mandated certification for labs.

How they changed some parameters of what's allowable in your body versus what it was years ago, back when we first started this. So because we're becoming more toxic all the time.

Uh, so that, that just, it kind of irritates me, but I think they don't want to pay out and they didn't wanna have all these claims and all this litigation and you know, and insurance companies really don' wanna pay for it.

So it's the old, uh, follow the money as my wife always reminds me. Yeah. Very good. I would say, I wouldn't say it. It's follow. The money. We started out when you and I first had our relationship together.

Brain Fog, Neuroinflammation, and Cognitive Symptoms

You know, we have a patented process for actually, not only can we identify those environmental toxins, and initially it was primarily mold that we were looking, looking at.

And then they got to be where we could test effectively for mold toxins. But our patent is actually removing those toxins from a structure using enzymes and botanicals.

But we've grown so much. There's other toxins that we get exposed to. So now, for example, like formaldehydes and these VOCs, the way we're building new homes today increases that toxic load in the body, and we don't think about that oftentimes.

We always stress really comprehensive indoor testing to understand what those overall toxins, and we just recently added last year heavy metal toxin testing environmentally as well.

Does it demand from our healthcare providers that we partner with? Yeah, that's good. I'm glad that you have added that as well. Because all those toxins matter.

It really matters on how you're going to treat the person. But when you know their living environment is full of these toxins, Even if they don't show up in the person, you know they're there.

They're hidden. Exactly. Just kind of shifting gears on another subject that we get a lot of is a law of our clients will call in and they have this, well, it's confusion, memory loss, they talk about inability to focus, those sorts of things.

And in our industry, we always talk you know, chronic fatigue syndrome or sick building syndrome where, hey, folks are, you they're not feeling well inside their house.

And they go on vacation, they feel great and they come back home and then they are sick again. You know brain fog is something that they always bring up.

What's your experience been with brain fog? A lot of folks think that, hey, they're losing it or they are going a little bit crazy. Is there something more maybe physiologically that's going on?

Well, it is because these toxins, and I don't care which ones, all are gonna cause neuroinflammation. So you're going to have increased inflammatory response.

As that happens, the microglial cells become activated and they pull more inflammatory cells from your peripheral tissue to your brain neurologically.

Well, that induces more of an inflammatory response. If you have any tendency towards Alzheimer's, dementia, Parkinson's ALS, PLS you name it, any neurodegenerative disease if you a prevalence to that because there's a family history or maybe just some genetics which we can look for that can really preempt those things beginning.

But a lot of times it's just what we call brain fog. That's what everybody says. I have brainfog. And that's from a neuroinflammatory response that we can easily reverse once we get you in a clean building, number one.

We've got to have a clear living environment. Number two is really in systematic way removing those toxins, but then replacing what needs to be replaced.

Because if you remember, these really like the lipid membrane. So they like that mitochondria, which causes chronic fatigue syndrome. They like those lipids membranes and the mitochondrion in the brain is very essential for neurological health.

but also everywhere else in your heart, you can get POTS, arrhythmias, all those things from all these toxins. But we have to remove those toxins, yes, but then we replace the phosphatidylcholine, phosphotidlyserine, the different lipids that are needed in appropriate amounts, When those are replaced, then you can rebuild that mitochondria and you help with some of the energy and some those things.

But that's a process and it takes time. People want to get better instantly because we live in an instant society, right? It doesn't happen like that because who knows how long they were living in that moldy place or working in the moldly place.

You know, we don't know. And so that's why, you know, for me, I'm really diligent. I always want you to inspect my

home. But you have to be cognizant of what really happens.

And I've had several patients. So I had one patient that they said, oh, he's schizophrenic. He's really bad. There's no hope for him. You need to just send him off to psych.

Well, I do work with psych too, you know, i do have them on hand for me. But a lot of these people like for him, no, we got him out of his moldy environment.

And then we started treating him. So as we start treating, him He didn't hear the voices anymore, so the voice is stopped in his head. And then he started thinking more appropriately.

So it was really diligent that we really looked into that and really did that because I had some people say, no, you got to get rid of him. He's too far gone.

Well, he's a physician today. So, wow. Wow. That's fantastic. It works. I want to back up just a little bit. We were talking to some of these chronic things and we've, we're, uh, some folks on where we've dealt into dementia.

You talked about ALS and that sort of thing. So there's kind of this adage that our genetics pretty much is the gun, but it's our toxic load environmental exposures that kind load the chamber, so to speak.

Is that what you're seeing as well with those almost chronic conditions? And then is brain fog separate from that? Well, it's a continuum. So you're going to start with brain fog, and you are going have a plethora of other things that could happen.

That's kind of where it begins, but then it goes off into other thing. Now, you can maybe not even have genetics for dementia or Alzheimer's because we know there's specific genetic traits for those and genes that will predispose you to that.

But there's people with those genes, that never develop it. How do they never developed it? Well, it's your environment. So a lot of it is going to be our environment, what we eat, how we live in, exercise, on a daily life.

Our daily life really dictates how you're going to express your genes. And we know that, we now that today, and I speak on that a lot. Because you can look at even like Jordan Peterson, you know, he's a big one right now.

He had a mold exposure. and he had a benzo issue, so with benzodiazepines, and had sudden withdrawal, but then he a mold exposure too. And as that mold-exposure happened, then, he ended up with really bad pain syndromes.

It's systemic, it's all over your body, And I've treated several patients with it, So I know what it is for those people.

Mold, ADHD, Anxiety, and Other Neurological Effects

The problem with those people is they do tend to commit suicide. So yes, I did have one of my patients. I've only had one. And I'm thankful, only one, but I didn't have a one that did commit a suicide with that.

But there's things we can do to more rapidly help them at this point now. That's what I like to think on is how can we help you? How can help alleviate some of these chronic disease states?

And I believe we can, so I've been involved with a couple of neurological situations where we could actually have been doing some studies to help to understand this a little bit more.

So, and I think we need more studies on it because we really have to understanding the depth of it, because it's extremely complicated. Oh, yeah, for sure.

And I think about you know, you have these issues with you talk about some of the psychiatric conditions as you're

that you mentioned before. But stop and think post COVID where we have increase anxiety and depression, especially with a lot of younger folks.

And also the ADHD is now, I mean, everybody, it seems like almost everybody is diagnosed with that. Do you think that mold, exposure, toxicity, does it actually translate into those other conditions as well?

Well, I have seen it. I've seen some people with pretty severe ADHD and or anxiety disorders that really have pretty high levels of mycotoxins and the mold has affected them in a very detrimental way.

When you have that mold affecting them, remember, That inflammation is going to cause an issue where your serotonin, your dopamine, you GABA, they can't dock to the receptor sites appropriately.

Why? Because they're going be blocked by that mycotoxin. So those toxins, and it's always not even just mycotoxins, there's other toxins. And you talked about some of them earlier that you can test for in homes now, which is amazing.

And even heavy metals, we're getting to have a lot of heavy metal. I thought lead was a thing of the past. Lately, some of my people, they are coming up with high lead levels.

And I'm going like, where's this coming from? And it's kind of strange, but they're young. These are young people in their teens and twenties. We really need to take that into effect when we're thinking about these things.

Is it just mold or is it mold and other toxins? They usually have more than one thing. It makes sense. There's a lot of, especially when we start talking about SERS or chronic inflammatory response syndrome, there's this, and recently, probably the last four or five years, more discussion around endotoxins, right?

And gram-positive bacteria, et cetera. What's your thought as it relates to environmental illness and exposure to endo-toxins? Do you think it's large contributing factor, or do you less so than what micro-toxin exposure would be.

I don't think it's more, okay, but I do think that it is a critical point that you need to take into effect that are these endotoxins really causing something more detrimental on top of the mycotoxin?

Now, if I did all the things and I'm not really finding any mycotaxins and they have their home inspected and don t really have any of them, then they something else going on in their home, then you look at, so because the endotoxins and exotuxins, they're going to react differently, but you're still going get pretty much the same effect on what it does for an inflammatory process in your body.

It's going excite those inflammatory cytokines, which is going cause a reaction. So I don't care which one it is. Let's find out which one it is. But for me, I'm still seeing more that it's more mycotoxins than it it these endotoxin.

That's just in my practice. You know, you're not the first person I've asked that question to. And I think the majority of healthcare providers that we do work for, it winds up being mycomtoxins as well.

Endotoxins, Mycotoxins, and Environmental Load

The thought process is that there's so much I guess toxicity that our bodies can handle. And then once we kind of hit that tipping point, then all of a sudden, that's when the wheels fall off, right?

When the body's okay, fight or flight, no more. You know, it's just too much. Yeah, you're right. Your body's only going to tolerate so much. I've had some people, they've already been to several other physicians and they say, oh, I have an endotoxin and it's from whatever bacteria it was.

They'll say whatever one. And I'm going like, are you sure? Because it doesn't seem like that to me. And then I'll really do the due diligence and look a little bit farther.

And they, yeah, they do have mycotoxins and it was really mycotoxin all along. So that's why I still, I think it's more myco toxins than it is these endotocins.

That's the lovingly fruit. Yeah. Yeah, it's a, you know, we, w we both can do this. Well, a lot longer than I have. We're going on 20 years. You're, your, uh, entering into, I guess you've already done three decades.

So you don't work it. That's, that's the great thing, but. You know, there's been so much advancement. That's one thing that really is exciting to me.

There's, you know we're talking about all these different tests and diagnostic tools that we have that, we didn't have before. They're actually, You mentioned there are three labs that do clinical or, microtoxin testing on the person.

Uh, There are now, I know three, labs to do environmental micotoxins testing as well. So that'll help drive the pricing down a little bit. as there's more competition, which is a great thing.

That's what we need. No doubt. Well, that way we have good information, right? So people can make good decision based on facts and not just, you know, fear.

But the industry has advanced, I think, on the medical side and the environmental side. I, think about the progress and mold, years ago, You know, lying.

We were a big sponsor of iLads every year. I think they're in London right now as we speak. Wish I could be there. Yeah, I just spoke with them today.

They just came back. But, you know I, think mold is somewhat similar because years ago, Lyme disease was almost a pariah, it was dismissed or misdiagnosed, and everybody was told it's all in your head.

Do you kind of see a correlation? That's where mold is today, mold illness? Unfortunately, I'm still seeing that somewhat. It's more recognized now than what it five to seven years ago.

So I am glad that it is more recognize now, but they are still being told, It is all on your And I'm sad when I get those referrals or those people that have come to me and they said, well, you know, I went to whatever university or you can name them all.

And they thought that maybe I had a psychological illness because they can't find anything. And, you know, but they don't believe in doing the urine tests to look for mycotoxins or to any other mechanisms that can be causing their issue.

And because they don't really do that, they aren't doing their due diligence to look at everything, but it's not approved by university settings, right?

So some of those labs are still not, there's still, They still question them. Yeah. You know, progress has been made, that I look forward, I can't wait for the next 10 years and see how much further on down the path we are at that point.

I guarantee there's someone listening today that has said, you know what? I have anxiety or I brainfrog, brain fog, or, I just don't feel well, this kind of general malaise.

If you could give them some advice or recommendation, because it's so overwhelming. And oftentimes there is a spouse that says, hey, no, don' believe you.

I'm fine. It's all in your head. What advice can you give? What kind reasonable steps should they take? So that's kind of funny that you said that because that was my patient this morning.

The spouse didn't believe them. They said, the spouse says, I'm fine, but the one that I was on the consult with was

not fine. And you knew they weren't fine because they were missing words, they we're having issues, there were having rashes on their body.

There were a lot of detrimental things. So number one is get out of the living environment that you're in. That's the number thing. You've got to get outta that living, you have to be in a clean space.

What Patients Should Do: Testing and Clean Living Spaces

reiterate that enough. You have to be in a clean space, number one. Number two is making sure of fiber or, you know, and you can get, I use a lot of colostiamine still, or Wellcall, my patients don't tolerate that.

I have something that I call Mycobind, which is actually, it's actually an okra and a beet combined. They actually came up with that first in Europe, by the way.

So they came up with that. Why? Because that was a gentle way to be able to pull these toxins and be to get them out of your body. And also the mycobind decreases the inflammatory response as well.

So it decreases some of that inflammation. But you need to use antioxidants that are going to bring down some that oxidative stress because the longer you're exposed to all these things, you're going to have more oxidative stress in your body.

So you have to take antioxidants. I don't care what kind, but you need antioxidants big time to start with. And then you needs proper lipids because phosphatidylcholine is really important in that process.

Those things you can all get. We can go to the store, we can get a lot of these products. But I would start with that and then get the testing. Have your house tested, get your body tested.

You know, those two things I think are key. Um, and you know. If you don't have that done, then you have to find somebody like you that's reputable. Reputable!

because there's too many people out here taking everybody's money and well you know because you've gone into some homes I've told them no you need to go to this guy and he's going to help you with your house because your House still isn't clean and sure enough you would go in and whatever they did they didn't do it correct and they had a bunch of toxins still in their home so you got to find somebody that's reputable to really help clean your home That's not me because that's my field, that your field.

Right. I'll stick to mine. Help clean the person out. You clean, you clean your environment out and I clean that person. That actually was my call prior to this one was.

Someone that's in South Florida on the East Coast who had a remediation company come in and they cut out all the wet damaged drywall, which was great.

That's, that part of the step, but didn't do anything to remove the contaminants. And so she's she'd been out of her house for seven months now and, and has all these environmental toxins and still high counts of mold because they actually didn' t remove.

The contaminant is removed the, the building materials. So, Yeah. Yeah, that's it. You got to get it done right. Correct. A hundred percent. Do you find, we hear this so much, someone will go to you as a patient, they're willing to run all the tests clinically to understand what's going on.

Oftentimes we see a hesitancy and talked to a lot of our healthcare providers we do work for is that, There's a resistance to getting the home tested.

There is a fear, perhaps. Do you ever see that with any of your patients? Oh, yeah. If so, what do you think that is and how do your overcome it? Well, they're afraid that they aren't going to be able to sell their home once they

found out that the have mold in their homes.

So then they are afraid they won't be be to able sell there home. That's it. Or they afraid of the cost of renovation to get rid of mold. They are affraid of those two things.

Afraid the costs, afraid those things, And, but I say, I always tell them your health is worth more. than anything and there's no cost to your health and to life.

And you got to be there. You know, I have six kids, we have grandkids, you know. you gotta be their for them, and I'm still young. I am only 69, so I still am young!

Yeah, there is a cost too of ongoing treatment, not filling well, but supplements. And so, you know, the ostrich approach really doesn't work very well.

Get data, good data. Yeah. Good data and all it means is when they do that and then they don't get their house corrected, they get supplement fatigue because you can only take these supplements for so long before you get fatigued on taking them time and time again, right?

So nobody wants to take them forever. You know, I sure don't. I have to have my supplement free days and you know I'm not going to do it, but yeah I take a lot, But I am going take my supplements free day because I live in a clean environment.

I need you to talk to Diane. She's got me, I think I'm like 23 supplements a day. So I am almost full by the time I take all my supplements in it. It's like I've had a meal.

I' done. Im good. Supplement fatigue makes sense. Always try to leave with a message of hope because again, this can be really overwhelming. I know you've have numerous patients that you have been able to walk through this journey.

This is not a life sentence by any stretch of imagination. it doesn't have to be. Do you have any particular cases that you or patients that, you've taken that other medical providers have not been able to help, but you at the Crozier Clinic have been to guide them through and now they've recovered?

Yeah, I had, there's one girl, she was pre-med. And she didn't come from Florida. She came from a different state. Because as you know, a lot of my people don't from here.

They come form other places. But she came form another state and she was a straight A student in pre-med. And all of a sudden she had this intense burning all over her body.

The bigger problem was she couldn't read and couldn' t write. Oh, wow. She could read and write before, right? So now she can't read or write, and she has burning sensation all over her body, can hardly stand it.

Recovery Stories, Hope, and How to Reach the Clinic

It was so incredible. And she came through, she had already been to, I forget, 10 or 12 physicians before. And a couple of them said that that's what they were qualified in.

This is what I do. They do mold illness. I take care of people with mold. And she just wasn't getting anywhere. So she came in, she stayed here with us.

I think she was here for three months. And for her, I had to do more than just oral therapies. We did have to some IV therapies, but you know what? She's finished her residency, so she did.

She was pre-med, she got into medical school, and she's doing a specialty. residency and you know, so she made it through. She could read and write and I bawled my eyes out.

When she left, she wrote me a thank you note and to have a written thank-you note from somebody that couldn't read or write when they first came in, it meant the world to me.

I gave somebody their life back. So even though there's difficult cases in some people because they get so in their head, that they don't really get the whole way well, because part of it's psychological too, right?

So, that, they, don' really, get, the, whole, way, well. Right? But when they do, then you realize you did make an impact. And I have to remember those cases for all the more difficult cases, especially the ones that I, have right now that are really difficult.

Oh my gosh, are we going to get you there? And then I go back and I got, yeah, we are going get there. Cause I remember I took other people through this.

It, uh, make it a positive impact is what it's all about. And I, we all have those difficult days. I have some of the letters, um, from some our clients that we had, somebody had MS that actually wasn't progressing, wasn' doing well.

We came in and, and was able to treat her home that, testimonies on our website. If I ever have a rough day, I go back and read that because she says my clinical labs.

Only got better after we addressed the toxins in my home. And, um, so if I ever have a day where it's like, man, I want to bang my head up against the wall or whatever.

I go back and read that and say, okay, that's, the purpose. That's what we're here for. So, yeah. Yeah. I'm sure there's going to be people that want to reach out and learn more.

What's the best way of getting ahold of you or your clinic? They can do crozierclinic.com. Our phone number here is 407. 734-7668. Very good. They can also go, we have you, you're one of our preferred providers.

And so if you go to our provider network at theboldpros.com and click, they'll see your picture there, learn a little bit more about you. We'll have links there and they can go back and find you that way as well.

I really appreciate it. Thank you very much. It's been great having you. We got to do this again. I want to talk about peptides next time because that's the hot thing.

Yeah. Let's do it soon. All right. So as we close, listeners remember this mold recovery and environmental illness, it isn't just about fixing buildings.

It's really about restoring lives. And at the Mold Pros, we're committed to helping both the environment and the individual because true healing requires both.

Through our work and conversations on mold, mycotoxins and more, We aim to bring clarity, expert insight and real solutions to those navigating mold exposure and recovery.

So if you suspect mold or biotoxin exposure in your home or workplace, reach out to themodepros.com. We're here to help. And if he found this episode helpful, make sure you follow us wherever you listen to your podcast.

If you know somebody struggling, share this with them. Maybe it can make an impact in their lives as well. So this has been John Bodie. Thanks for listening and we'll see you on the next episode.

You've been listening to mold, mycotoxins and more with John Bodie. 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.