Common Symptoms of Mold Exposure

- Altered mental status
- Attention deficits
- Allergies, sensitization
- Asthma
- Blunted executive function
- Brain fog
- Chest tightening
- Coughing
- Dizziness
- Fatigue
- Fever
- Headaches
- Irritability
- Irritation of nose and throat
- Itchy eyes or skin
- Keratitis
- Muscle aches
- Mycosis
- Neurotoxicity
- Onychomycosis
- Otomycosis
- Paresthesias
- Respiratory infections
- Rhinitis, stuffy nose
- Shortness of breath
- Short-term memory deficits
- Sinusitis
- Skin infections
- Sneezing
- Systemic infections
- Wheezing

Mycotoxins

Mycotoxins are toxic compounds that are naturally produced by certain types of mold and other fungi causing illness and disease. Large doses of mycotoxins can occur from ingesting food that has been contaminated or spoiled. However, low doses may not cause illness and not all mold species produce toxins.

Aflatoxin and Ochratoxin are common mycotoxins found in grains, wine, and peanuts, though regulations are in place to surveil and limit the amount allowed in foods. Aflatoxin and Ochratoxin are considered human carcinogens and chronic consumption is associated with liver and kidney tumors. Aflatoxin crosses the placenta and makes its way into breast milk and nursing infants.

Potential Signs/Symptoms of Mycotoxin Exposures

- Cancer (liver, esophageal, lymphoma, skin, and gastric)
- Hemolytic effects
- Hypertension
- Hyperlipidemia
- Immunosuppression
- Kidney toxicity
- Liver toxicity
- Nasal irritation

Tips For Controlling Mold Growth Inside the Home

- Controlling humidity levels: keep humidity levels as low as you can: between 30% - 50% all day long
- Promptly fixing leaky roofs, windows, and pipes
- Thoroughly cleaning and drying after flooding
- Ventilating shower, laundry, and cooking areas
- Consider not using carpet in rooms or areas like bathrooms or basements that may have a lot of moisture

Recommended Supplement and Nutritional Protocol for Mold Toxicity

Anti-inflammatory

- L-Carnitine (by Energique)
  - Dosage: 450 mg
- EnervitC Defense (by Energique)
- PEA Relief (by Metagenics)

Nutritional Support

- Zinc Picolinate + Copper (by Energique)
- Vitamin D_3 + K_2 10,000 IU (by Metagenics)
- Mineral Magic (by Energique)
- High Delivery Acidophilus probiotic (by Energique)

Liver Support/Antioxidant Support

- GlutaClear (by Metagenics)
- Milk Thistle (by Energique)

Binders (will vary by mold strain):

- Bentonite Clay
- Activated Charcoal
- Chlorella
- Saccharomyces boulardii (a probiotic yeast)
- N-Acetyl Cysteine (NAC)

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