

MOULDS / BIOTOXIN

ABOUT MOULDS

Many mould illnesses are caused by exposure to the interior environment of water damaged buildings. Mould organisms grow on household surfaces that have high cellulose content, such as wood, fibreboard, gypsum board, paper, dust and lint. Common types of mould found indoors include:

- Cladosporium
- Penicillium
- Alternaria
- Aspergillus
- Stachybotrys (black mould)

ABOUT BIOTOXINS

Mould Biotoxins get into the body via foods, water, air or insect bites. They may cause inflammation of the lungs through the release of inflammatory cytokines. They are removed via the liver, or broken down by the immune system. This is obviously a problem for those with compromised immune systems or detoxification pathways, where biotoxins can remain within the body for lengthy periods of time and exacerbate existing conditions.

SYMPTOMS ASSOCIATED WITH MOULDS / BIOTOXINS

- Asthma, tightness in the chest
- Nasal congestion, nasal soreness, sinusitis
- Confusion, depression, anxiety, brain fog, ADD/ADHD
- Sensitivities to pets, car fumes, smoke, feathers, etc.
- Inability to lose weight
- Chronic fatigue, anxiety
- Blindness, light sensitivity, bloodshot eyes, loss of vision
- Irritability, anger
- Dry mouth, excessive thirst, excessive urination
- Tingling in hands and feet
- Sudden pain in temples, sudden migraines

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CONNECTING THE DOTS