

## MOLD TOXINS SUMMARY

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**Introduction:** Mold toxins are one of the main reasons that there are so many mysterious conditions that baffle the medical community. This is a very important topic and well worth studying. An understanding of this material can easily double the effectiveness of any practitioner who is not already helping their clients or patients to remove mold toxins from their bodies and environments. Mold toxins are neurotoxins – that is, they are toxic to the nerves. At [http://www.royalrife.com/mold\\_toxins.pdf](http://www.royalrife.com/mold_toxins.pdf) there is a more detailed and more technical version of this short article.

**Mold exposure:** Researchers at Harvard University studied 5000 homes and found that fully half of them had enough mold toxins in them to cause symptoms. This situation is similar in most parts of the country. About half of the people in the USA are living in homes that have enough mold toxins to make them sick to some degree.

The kinds of houses that have high mold levels are those that have had water intrusion, those that have basements or are built on a concrete slab, or those that have attached garages. Concrete that is in contact with dirt wicks moisture and is a continual source of water vapor. Just ask anyone who has stored a bag of pre-mix concrete on their garage or basement floor! Any natural fibers (cellulose) such as wood or sheetrock paper that are exposed to this moisture will start to make mold spores. There usually is not enough mold to damage the building, but there is certainly enough to cause serious illnesses.

Flat roofs are a very common cause of water intrusion. If a building has a flat roof and a concrete floor it is probably making people sick.

Almost all cars are very moldy, even those that are only a few weeks old. We drive them in the rain, open the doors in the rain, open the trunk in the rain, and so on. If your car has been driven in the rain, it is probably moldy.

A car or building does not have to smell musty or have visible mold to be contaminated. A musty smell is an indication that mold levels are very high. It is interesting that many who have high levels of mold toxins in their bodies cannot smell mustiness until after their levels are reduced.

When wood or paper or other natural fibers come in contact with water or water vapor, molds such as *Stachybotrys*, *Aspergillus*, *Acremonium*, *Actinomyces*, *Penicillium* and *Chaetomium* are likely to start colonies. The colonies may be visible or they may be hidden in places such as the tops of ceiling tiles or the bottoms of carpets. The molds send out spores which contain the powerful toxins.

**The genetic aspect:** When these spores with their neurotoxins are inhaled, about 76% of the population have the ability to quickly eliminate them. They may sneeze or have other minor symptoms, but symptoms are temporary. They are like a plastic bucket that has

poison drip into it from time to time but they have a small hole in the bottom of the bucket and the poison leaks out.

About 24% of the population do not have a hole in their bucket. They have a genetic inheritance that makes them unable to eliminate mold toxins. The body simply does not tag the toxins as invaders and it does not eliminate them. The liver can send them to the digestive tract via the bile, but they are quickly reabsorbed back into the blood. The result is that continual or repeated exposures to mold toxins results in an ever increasing amount of these toxins in the body. It is estimated that around 25 million Americans have some degree of mold toxin illness though it is called MS, Parkinson's, chronic fatigue, fibromyalgia, rheumatoid arthritis, cancer and so on.

These mold toxins attach to fat cells and cause the fat cells to continually release inflammatory chemicals. The result is chronic inflammation with symptoms such as fatigue, pain, brain fog, out of control weight gain and loss of sex drive. When someone has the flu, symptoms are not caused directly by the viruses. The symptoms are caused by the resulting inflammatory response produced by the immune system. Mold toxins can cause symptoms similar to a permanent case of flu.

An inflammatory reaction is very useful to help deal with an infection. It is damaging when it goes on and on. An inflammatory response can cause the body to release even more inflammatory chemicals. It is similar to when you hold a microphone too close to a speaker. You get this feedback squeal. The result of this increasing inflammation can be severe pain, blood sugar problems, nerve damage, reduced circulation, autoimmune diseases, cancer and symptoms that resemble advanced heart disease. Any exercise can result in a crash that lasts for days. This inflammation can even result in gluten intolerance!

**Detecting mold toxins:** Dr. Shoemaker uses the Visual Contrast Sensitivity test. The idea is that mold toxins cause reduced ability to see shades of gray (or grey if you prefer). You can do this test online. Just do a search for visual contrast sensitivity.

We prefer to use a version of Autonomic Response Testing using calibrated vials. This test enables us to produce a score that allows us to monitor progress. This test can be done from a distance using a saliva sample.

There are inexpensive kits in hardware stores that can be used to test mold levels in a home or car. We prefer Autonomic Response Testing. This can also be done from a distance using a sample collected using a damp paper towel that is allowed to dry in the home or vehicle.

**Treatment:** An effective material that I have found for mold toxin removal is plant sterols. One version called Cholestepure has about 450 mg of plant sterols per capsule. The typical dose is 2 three times a day. You may need to start with just one a day. There is a peach leaf extract and a thuja extract that speed up mold toxin removal. Beta Glucan can help.

We have found two ways to speed up mold and Lyme toxin removal. At least one type of Japanese foot detox patch pulls out mold toxins very quickly with no apparent adverse effects. We are seeing amazing improvements in as little as a week.

Also, an "ionic foot detox" setup where the feet are in separate tubs is very effective and works quickly. A 9 volt battery can power the tubs or some frequency generators can be used. Please note that the feet must be in separate tubs with an electrode each side for best results. Here is a case where both kinds of foot detox were used:

Client KR reported that he had chronic fatigue along with severe joint and muscle pain. It was thought that he had rheumatoid arthritis and fibromyalgia for which he took "Prednisone" and "Vicodin" but he still had severe pain. He also said that his muscles were so weak that he could not even open a vitamin bottle. It was a major strain just to walk the fifty feet from his car to my office.

He had very high levels of mold toxins and also Lyme disease. The source of the mold appeared to be their home and his wife's car. His truck was also moldy but that did not matter much as he could no longer drive.

KR decided to try to eliminate the toxins from his body with 10 foot detox patches, just enough for 5 treatments. He did not get supplies to treat his home or the car.

After five nights of using foot patches, he was feeling much better so he mowed the church lawn and fertilized it and then mowed the lawn at home. Quite a change from having a very hard time walking at all!

A few weeks later, his wife called to say that he was in extreme pain and he had been in the emergency room to get back on the medications again. For him to stand up at all required great effort. He had run out of the foot pads and he was still living in a mold contaminated house where he inhaled mold spores daily.

This time KR decided to use a cold air diffuser and an essential oil combination called Detox Oil to kill mold in his home and car. For rapid detox he decided on the foot tub assembly. He would use alligator test leads from Radio Shack to attach a 9 volt battery to a stainless spoon in each tub. The positive (+) side went to the tub with the left foot and the negative side went to the right foot. Each side would have a pinch of Celtic or Real Salt and 3 inches of warm water. The salt amount should be just enough so the current could just barely be felt. Treatment time would be 30 minutes a day.

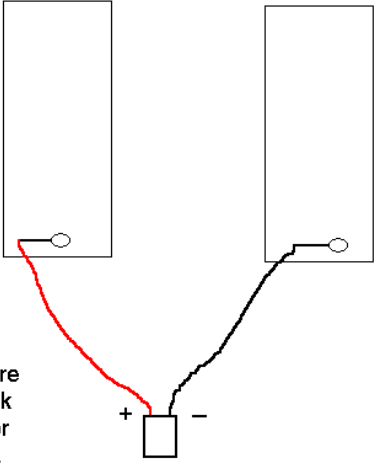
I called him a week later so see if he had been able to make any progress. He said that he was symptom free except for slight dizziness left over from a previous stroke and "I used the treadmill for an hour yesterday and used it again today." So in his case, he was able to get good results in just a week. Twice.

We are finding foot detox with the feet in separate containers works much faster than with both feet in the same tub. Any zapper and also certain frequency generators can also

make the kind of dc electricity that can be used for this. The water does change color just a bit in the tub with the left foot. The color change will not be as dramatic as the commercial ionic foot units that have iron and copper electrodes that dissolve into the water giving it that murky color. Treatment can be 30-60 minutes or more a day.

If a frequency generator is used, any frequency suitable for detox can be used. The voltage should be just barely high enough to be felt. High frequencies cannot be felt at all so most any frequency can be used, but it should be low enough that it can be felt, around 2000 Hz or below.

This is an economical but very effective foot detox setup. It works better than units costing up to \$4000 but it does not have a built in "color generator" so you will not see much color in the water.



The diagram shows two shoe boxes, one on the left and one on the right. Each box contains a small circular contact point. A red wire connects the positive (+) terminal of a 9V battery to the contact in the left shoe box. A black wire connects the negative (-) terminal of the battery to the contact in the right shoe box. The battery is represented by a small rectangle with '+' and '-' signs.

These are two plastic tubs the size of shoe boxes. Into each one goes a pinch of Celtic or Real Salt and about 3 inches of warm water. There should just enough salt so the current can just barely be felt.

You can use a couple of old stainless spoons for contacts, one spoon in each tub. Connect the spoons to a 9 volt battery with alligator clip leads. The + side of the battery goes to the tub with the left foot.

You can also use a Harmonic Generator or other DC offset equipment instead of the battery.

Start with 5 minutes a day and work up to 30 minutes. Avoid mold exposure.

The wires are Radio Shack #278-001 or #278-1157.

**Killing mold in cars and buildings:** Take care of any water intrusion such as a roof leak. Dr. Edward Close discovered that you can kill mold with a cold air diffuser and "Thieves" oil. Detox Oil is a cheaper version that contains bee propolis in addition to the oils. Treat cars for at least 48 hours. Treat a basement or a garage for up to a week. Then in general, re-treat cars and buildings at least overnight every two weeks. If the diffuser is running at an effective rate, it will use about ¼ ounce of oil in 24 hours.

MMS (Sodium Chlorite) and citric acid can also be used. To treat a car, put about 2 teaspoons of MMS and the same amount of 50% citric acid in a glass or plastic bowl and leave it in the car overnight. Do not breathe the fumes. If there is a trunk treat it with another bowl of the mix. Air the car out before using it. Treat the car every night for a week and then every two weeks.

To treat a room, use a bowl with 3 teaspoons of MMS and the same amount of 50% citric acid for each 12 foot square (144 square feet) of space. For a large room such as a garage or basement you can use a large glass flat bottom baking dish with an ounce or more of each. Do not breathe the fumes. Again, it is often necessary to treat the area every two

weeks. To treat a basement, it is necessary to turn off the furnace if it is there and block off any vents or any ways that the fumes could escape.

Treating a serious illness such as MS, Parkinson's, rheumatoid arthritis, cancer, Lyme disease or even less serious conditions like fibromyalgia without reducing mold levels will have greatly reduced effectiveness. Mold toxin buildup is a root cause and it must be dealt with for any genuine success. Of course it may still be necessary to remove other causes like spinal misalignments, toxic metals, toxic chemicals, infections (including infections in tooth sockets) and parasites.

This is not a quick fix. This is not like an antibiotic for strep throat: you get 20 tablets and you take four a day until they are gone and then forget about it. This is a lifetime of paying attention to where you go and a lifetime of avoiding places that are moldy. If you must go, consider wearing a dust mask to keep out the bigger spores. Do extra detox when you get home. This is a lifetime of treating garages or basements or rooms built on slabs. If possible, choose a house with a crawlspace and no attached garage. Avoid a home on a hillside or at the bottom of a hill where water might run down the hill and make the foundation excessively wet. This is a lifetime of removing mold toxins from your environment and yourself.

On a positive note, this is a way to avoid crippling and degenerative conditions. This is a way to enjoy a life that is far superior to what you get when you medicate symptoms.

For more information about mold toxins, see the book *Mold Warriors* by Dr. Shoemaker.