Your Mold Protocol Is Failing. Here's the Step Nobody Told You About | Mold Illness & Detox with Dr. Torrie Thompson Transcript

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Introduction to the Toxic Bucket Analogy

It's always that analogy of the toxic bucket, right? And everyone has a toxic packet that is a different size. So there's someone like me, I have a very small toxic pocket.

I'm very sensitive, not a lot to push my system into overload. You have someone that has big toxic buckets. And so things like mold, mycotoxins can go in there, but also stress, your sleep, you diet, all these things fill it.

And so oftentimes it's just someone could have this smaller toxic bucket and so they get exposed to the exact same mold, but it pushes them over the edge.

If you're overwhelmed with chronic health symptoms and still don't have answers, you are not alone. I'm Dr. Javan and on redefining wellness with Dr Javin, we'll be exploring root causes like Lyme disease, mold and parasites.

And I'll guide you with simple and practical steps towards real healing. Welcome back to another episode of Redefining Wellness Podcast with Dr. Jabin Moore.

I'm your host, and I am excited today to have Dr Tori Thompson, another mold provider like myself that specializes in the root cause. When you specialize in root causes, it can get a little boring, so we're going to dive into some of the places you can find mold, some the misconceptions and the myths so that it's not just the same molds everywhere and you have it.

It's getting in there so you can actually take something away from this today that's going to be valuable for you. So, Dr. Tori, thank you so much for joining me today.

Thank you for having me. I'm so excited. In your practice, what percentage of people are dealing with mold? 98%. I would say it is almost everybody. And I can count on my hands how many people have not been dealing mold over people that are.

Feel like I have a similar a, similar practice. I don't think it's quite 98%. I'm getting a lot of long COVID spike protein histamine triggers, a of dysautonomia, which mold triggers a ton.

So why, why mold? Why do you care about mold what drove you into this space? Because there's always a story behind. Yeah, I am extremely passionate about mold, because like most of us, it was part of my own healing journey.

I got sick when I was very, very young, around 12 years old, and went like an entire decade trying to figure out what was making me sick. Saw every specialist, went all over, um, And over the course of a decade just got worse.

Dr. Tori Thompsonu2019s Mold Healing Journey

And it wasn't until I started putting the pieces of the puzzle together to realize that I had Lyme. Got about 70% better working with herbs and diet and all that, but then hit a wall and really just could not get over that hump.

And so it was right as mycotoxin testing was starting to come to the, you know, be bigger and, and the first test was really out. So I was like, yeah, I'll run it on myself and see.

Sure enough. It was solid. I mean, crazy high levels of mold mycotoxins in my system. and so I started working

through that and it. Working through and then kind of tag teaming some of the environmental toxins and metals.

that really I was able to get to feeling back to 100%. So I really dove into mold, especially as the testing got better and we started seeing more and more mycotoxins because I kept seeing the same trend.

People were coming with chronic symptoms they had done. parasite cleanses and SIBO and Candida and they've done all these other things and it wasn't moving the needle.

And so when we started running labs, we kept finding mold over and over, and so it just led me to like be extremely interested in finding the best protocols and then through the course of years have just really seen it as such a major root cause.

I didn't have the personal experience on mold that I was aware of, like you did, but I definitely look back and mold was a part of my journey. I just didn' even know it.

You'll love this. Being the poor Midwestern college athlete that got a stipend from the college and that's all the money I had because I did not have anything else.

And when you're an athlete, It's pretty hard to work when you're training constantly. So I lived in a basement that was full of mold. I literally growing up the wall full a mold, I squeegeed water back to a drain.

And like most people, it stinks a little bit. Like my girlfriend didn't like that, but I didn' really think much of it because well, like I have a roof over my head and a place to cook food.

and I was going to college and trying to get a degree to try to become somebody to do something. The sore throats, the fatigue, their brain fog, that joint aches slowly started coming on, but not necessarily like quickly.

It wasn't like overnight for me and. And then when I was in Cairo college, I had lost 60 pounds cause I, was a collegiate shot putter and I lost all this weight and was just like, all right, i'm going to be in shape and i am worse.

I got worse from losing the weight. Like I get worse, from getting fit. So one of my favorite things to do is to post a picture when i was speaking on stages of myself, when was like really overweight and then next to it, have one where i had a six pack like six months later.

And I'm like I am actually worse here. Then I finally figured out I have Lyme disease, probably because I wasn't mold. And it wasn't until I was on a podcast talking to someone where I like, Oh crap, that's where it all started.

Just like so many other people that we work with. So, you know, as you get into mold and we get to talking about this topic, there's a lot of things out there.

about, well, mold's everywhere. Why does this person have mold? But they live with another person and they don't. I think we can get into all of those.

There's peptides that are now being used, there's medication, their supplements. And I want to dive into that. But first of all, what are some uncommon talked about anyway, but common that you see, like patterns of mold, right?

Like one that I always talk about is like, if a kid has frequent urination, that to me is, hey, maybe there is mold.

Common Mold Symptoms and Hidden Exposure

Yeah, I see in women in particular, it'll be like all of a sudden they're gaining weight, gaining, weight but it doesn't matter what exercise, what diet they are doing and then they cannot lose weight.

It will not budge and it's like I could exercise. I can eat nothing. Nothing will budged. Weird skin symptoms all the sudden having like eczema flares.

Having weird static shocks we tend to see. Even people, if it's not kids getting up, kids bedwetting, it can be people waking up now in the middle of the night to go to the bathroom, which has never been part of their journey or their story.

It can brain fog depression. The symptoms, as you know, are so tricky because they're vast and they can overlap of other things that create the same symptoms.

That's for sure. I mean, mold definitely doesn't just do one thing and it just seems like for so many people, you have no idea. It's not this, oh, well, I moved into this house and within one week I was miserable and I knew it was because I had moved.

I was just talking to a guy who is like a business guy, driver, works hard, work endlessly, networks, does all the things. And then he moved into, because he finally started making some good money, like, a brand new beautiful condo.

I'm talking two years after that where his health has crashed so much he can barely go do things anymore. And we run a test on his home, a dust sample collection.

And I'm like, man, you got to get out of there. He's in Switzerland because I work with people around the world. He's just like, it's new. How can this be?

You know, sometimes, unfortunately, new is not safer. Now new can be safer, I do think new has less risk, but it is definitely something where you've got to start thinking through it.

So you gave some symptoms. I mean mold can just be about anything. And why is it that so many people have the issue where it's like, I'm living in this house with my husband and the husband is sick, the wife is, why does that happen?

It's always that analogy of the toxic bucket, right? And everyone has a toxic that is a different size. So there's someone like me, have a very small toxic.

I am very sensitive, not a lot to push my system into overload. So you have someone that has a big toxic bucket. And so things like mold, mycotoxins can go in there, but also stress, your sleep, you're diet, all these things fill it.

So oftentimes it's just someone could have this smaller toxic pocket and so they get exposed to the exact same mold. But it pushes them over the edge where it is always the wife we see, the husband usually won't complain about it, You know, we tend to see the wives first or the kids first and then the husbands doesn't say much.

It could also be that they're spending more time in the house. Usually the wife and kids are spending time with the dad traditionally. But oftentimes it's just that the different size of the toxic bucket.

How much can your body take? And then, you know, once it is full, that's where the symptoms really start to manifest and people start really feeling it and it tends to be the compounding effect.

Yeah, I like the bucket analogy. And I also kind of throw in there, genetically speaking, there's some pieces of pie that I think people can look into.

I have found, and maybe you can comment on this, is there something about anabolic hormones like testosterone? Men have more. It seems like men in general when I'm working with majority, not all, because they're definitely men that get very sick from mold, but testosterone plays a role because I watch testosterone go down and then when it finally hits rock bottom, We're at the 100, I've seen 80. I'm like, oh my goodness, we want to be 1,000. But when it hits rock bottom, that's when symptoms really start kicking in.

So it's just like you have that extra bit of resilience due to certain hormones. As they drop, you tend to, again, see it really manifest where women don't have as much testosterone.

You're really not going to see them start at that high level. So when people come into your clinic, what are you doing with them? What drives you to think mold?

Do you have a questionnaire? Are you running specific lab markers that you think about? And is it only a urine mycotoxin test, like you said, or are there labs in a general physical that people get that might say, you know, your carbon dioxide's off a little bit and you start thinking maybe they might have mold.

Yeah, so we generally, we have a pretty good health questionnaire that we start asking some of the weird questions, trying to piece it together, and then talking to them, going through the symptoms.

Why Mold Affects People Differently

When did it start? Also, what foods are in your diet? Do you have high mold diet. And then we will order urine micro toxin testing is what we run. I like to see that ideally provoked, whether it's a little bit of glutathione, the sauna, something to try to push it a bit.

But oftentimes people are coming to us with like function labs or their general physical labs, and we can see a few things. You can sometimes that their white blood cell count will be really low.

So it'll be low just on our functional scale, not low enough that it's pinging any red flags, but we often tend to see that the white cell counts down a little bit.

We can sometime see liver stress, so your AST, ALT can be elevated. Oftentimes we'll see some of the immune markers, whether it You know, looking at basophils, eosinophil, those guys a little bit off.

We tend to see inflammatory markers, so CRP can be elevated. So you're just kind of looking the piece of the puzzle of what do they have? What, you know based off what markers?

And then I want a urine mycotoxin test. I like to pair it with other, the other toxins just to the full picture. But urine, mycotoxins for me is the bare minimum.

Which company are you using? Are there ones you like or don't like for mold testing? We have just moved over to Biotech, who bought real-time. They've expanded their microtoxin panel, so I've always loved the technology that they're on, but they had too small of a micotoxins panel.

So, vibrant, we were running vibrant because they have the biggest, But now that Biotek is expanding their micro-toxin panels, We've moved to them, not as pretty of report, phenomenal data.

of all of the mycotoxins. Check them out. I still love the vibrant test. It seems like it becomes positive when I can, the most, right? Like it's not just positive for no reason, but it is positive.

When I then test for toxin in the home or other markers in body, it seems it like is usually pretty dialed in. And they got me last year though. They actually made their test a little bit more sensitive and I missed that email.

And I was just like, why does somebody have a higher test? Call my rep and they're like oh yeah, we made it more sensitive last week. Okay. I was like, can you send up the flares a little bigger for me next time?

Maybe call. When you run a lot of your tests, we're not like a one-off. Can you help us out? So then when you're working with somebody, you've run the testing, You've done the initial.

How do you get started? Is it you have to do mold first? is it a situation where sometimes you go parasites first or is the combination as you through?

pretty much, for the most part, we stick to the same order. But the first is identifying your source. So we can look at the mycotoxin panel and see, is this a water damage mold?

Is this more a food mold, and make sure that we've figured out which ones we could either change up our diet or get the home tested and find the source that way.

And then it's prep work. Nobody likes to talk about it. It's not trendy, it is not cool, but prepping the body, not diving straight into a huge detox.

Testing for Mold and Interpreting Labs

And so really going through drainage, liver, gallbladder, lymphatic, kidneys, all of that support. Then we start with binders and really gently add that in, then we'll go with the antimicrobials.

So we kind of stairs, step it that way. And with the antimicrobials, we'll get parasites, any fungal overgrowth, bacterial over growth. But do that after we've started pulling the molds.

So you started mold pretty early. Have you ever ran into an issue where there's parasites in the way or their gut won't let mold come out where they're stuck?

Because I've seen a lot of people try to move mold early, they are doing different things and I'm not I'm not backing this up, but I've seen people come up with just Corella or just a fulvic and just really ruffle the leaves of mold and it makes things worse.

So what would you think if somebody starts having reactions, what are you going to come in and do to help? Drainage and make sure that we're actually able to move toxins because if you're pushing toxins out but your body actually can't break them down and move them, often that's where we see these chronic hurts and people just feeling terrible.

And then sometimes you do, sometimes, you have to go in and support the gut. If the guy is completely torn up, so inflamed, Sometimes you Do have To go In and inside skirt around and get the Gut to heal up a little bit and Get it to just calm down before you're able to move.

So that's where it's like, I'm so adamant and people working with a practitioner and a Practitioner that knows what they're doing, but working With a practitioners because we see this, i'm sure you, do too.

People put it in AI and then they just go take a bunch of binders or something and then they make it so much worse than they were, they started off because they missed steps.

They went too intense and now they're in a whole nother worse situation. The AI world we're going to live in. And unfortunately, who was it? I got, I hit with a marketing ad.

I think it was Russell Brunson from ClickFunnels or he's launched a new version of that. He said, AI can only pull the data that it can get to and the date is crap.

I was like, that's fair. That's really fair, especially here in the functional medicine space, because, you know, if you go to your mainstream medical provider and you ask them about mold, the information that they have is the the internet, which means that mold doesn't cause me any problems.

It doesn' really exist and your all good. So then for me, I'm going, well that absolutely isn't true. And when I do a quick Google search for a lot of these things, it just tells you to go the hospital, or you're dying or something.

I like no, no. There's so much more. Um, that we can pull from. So be careful with your AI. I love that comment because most of these tests are not mainstream out there all over the place.

Nope. And there's a lot of with, even within the functional medicine realm, there is so much, you know, You've got people that are on board with the mycotoxin urine testing.

You got the blood camp. You've got like so many differing opinions that even within our own industry, you have so much variation from person to person.

And then you get out into more of the conventional world and you're going to get a million different opinions. A lot of it is that it doesn't make you sick.

It just gives you allergies, the things that we hear all the time. Well, you brought it up, so I'm curious your opinion. Are you in the blood camp, the urine camp?

What's your feeling on that blood test since you've already told us you like the urine? Don't like it. I think it can be helpful as a piece of the puzzle, but what I don't love about blood testing, their blood is looking at IgG, IgM, Ige.

Ig, of course, is allergies. Do you have an allergy to mold? A lot of people do. Not mycotoxins doesn't make you sick. IgG just means have you been exposed?

So a lot of people will take this and they go, oh, look, I have this mycotoxin, but it doesn't necessarily mean it's current exposure, it could be past exposure.

And so you see people that are working on protocols of something that they don't even know how much they have in their body. It's just an immune response to it.

So that's why I'm in the micro, you know, the urine mycotoxin camp, we can see a starting point, and we track it. We can watch it get detoxed out of the body and hit a point where it's not there any longer.

So I am pretty firm in my belief it'll be hard to sway me, but I do believe urine micro toxin testing as a trackable data point is far superior. I agree, actually, I'm fully with you.

I get the debate from patients often of this doctor said this about blood and I am like, hey, look, blood has its value, but I could go stay in the wrong hotel room and it's going to trigger me to have an IgG.

And then they're like well, sometimes you get negatives or false negatives on a urine test. I said, absolutely. Absolutely. If you're backed up and you are not draining, your mitochondria is in so danger of response and your are locked down, for sure.

I completely agree. You can do testing for other parts of your lives, whether that be creatinine, sodium potassium, you can hair tissue mineral analysis, and look at are the liver markers low?

And you could start to get an idea of is this person even a candidate to be able to urinate a toxin out for us to an appropriate test. And then you also have to be very clear with people, hey, the activity that you're doing before you run these tests matters.

Treatment Order: Drainage, Binders, and Antimicrobials

If you were doing a CrossFit competition the day before, you ran this urine test and then the next time you haven't moved for two days on a weekend because you retired and you are just being still, that's a very different amount of movement, which is going to give you a different output onto a test.

So I'm very clearer with like, Hey, like. Don't stay in a hotel room for a week before. Have similar activity levels. I don't personally do a provocative test.

And the reason why is because I'm usually looking for, hey, I want to see what's coming out of you right now to make sure I understand what is free floating, not what I can stimulate out with other supplements, meds, etc.

Yeah, no, and the online debate of this is huge. And it's just being open that, yes, there is a blind spot. We're all very open about that there's a black spot to it.

You can only see what's floating. However, once the body is moving toxins and it moving these things, then you can start tracking the data. But where people get hung up, especially inexperienced practitioners, is as you're going along and you retesting, all of a sudden something new pops up or it's significantly higher.

And a lot of people go, oh, it is a new exposure. You go no, not always, right? It could just be that now the body is unloading it. So I think there is some nuance to really understanding what you are doing and how the bodies detoxing and giving the clients the best possible explanation for what the tests are showing at that time.

Well, I think that's the biggest thing. Admit that there is no perfect test and know how to use the tests for the outcome of the person that you're working with.

And as you said earlier, working a practitioner that has all this experience is going to help. There's so much nuance to complex chronic illness, which is why it's called complex and chronic.

It's because due to its difficulty, it has been there for a long time and people aren't figuring it out. And it's an everyday situation. So when you're working with somebody, you know, we talked about kind of the order of operations, the why you would be working on it.

But what are we doing? Are you a fan of medication, intraconazole type things? Or are you more of a full-vacuumic? Where do you fall in the what you are using and what tools and why?

Not a fan of the medications, mainly because I think there are really great alternatives that can still get the job done that aren't as harsh. We see some of these, you know, prescriptions, whether it's colostiramine, they are quite harsh on the system.

And so now I thinks the supplements and the herbs, we have such great protocols that get that job. So I'm a humic fulvic. fan through and through, assuming someone can handle it.

There are people that is just way too much on their system. But if I had my option, it would be humic fulvic. And then using herbals, rotating through different herbs to kill back, you know, whether it's fungal overgrowth or bacterial over growth, but using herbs as opposed to any of the antifungals or, the prescriptions.

Yeah. I find that 80, 90% of Natural herbal is the best call. Every once in a while, I'll run into somebody where I'm like, okay, you know, what else, What else do we need to bring in?

And honestly, it's usually almost never a antifungal med or a binder that is a pharmaceutical. I just haven't really found a need. But on an occasion, You got somebody at Shreem Masselle bringing in some meds or peptides to calm the storm, but to get in there is something I've done.

And that's Usually one of the few places I bring a med in to support with my medical team in my office. So when somebody walks into your clinic, that's very, very significant mold exposure.

They've dealt with, you know, it's dysregulated them.

Mast Cell Issues, Nervous System Support, and Peptides

There are a little bit more on that side of histamine mast cell. Are there any tricks to the trade that you've figured out to help them? The tricky part of mast cells, as you now is, there's really no thing that is like the cure-all for everybody.

It's so specific to that person. Nervous system work is something that has to be foundational for them, And many of the people we work with are a lot of entrepreneurs, kind of that go, go go person.

And they don't realize that just that lifestyle can put your nervous system into fight or flight. So getting the nervous to calm down, get out of fight of flight is crucial.

And then using single herbs and using, you know, not using any blends of anything when we're adding things, just going single herb or vitamin or mineral, whatever it is, one by one at a time.

Peptides have been helpful for some, but it, it really the trick of figuring out what that person needs. And some people, their mast cells are a little easier.

Other people it's really a battle of trying to figure out how to get their system to just calm down a bit. So, I mean, if you set a number of different good pieces of information, doing singles, not blends, you know, one at a time, had a few peptides.

But if you were to name some ingredients or peptide names, like things that you found that are on your list to test, what would those be? Chandra does really well for liver support.

That Chinese herb can be very, very helpful in calming mast cells, but then also allowing us to keep drainage moving in the liver. Chanda is one of my favorites.

Perilla seed can Vitamin C can be very helpful. Those guys kind of are our starting ground. KPV can helpful with the mast cells. We've seen people microdose GLP-1s very successfully to help with mast cell.

Again, that's a nuance that a lot goes into the peptides. I'd say on the note of peptide, someone that is mast-celly absolutely should not ever touch BPC 157, that can have a massive, massive reaction.

So staying away from Bpc with the big mast cell reactions, but it's just finding those little, those golden nuggets that work for each person. Definitely.

I'm quizzing you because I was like, man, maybe I'll learn something new because mast cells is absolutely a rabbit hole that I am down right now trying to figure out how to help people every single day.

Everybody I interview, I'm asking what are they finding to work because I want to just pull everybody's information together. It's like, all right, maybe 20 doctors pull their stuff together, we'll get a big push forward because there's so many people suffering right now that just aren't getting, at least not getting quick results.

That's for sure. They're a very slow moving community of, of healing. And that's just so hard for many, whether that are moms or dads that they're just stuck.

The symptoms are so extreme for so many. It's so. Hard, especially when we're essentially trialing an error. You know, it's one thing when you're like, Oh yeah, I have this protocol.

We've got it, but mass cells, it really does feel like with so many of them, we're, okay, let's try this. Let's see what works for you. And they get frustrated.

It's extremely difficult for us and for them to find a path forward. Yeah. Well, I know with that community of people, there's so limited options of things to do.

And the biggest and easiest is getting themselves into an environment that's safe. So talking about mold earlier, what is your favorite testing practice for finding mold in somebody's home?

Gosh, that again, there's no perfect test. They all have their limitations. Starting point, you can do dust tester army is a good starting point. But again, there are huge blind spots to it.

So it's going to miss really the hidden molds. Bringing out a Good Mold Inspector is better option. And then I've had a few clients, I struggled with it a little bit morally, but I had few client have extreme success with mold dunks.

I always, you know, feel kind of bad for the dogs going into the environment, But I have had clients that they knew there was mold in their house but no test could ping it, And so the mold dogs have been able to find those really

tiny little leaks and things that are in weird places.

But if you bring out a mold inspector, you want to have air samples outside versus inside so you know what the comparison is. I like thermal imaging.

Home Mold Testing and Environmental Assessment

And then really having somebody, if do the dust test or an Ermi having somebody that like one of us go through it because there's mold on there that isn't super toxic, right?

You have more of the environmental molds, but then you do have the mycotoxin producing mold. So you want to have someone that understands the mold be able to explain to you, okay, we have these that showed up on your dust test.

This is the, you know, the testing company we recommend moving forward with so that you can, You can see where, have a full inspection of area. I'm curious, You got to get the outside and the inside for comparison of mold.

And I know that's a standard practice, but I always push back a little bit on that and it's, here's my why. If there is a significant amount inside your house of, mold that of Aspergillus piticoides, of stachybotrys, whatever you want to say that you know is, a bad one.

I don't really care how much is outside. Like it may, it might be there. But there's only so much you can tolerate, especially as a person that might be more sensitive.

So I guess I've just kind of said, well, it doesn't really matter what's outside because you've got to make the inside good enough for you to live in.

Otherwise you are going to react, What do you think about that? With the like an asterisk in that it gives you an idea of do we need to be looking for a leak?

Do we to looking to for some sort of water incident? Or is this just we have too much of this in the house? So we in Texas, you know, there's certain molds here that are high that can absolutely give people symptoms.

And so if you see it's high outside, it high inside, then maybe we don't need a look for leak. Maybe we can go, OK, it's just an environmental mold. Let's make this house.

let's put really good HEPA filters and we need to have the HVAC, you know, go down those avenues rather than looking for an active water leak. Good answer.

I go to that same kind of conversation. But some people are like, oh, if it is outside and inside, there's nothing you do and you leave it alone. Not quite.

Yeah. At least not in my opinion. Everybody's got their own opinion good old Texas nice and warm and hot this time of year. Yeah it is like a mold mecca here of all of the humidity and we've got so much mold in the environment so it's a mouldy place.

Well we're gone through a ton of topic about mold but I'm curious because mold isn't everything and even when we were chatting before You'd mentioned Lyme and parasites and these other things that are going on.

Is there a coinfection, as I guess how I'll phrase it, a co-infection or something you're finding that makes mold a lot harder to get over, lot hard to detox?

It depends on the person. I'd say LyME complicates it. So LyMe and any of its co infections complicate the situation exponentially. Whether you are talking about LyMe, Babesia, Bartonella, Rickettsia.

No matter what that, those guys now made it a little bit more of a complicated situation. And then sometimes it's viruses. I'm not a huge in the huge camp of viruses or the end-all be- all, but sometimes you could have, you know, Epstein-Barr flare likely due to the mold exposure, But you can have Epsteine-Bar that's flared that can really kind of wreak havoc.

It can be just a massive amount of parasites and dysbiosis. So I think any co-infection can make it harder just because it is more for your system to have to deal with.

Its kicking up inflammation. how much the gut is struggling. So it can make it harder, but I'd say Lyme is definitely the most complex of the bugs. And I gotta ask, in the last five, six years, have you noticed things got a lot worse with people's health, their histamine, they're MCAS?

What's your theory?

Lyme, Coinfections, and Rising Histamine Sensitivity

Oh, I think it's, a combination of things, But I mean, all of us practitioners have noticed, back five or ten years ago, what was it, maybe an MCA person every 20 to 30 people you saw maybe, and it wasn't the extreme.

And now it's so many of the people we're working with. So I mean, I think COVID was a huge driver of a lot of this. But then I also think the world's changed and you see our stress levels have changed.

You see all of, you know, we are busier than ever. We're more depressed than we were. More isolated than never. I've seen the trend of we inflamed, sicker, toxic than I've ever seen in my decade of practice.

Definitely getting worse. Yeah, I have been in practice, oh gosh, like 14 years now. And I remember before COVID, maybe I had two people that were like those extremely sensitive individuals, and they're barely even on my top 50 now of sensitive individual.

Mass cell is every other person that walks in the door. When I get somebody that's not mass cell, they exist. I know they exists in real world where I live.

But walking into my practice, because that's just what's coming in. And that is why I said I'm on the mission. I am on a mission to try and figure this out as best that I can.

Yeah, keep us posted. Oh, I will. Trust me. Am always posting on Instagram and putting together stories that literally like what level of physiology can I just throw in here to help people understand what is going on and put all the tools in there.

Then I started to get to tools now where I cannot post this on an Instagram because I'll get banned if I post that on So I'm like, all right, we're starting to sub stack, which supposedly you can link to and then put all of your controversial stuff there.

Ah, okay. I would say I am like one strike away from getting kicked off TikTok. So, I, you know, not far behind you. Yeah. TikTok and me never got along.

Like I don't want to dance or do a three second reel. That's just not my thing. We do have this in short form as Instagram, but I think the people are more mean on there, so I I not a fan.

They're more me on their. I haven't spent much time over there, so I'm not too educated. All right, well, I think we've done a really good job kind of taking and putting the overview of mold together.

Talk about what isn't working, the lab testing. Is there anything we feel like we missed about mold today?

Food Mold Sources and Where to Find Dr. Tori Thompson

The only thing I don't think I didn't talk about is the food sources that people can look at, because I do think people downplay the foods aspect of it, and so if you are someone that You know, has aflatoxins, ochratoxin A to examine your diet, looking at coffee, grains, peanuts, and peanut products.

I think that can be a huge driver. Corn is a big one of the fumonazins. So really the food guys, there's a whole group of people that don't believe that those are toxic, but as we see all the time, they are.

If it is, a food guy, don' downplay it. Really examine, are these things you eat all of time? And then they still need to be detoxed out. Yeah, food can definitely be a part of it.

I am one of those guys that downplay a little bit, just because more often than not, what I've experienced is if you look at the mycotoxin tests, the reds are water damage.

Like when it's way off the chart, I'm like, okay, that's water damaged. When it is moderate, it it, uh, more food-based, which then I'll put the diet in the know, like all right, here you go.

We can get rid of this in this way. And then we'll, as far as the introduction, and I just feel like most of the people I see are in water-damaged. Good call out.

Definitely an important piece for all of those coffee, wine drinkers with all their breads and pastas that are bringing in all this extra mold mycotoxin people are dealing with.

All right. Well, where can people find you? Because obviously you're very, very well spoken when it comes to mold and there's just not enough good intellectual mold docs out there that open to all the things that you just said.

Well, I'm on Instagram, TikTok, just at DrToriThompson. My website is drtoritomson.com. So same handle across all platforms. Perfect. Well thank you for being on here today.

Thank you so much.