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Molds - The Hidden Danger

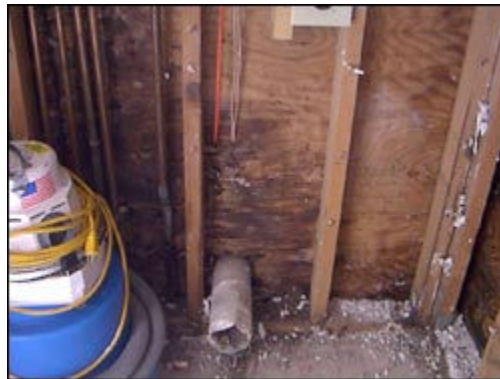
Immuno Laboratories, Inc.

Editor's note: Autumn means molds are out in full force. Outdoor molds thrive in gutter rotten wood and fallen leaves. Damp weather promotes indoor mold growth as well. C bathrooms, kitchens, basements, carpets and houseplants for mold growth. Allergic re may be heightened by the airborne spores molds produce.

Molds, mildew and fungi are present everywhere...inside and outside. Furniture, carpe books, even the air we breathe is full of spores. Humid, dark places with little air circul promote the rapid growth of these fungi.

Hidden Dangers

Eating, relaxing and sleeping in a home full of allergy antagonists like mold, mildew an fungus presents your body with additional challenges which may lead to a worsening c [symptoms](#). Over 50 molds are considered problematic, including Stachybotrys, more commonly known as "black mold". Pulmonary hemosiderosis has been linked to toxic exposure by the CDC. Mold can grow behind walls and even dead molds can make yc Mold can be found in homes, hospitals, schools and office buildings and may not be e noticeable. All parts of the country are affected by mold and areas where moisture or f rain prevails, are more susceptible to mold, mildew and fungal growth.



Hidden Mold Growth - Behind walls (drywall).

Mold Causes and Symptoms

Molds typically grow in buildings affecte water damage and are a potential cause many health problems including asthma sinusitis, and infections. People sensitiv molds are particularly uncomfortable on rainy, damp days. Molds may also play role in cases of sick building syndrome : related illnesses. Allergic reactions can caused by molds. The most reliable phy findings of mold allergy are dyshidrotic e accompanied by tiny blisters on the palr hands. Other symptoms are nummular e that looks like ringworm.

EPA estimates indicate 50 to 100 common indoor mold types have the potential creating health problems.

Mold Types

EPA estimates indicate 50 to 100 common indoor mold types have the potential for cre health problems. Common allergenic molds include Cladosporium and Alternaria. Moll produce mycotoxins, such as Stachybotrys and Trichoderma, can pose a serious heal hazard.



Testing for Molds

If you suspect exposure to mold or are concerned about mold exposure, laboratory tests are available. A [simple at-home test](#) (available soon on this site) allows you to detect the presence of mold through an easy to use petri dish collection process. While sensitivity to mold, both immediate and delayed, should be performed by a licensed and clinically certified laboratory.



[Home Testing Kit - Mold growth from air sa](#)

Mold Presence

Numerous commercial self-testing mold kits are available at hardware stores, on the Web and at the Whole Foods Market™. One word of caution: Air samplings may not indicate mold spores, especially those that are not airb and molds that are dead - *which are just as toxic as live molds*.

Mold Sensitivity

Immuno Laboratories, widely recognized as the leading toxic food testing facility in the offers multiple airborne/food allergy assays and Environmental Mold Panel testing. Th tests offer results for both IgE (immediate) and IgG (delayed) allergens.

The IgE Airborne and Food Allergy Assay detects the following molds:

- Penicillium
- Cladosporium
- Aspergillus
- Alternaria
- [Candida](#)

The Environmental Mold IgG Panel detects sensitivity to molds:

- Cladosporium
- Rhizopus
- Alternaria
- Penicillium
- Botrytis
- Stemphylium
- Epicoccum
- Helminthosporium
- Aspergillus
- Pullularia
- Fusarium
- [Candida](#)
- Mucor

Mold Prevention Tips

Important: Always follow instructions of commercial cleaning products and wear an ap mask if you are sensitive to chemicals.

- Use a dehumidifier in damp areas (above 50% humidity) of your home. Change the frequently in the dehumidifier and disinfect to prevent mold from forming.
- Peform diligent housekeeping, clean with a solution of hot soapy water and 20 Mule Borax or bleach (if the item is colorfast). Use gloves and wear a mask to limit your exp chemicals.
- Dry and/or replace water damaged areas and items within 24-48 hours to prevent n growth.
- Look for mold or mildew in attics, basements, closets, bathrooms, dirty clothes, han garbage cans and children's soiled stuffed toys.

- Check the insides of shoes for mold and scrub and dry thoroughly in the sun if possible.
- Try to improve air circulation in the attic, basement, closets and bathroom.
- Wipe down the refrigerator and freezer door seals. Clean the refrigerator often throw away left-overs and old produce.
- Dry damp areas in the kitchen, laundry room, under the kitchen sink and under the washing machine.
- Clean the lint filter after each load in the dryer.
- Clean and/or replace air conditioner filters periodically.
- Clean ceiling fans once per month.
- If closets are damp, keep the light on to prevent the growth of mold and mildew.
- Wash pillows and blankets often. Note: Feather pillows are not recommended for fe allergic individuals! Hypo-allergenic pillows are available.
- Outside, have fallen leaves, decaying plants and compost heaps removed.

Mold Information Resources

More information on molds may be found at EPA's website, [Indoor Air - Molds](#)

Here is your next step...

[Contact](#) Better Health USA today at **1-888-446-6866**. We'll provide free information for well as medical documentation for your doctor. (Testing not available in New York state)

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