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About Mold Testing & Detoxification

Mold Testing can be difficult and often misleading with negative results.

Mold testing companies can help identify moisture related areas in your home, suspicious areas for mold growth, and help with testing. However, I have seen that they rely on less accurate measurements for testing and can miss areas that are not obvious.

If you have symptoms, and biological markers of mold toxicity, then proper testing for your home is necessary! Other places you spend time, work or school are also possibilities but rule out the home first.

Human biological testing for mold toxins usually is with a first morning urine sample. There are many tests, one you can order on your own [here through Vibrant Labs](#).

Step 1) Mold plates with [Immunolytics](#), put a plate for every major room in the home. Most obvious rooms, then attic, garage, basement.

Take top of plate off and put on the floor. Open to air for 2 hours. Have HVAC on to stir up air if you have one. After 2 hours, label to know what room it is. After 3-5 days if there is growth, then mail them back to the lab. You will know with more precision if what is growing is toxic or ordinary mold. Do not take them up on free consultation from Immunolytics. They identify non-toxic molds as toxic, can scare you, and also mislabel non-toxic mold species.

Second test that may be needed is ERMI testing on rooms which are questionable on the mold plates, [EnvironBiomics](#) has a good ERMI test as well to verify rooms that grow mold.

An air sample is least accurate - measures in the middle of the room and most mold spores concentrated on the floor or surfaces.

Step 2) Remediation of home / areas that are heavy in toxins. You would have to contact a mold remediation company with good reviews in your area. Let them know you have found a room(or more) that has suspicious results and you want a proper investigation and remediation.

Step 3) You can then begin to work on your detoxification. If you find significant areas of your home, you may want to relocate for a time until it is remediated, based on the severity of your symptoms.



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Detoxification and Healing from Mold Toxicity

Everyone is different in their manifestation and symptoms of mold toxicity, can be nervous system dysregulation with neurologic symptoms (light, sound, and vibration sensitivity, to anxiety, depression, and tremors), to more immunologic symptoms of frequent illness, tonsil and adenoid swelling, congestion, and chronic cough and wheezing. Chronic skin conditions like Eczema, itching, and allergic illness can also increase.

- 1) Detoxification using liver and bile support to help drain out mold toxins, and binders which help to reduce circulation of mold toxins.
- 2) It is good to help the immune system reboot with other vitamins such as Vitamin C, D, and zinc.
- 3) Binders are effective and different depending on each mold strain. There are prescription binders like Welchol and cholestyramine which may help as well.
- 4) Nervous system reprogramming, through Limbic retraining is also helpful. I like programs like the [Gupta program](#). Which helps regulate your stress response.
- 5) You can also use vagal nerve stimulators such as [Apollo Neuro](#), which help calm down the fight or flight response for those that have their systems out of balance.

Discount Code: Everyday-Medicine

[I have created a general mold detoxification protocol with supplements here!](#)

All these supplements and binders should be started slowly, especially for those sensitive individuals. They should be done in conjunction with a knowledgeable medical practitioner to be able to support you through the most difficult parts, and adjust it specifically to your needs.

Reach out to me if more specific symptoms and binders are needed. Identifying mold in the home, remediation, and detoxification, can be a long process. We can also have colonization of mold in the nasal passages, airway, and gut, which complicate healing and need alternative approaches.

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