

YOUR COMPLETE GUIDE TO

Health Recovery

FROM TOXIC MOLD



WWW.BRIDGITDANNER.COM

“COULD I HAVE TOXIC MOLD?”

This is a key first question to ask yourself when you've been experiencing chronic symptoms, and the answer could be life-changing.

In this guide, we'll explore some of the first steps of the process as you consider whether or not you have mold, and then we'll focus on my personal speciality, removing mold toxins from the body.

WHAT IS TOXIC MOLD EXACTLY?

Mold thrives in warm, damp, humid conditions, so water-damaged buildings provide a perfectly hospitable living environment. Once established in water-damaged environments, molds spread and reproduce by making spores. The spores are capable of surviving harsh environmental conditions and are notoriously hard to eradicate. (1)

According to a recent report from the Federal Facilities Council, a shocking 43 percent of buildings in the U.S. have current water damage, and 85 percent have past water damage. (2) This means an overwhelming number of buildings in the U.S. potentially contain harmful molds such as Cladosporium, Penicillium, Alternaria, Aspergillus, and Stachybotrys chartarum (aka “toxic black mold”). (3)

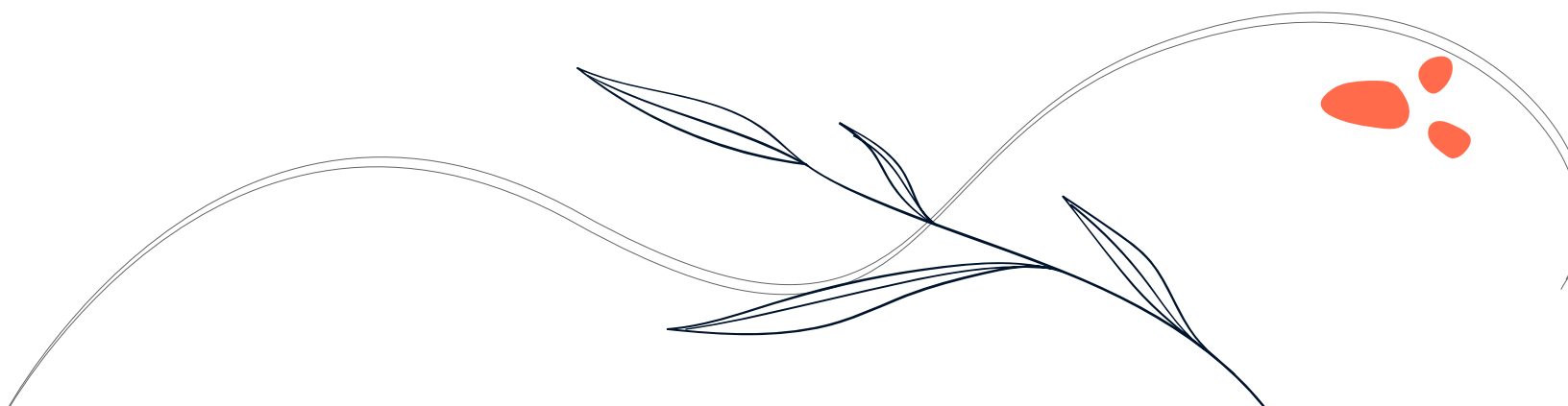
Unfortunately, water-damaged buildings aren't the only places where toxic mold is found.

Approximately 25 percent of the world's crops, including grains, nuts, wine, spices, and coffee are contaminated by mold and mycotoxins. Mycotoxin contamination of food is caused by poor growing and harvesting practices, improper food storage, and damp conditions during food transportation and processing.

What makes these molds dangerous? The harmful effects of mold are mediated by biotoxins, including spores, cell fragments, endotoxins, beta-glucans, volatile organic compounds (VOCs), and mycotoxins.

Some mycotoxins have beneficial properties: for example, the antibiotic Penicillin is a byproduct of the Penicillium fungus and citrinin is a mycotoxin used to produce fermented foods.

However, the mycotoxins in water-damaged buildings and food tend to be harmful to our health. They promote respiratory and neurological damage, DNA mutations and carcinogenesis, and hormonal imbalances. They also can impair your immune system, liver, and kidney function.



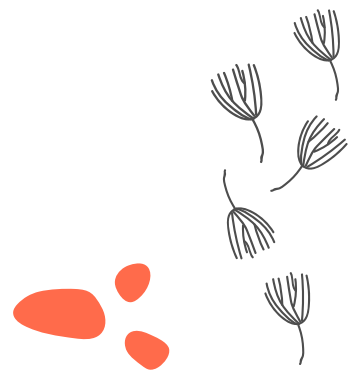
SIGNS AND SYMPTOMS

Mold symptoms may come on quickly if you move into a new home or work space, but, more commonly they develop over time.

Often you do not know that your space has a mold issue, and at first your body systems may be keeping it somewhat under control. But, over time, the level of toxins may be too overwhelming for your detox systems, and organ function is compromised, resulting in symptoms.

As mold can affect the cells, brain, gut, endocrine system, and immune system, the symptoms can be varied and may include:

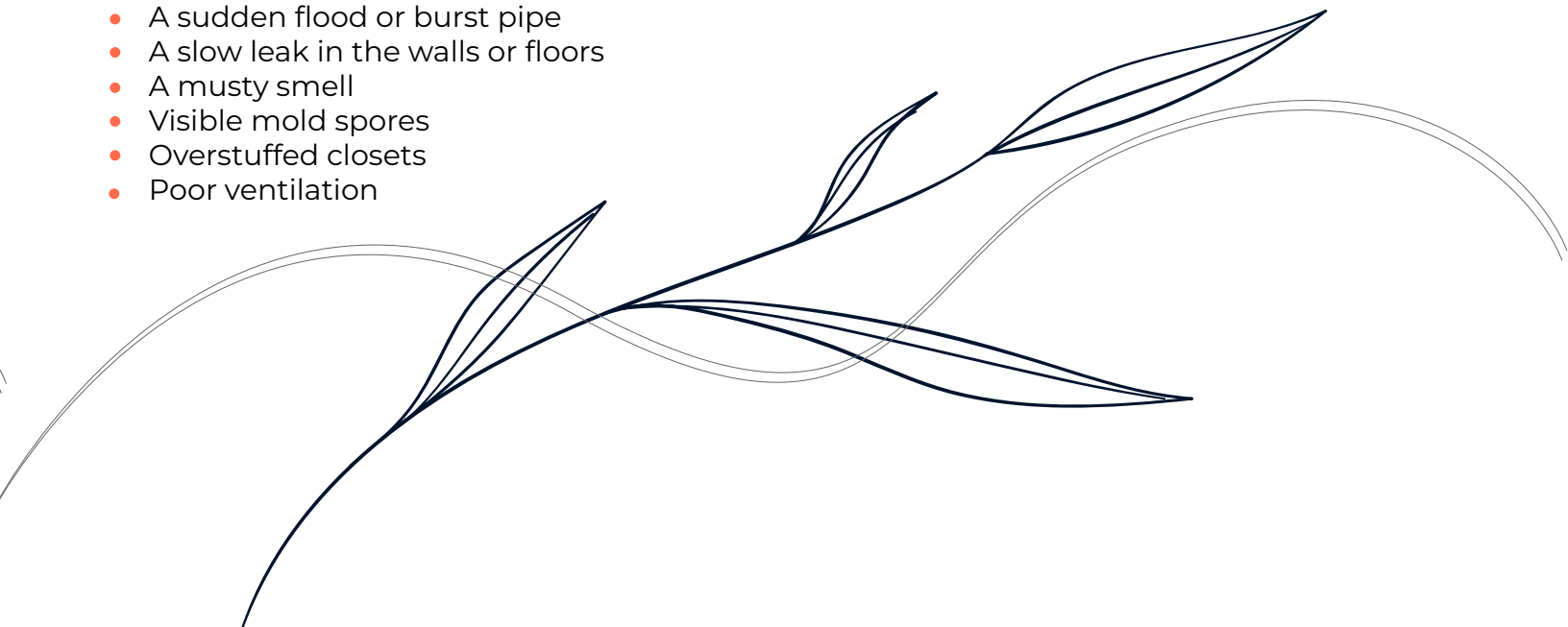
- Sinus congestion
- Headaches
- Foggy thinking
- Poor recall
- Weight gain
- Muscle twitching
- Insomnia
- Skin rashes
- Fatigue
- Attention deficit
- Chronic digestive issues
- Irregular periods
- Anxiety
- Depression



Note that within one family in the same home, every person in the family could exhibit a different set of symptoms, and some may have none at all.

Some clues you could have toxic mold in your home include:

- Humidity over 50%
- A sudden flood or burst pipe
- A slow leak in the walls or floors
- A musty smell
- Visible mold spores
- Overstuffed closets
- Poor ventilation



HOW DO I KNOW IF I HAVE MOLD?

If any of the indicators above are ringing a bell for you, you may want to test for mold. There are several ways to test, and I am likely missing a few here, but these are some that I am more familiar with.

You cannot know for sure that you have toxic mold in your home or body without testing.

Not all species of mold are toxic, and not all musty smells mean you have mold. Although testing incurs an expense, it's better to know than guess, and, if you do have mold, you now have a baseline for future testing.

TESTING THE HOME

1) MOLD INSPECTOR

This is a good option if you own your home and live somewhere a mold inspector is available.

A good inspector will look for sources of water damage, test air samples and, perhaps test drywall samples if needed. He or she can give you a full report. But this person is NOT a medical expert! He or she cannot advise you on what to do next for your health.

If you decide to fix up and then sell your home, you can have a repeat report to show that the home is now mold-free.

2) MYCOTOXIN DUST TEST

This is also a test I ran. An advantage of this test is that it tests for the toxins that actually make you sick. This is the company I used, [Real Time Lab](#). You could repeat this test if you want to inhabit your home again. Also it requires a lot of dust.

3) ERMI TEST

I did not run this test when I was sick just because I didn't know about it, but now that I am familiar I really like the look of this test. I had a client run one at home and one at work with [Envirobiomics](#).

An advantage of an ERMI mold test is that it scores the danger level of your mold, which can help you decide what to do next.

"The Environmental Relative Moldiness Index (ERMI) was developed by the U.S. Environmental Protection Agency, Office of Research and Development (ORD) as a research tool to investigate mold contamination in homes. The methodology is based on using mold-specific quantitative polymerase chain reaction (MSQPCR) to quantify 36 molds and calculate an index number for comparison with a database of reference homes." (4)

4) MOLD TEST PLATES

Once upon a time I thought this way of testing was not valid, but I've since learned of a company, [Immunolytics](#), that seems pretty reputable and helpful at getting you some answers at an affordable price point.

Advantages of mold plate testing are the lowered costs and the ability to run multiple tests. So you can test certain rooms, your car, your workplace--wherever you suspect.

TESTING YOUR BODY

Testing for mold used to consist of testing for inflammatory and immune markers that could be ordered through bloodwork. Positives on some or all of these markers could suggest toxic mold.

Luckily now we have direct tests of mycotoxins -- the toxins emitted by mold -- so I don't think it's necessary to utilize those older testing methods.

We offer an [at-home urine test for mycotoxins](#) that has an upgrade option to test for:

- Candida yeast infection
- Clostridia bacterial infection
- Mitochondrial damage
- Glutathione antioxidant status
- Chemical toxins such as pesticides.



If you've been sick for a while, there are usually several toxic factors overwhelming the body at this point.

We partnered with the Great Plains Laboratory, and we have an easy set-up that allows you to order online, take the test at home, and have your test reviewed with us to get clear guidance on next steps.

There are also companies that offer blood-based mycotoxin packages.

As I mentioned earlier, by the time you've been sick a while with toxic mold, several body systems have now been compromised. That's why we prefer to add some upgrades as listed above when there are many chronic symptoms.

I also like to see some other functional lab results, such as thyroid labs, microbiome testing and hormone testing, as we offer in our [Big Three testing package](#).

WHAT'S NEXT AFTER FINDING TOXIC MOLD

Once you have determined if you have toxic mold, you'll need to decide what to do next.

After my own errors with how I handled toxic mold in my home, I generally encourage drastic action! **Staying in the home and moving items around while remediating made me much, much sicker.**

For some people, true healing comes from actually not living in a home and instead camping in wild areas, free of EMF, chemicals, and indoor mycotoxins. You can learn more about that in this book by Lisa Petrisson and Erik Johnson, [A Beginner's Guide to Mold Avoidance](#).

However, I have heard some success stories of remediating a space and being able to inhabit it again. BUT you need to still be extremely educated and diligent in doing so.

Be aware that your brain is not working fully when you are sick with mold. You are also facing a major expense and inconvenience. But you can't let these factors make your decision.

When it comes to decisions about a moldy environment, you need to make a decision based on recovering your health.

Toxic mold can lead to conditions that are fatal, nevermind it ruining your daily life. If you need to take out a loan, move in with a friend, etc., it's what you need to do.

MOLD REMEDIATION 101

Mold toxins are not the same as visible mold spores, and the toxins are what make you sick. The toxins stick to carpet, clothing, and books, and they snuggle up inside your computer. They are on walls, in your sinuses and in your air ducts.

Mold toxins are extremely difficult to remove. So please don't cut corners or try to do it all yourself.

The topic of mold remediation is huge. You can learn more through these resources:

- Our [Mold Week](#) recordings: these are free and also come with a detox supplement guide
- [The Toxic Mold Summit](#): you can get free access for 7 days
- [US Enzymes](#): a company that sells remediation products and services.

Since I know I'll get this question, I'll try to address it..."but **how do I know my next house doesn't have mold??**"

Unfortunately there is no guarantee you won't encounter mold again. It's best to make your next accommodations temporary, and not bring any porous, old belongings with you.

You can visibly inspect for mold, look under sinks, and ask questions. You can also notice how you feel. If you've lived in a mold-free environment for a while, you will become 'sicker quicker' with a new mold exposure.

RECOVERING YOUR HEALTH FROM TOXIC MOLD

There is not exactly a step-by-step plan as each person's mold exposure, genetics and health history are unique. But I will share some of the things that have helped me the most below, and what I recommend to my own clients.

A. AVOID IT.

You must avoid toxic mold exposure in buildings, property and food. See more on food below.

B. BIND IT.

Binders are supplements that physically and electrically bind toxins on their way out of the body. I like using our [GI Detox](#) binder at a minimum of 2 at bedtime and 2 before using the sauna. [Learn more here.](#)

C. BRUSH IT.

Dry brushing is a very affordable and effective way to move lymph, the fluid that gathers toxins from your body. I suggest using a dry brush each morning. [Learn more here.](#)

D. FLUSH IT.

I know, know, it sounds so weird. And I do recommend you consult with your physician before doing a coffee enema. It took me getting really sick to be willing to try it, but once I did, I was hooked.

Personally I get immediate relief from fatigue and inflammation from a [coffee enema](#). It helps clean your blood and produces a massive amount of the antioxidant glutathione.

E. JUICE IT.

Health can't always come in a pill. A fresh, alkaline green drink is a great way to energize, and it's not as hard as you think. [Get my recipe here.](#)

F. SWEAT IT OUT.

I LOVE [sauna for detox](#). I feel like it basically saved me in the early days of my mold diagnosis. It has about a million benefits including repairing cells, removing toxins, and lowering stress hormones.

Now that I'm in a mold-free home, I own a [solo system from Sunlighten](#). But in those early days I happily used saunas at a gym and clubhouse.

I also recommend using a clean electrolyte daily as you tend to pee out more electrolytes when your body has toxic mold, and also you are losing some electrolytes as you do coffee enema and sauna.

BRIDGIT'S TOP FIVE MOLD DETOXIFIERS



Sauna



Dry Brush



Green Juice



Binders



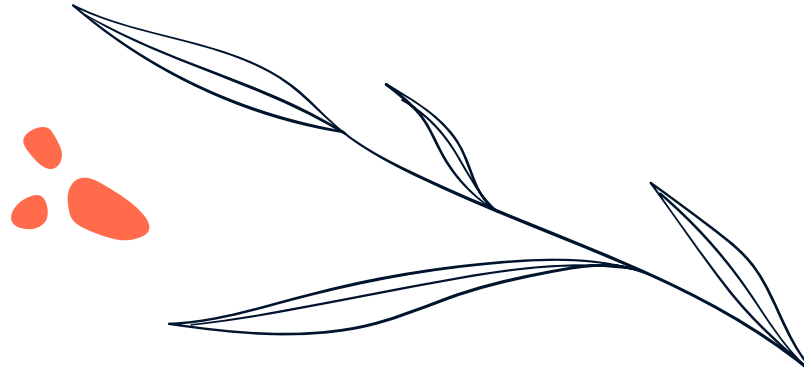
Coffee Enemas

MOLDY & INFLAMMATORY FOODS

Be aware that mold is also in foods.

Avoid:

- Dairy (inflammatory and possibly moldy)
- Grains (I usually say rice is ok)
- Alcohol (toxic to the brain)
- Coffee (especially cheap coffee)
- Sugar (feeds yeast)
- Grain-fed meats



You may also be sensitive to juices, lunch meats, leftovers and nuts. Only eat fresh nuts that are stored in the fridge. If there is any food you can't tolerate right now, just avoid it as you rebuild your microbiome.

GET HELP

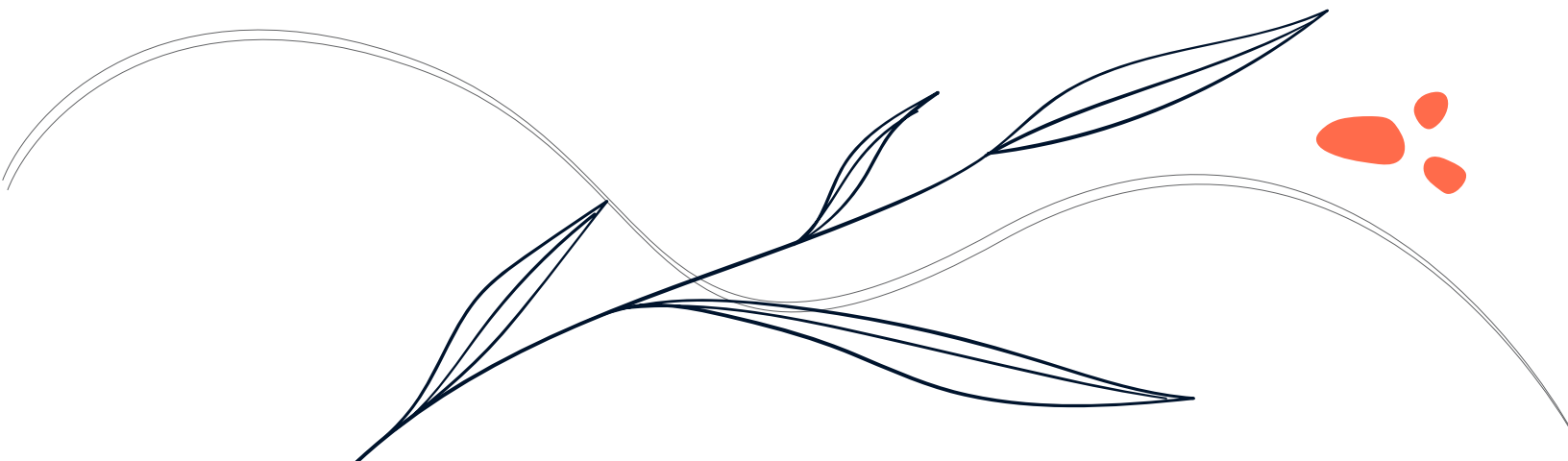
Dealing with toxic mold can be very scary and can bring up a lot of sadness and denial. That's why it's important to talk about your experience.

There are several support groups online, including our own, the [Mold Recovery Group](#) on Facebook.

I utilized "free" therapy from an Employee Assistance Program and later through my health insurance. I also saw several practitioners, from naturopaths to lymphatic massage therapists.

Both I and the coach who also works with me have been through toxic mold firsthand, and we both have broad experience with functional health coaching, including hormone balancing and gut health restoration. We would love to support you through [private coaching](#). In addition to mold testing, we offer outside lab reviews, consultations, and other tests.

Going through toxic mold may be one of the hardest things you do in your life, so please do remember to find community and not isolate as you go through it!



ABOUT THE AUTHOR

Bridgit Danner has been a licensed acupuncturist since 2004 and a certified Functional Diagnostic practitioner since 2015. She has given over 12,000 treatments in her career.

While busy running a busy integrative wellness center in Portland, Oregon, she developed an environmental illness due to toxic mold in her home. Already experienced in hormone management and nutrition, she became acutely aware of the powerful impact of the environment on her health.

She and her family lost their house and everything in it to toxic mold, and they moved 1,000 miles to the Arizona desert to heal.

Bridgit now educates about toxins and detox through her online community and coaches on how to detoxify through a functional approach. You can learn more about her at bridgitdanner.com and follow her on [Instagram](#) or [Facebook](#).

She also has established an online store at HormoneDetoxShop.com with specialty detox supplements and her own brand, Functional Detox Products.

We welcome you to explore our shop and test out some things! Use the coupon code **WELCOME10** to save 10% off your first order [here](#).

