

How to Find Mold in Your Home, and What to do About It

Mold Toxins:

It is estimated that about half of all buildings in this country have water damage, and that many of those contain enough of the molds that cause chronic inflammation and immune compromise to result in illness in those who are susceptible. It is impossible to know if a building has the potential to make you ill without accurately testing it. The molds that create toxins are notoriously difficult to test for with traditional mold tests. Dr Shoemaker has identified only one method that identifies buildings that contain dangerous levels of toxin producing mold reasonably accurately, and even this test is not 100% accurate. And there is only one lab in the country that performs this test.

Have your home, and any other building in which you spend more than 5 hours a week, tested through Mycometrics. Go to their online site and order a HERTSMI AccuCloth kit. It will cost about \$150. They also have an ERMI test which is more expensive - \$250. It is about 20% more accurate, and will hold up better in court if you are considering legal action with a landlord/school/employer. You may use either test. Use the cloth to collect dust samples that have accumulated for at least one month. Good places to dust are the tops of door jams, window frames, picture frames, high bookshelves, ceiling fans. I recommend that you sample from all locations in your home, including the basement, using one kit. Once you have the results, email them to the office, and we will analyze them using Dr Shoemaker's formula.

If any of your samples test at a borderline or dangerous level, you will need to evaluate your options to create a healthy environment for yourself. If you own a home that has tested positive, have a professional inspection with someone familiar with identifying and locating the molds that cause CIRS, and get an estimate of the cost to remediate. If you rent, or find the potential cost of remediation prohibitive, consider relocation. For mold inspection, I recommend Jeff Bookout. This will cost about \$500.

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Workplaces and schools that test positive are challenging for many reasons. This type of illness is poorly recognized by the community, and it is rare to find those in authority eager to learn more about this phenomenon or do anything about it. Do not trust a landlord or employer to remediate a moldy building to the standard necessary for your health. Telecommuting and home schooling are always options to consider.

Once the location of any mold has been determined, we recommend remediation with a professional team who is well versed with what is necessary to bring the mold levels into the "safe" range as determined by Dr Shoemaker. Jeff will give you his recommendations.

Once your remediation is complete, or you have moved to a new environment, the new/remediated space will need to be tested using the same type of kit from Mycometrics. If you have remediated, you will need to do a thorough "micro-cleaning" so that all of the residual toxin has been removed from your environment. Discuss the best methods for this post-remediation cleanup with Jeff. Then let the dust accumulate for a month and repeat the Mycometrics test.

We strongly recommend against using anything other than Mycometrics and the professionals recommended above, as this is very likely to result in an environment that will continue to cause illness.