

Mold Illness and Mold Remediation Made Simple

Removing Mold Toxins From Bodies and Sick Buildings



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To the millions suffering from mold illness who have been ignored ...

And to Marianne Schaller for listening to the ill.

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Do You Know

- Mold toxins decrease awareness and insight?
- Mold chemicals can increase cancer, strokes and heart attacks?
- Mold chemicals in the air can increase irritability and cause moodiness?
- Mold can decrease your insight and can make your IQ fall?
- Mold can hurt your ability to relate and get along with people?
- Mold chemicals in the air can make you foggy, tired, bloated and feeling flat?
- You can often spot mold with a little training?
- Mold toxins can hurt virtually every organ in the body?
- How to quickly identify a dangerous mold remediator?
- Most air filters in homes, schools and businesses are junk and ineffective?

**For these reasons and many others,
you must read this book.**

Meet the Authors

A top physician and master builder team up to clearly help you recover from indoor mold exposure. If you can find a smarter and clearer book on mold, buy it!



James Schaller, M.D.

Drs. Schaller and Rosen have written or co-authored seven previous books on mold illness treatment and mold-related construction defects, along with dozens of scientific and educational publications. They have written about treating mold illness, removing mold toxins, proof of mold health effects, mold testing, school indoor air quality, disaster restoration, and specialized lab testing, which show how mold toxins can cause obesity, mood problems, fatigue, concentration difficulties, cancer and hormone abnormalities. They are committed to restoring health to bodies and buildings quickly and efficiently.

Dr. Schaller is a prolific writer with over thirty innovative medical treatments. He specializes in patients who lack solutions. His initial training in child and adult psychiatry now includes research and publications in over fifteen areas of medicine. Dr. Schaller is the co-discoverer of a functional cure for a rare blood cancer which is the standard around the world. He is the author of fifteen books, including the recently released, **When You Are Losing Your Mind Over Your Child: 100 Real Solutions!**

Dr. Schaller is also the co-author of the 600-page **Mold Warriors: Fighting America's Hidden Health Threat**, and is one of the few physicians in the United States successfully treating mold toxin illness in children and adults.



Gary Rosen, Ph.D.

Dr. Rosen is a biochemist with training under a Nobel Prize winning researcher at UCLA. He is the author of **Mold Remediation and Mold Toxins: What You Need to Know Before Hiring a Remediation Contractor**. He is an expert mold remediator of homes, schools and large commercial buildings, and is gifted at finding reasonable and cost effective clean-up solutions. He and his family are vulnerable to indoor toxic mold. He understands its effects first hand.

Together, the authors have certifications in mold testing, mold remediation and indoor environmental evaluation.

Why Comic Illustrations?

Our patients and clients explain they are very busy and also struggle to read technical mold books. They ask for clear and easy material, and this book addresses those needs. Our approach is to use humor and pictures to help you understand the lessons quickly. We do not shy away from humorous portrayals of contractors and doctors who make people much worse. We want you to see quickly what will hurt you and your loved ones, and what will help.

- Is someone you love struggling with their behavior, mood or learning?
- Does someone in your family have allergies or asthma?
- Is their current treatment failing?
- Are you exposed to musty smells or visible mold?
- Is a family member exposed to a musty school or workplace?

The EPA reports 30% of USA structures have mold. Ten percent of USA homes leak each year, which are not dried up within 48 hours. After this time period, leaks start creating mold. But even new construction is not mold-free. Some new construction is built with moist wood and dry wall, which creates mold behind the paint.

Indoor mold is routinely present in many homes, schools, stores and other buildings. This hidden mold produces toxic chemicals on its spores that are harmful to adults and children in over 200 possible ways. Yet, because indoor mold illness is virtually absent from medical training, sincere physicians are unable to diagnose it.

Ignoring this common health threat can undermine your life, your child's life and others you love. Reading this book might help save lives. Perhaps the life you save might be your own.

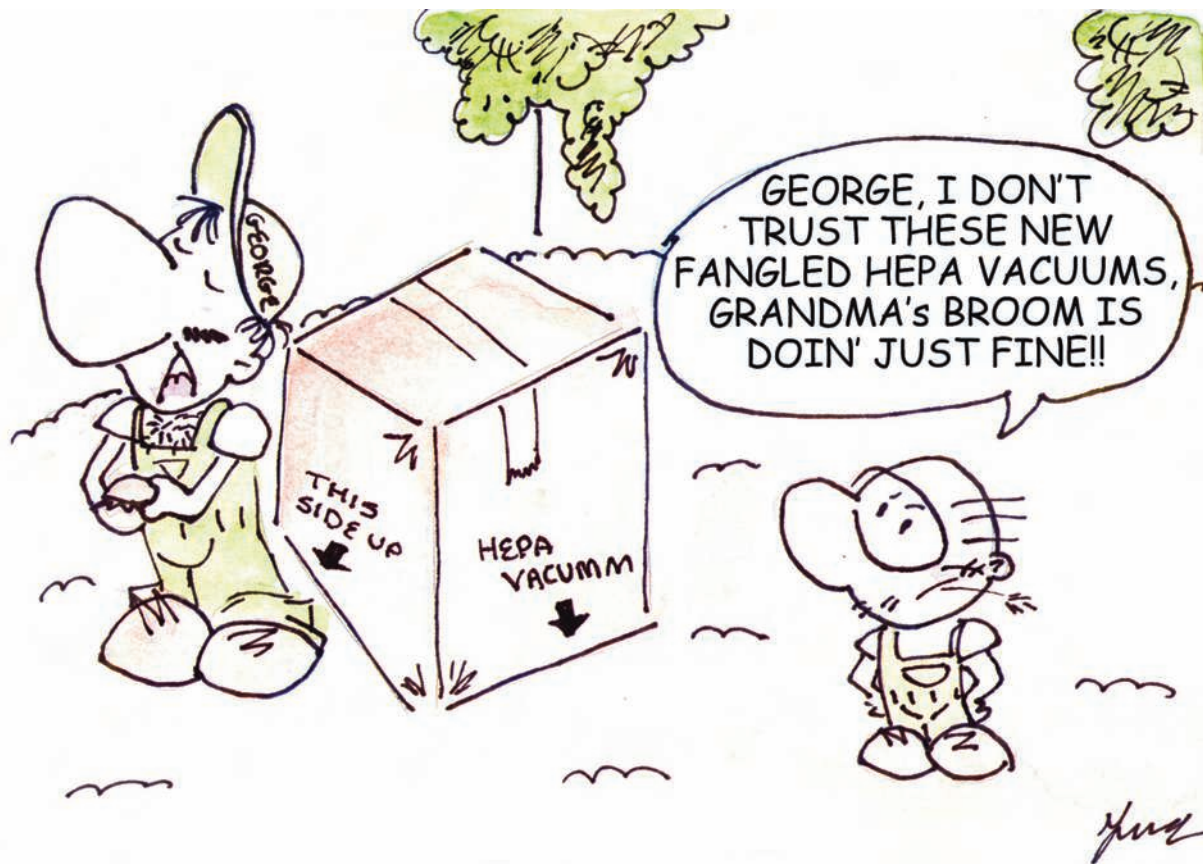
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Home Cleaning and Vacuums

The guys in this first cartoon do not trust a HEPA vacuum, because it is more complicated than a broom. They feel a broom has worked for centuries. Why do they need a HEPA anything? Their ancestors survived to be thirty years old without one.

Modern homes are usually tightly sealed to be more energy-efficient. Even little water leaks that last only a few days can grow deadly molds and mold toxins. Just think of the mold toxin which makes the drug penicillin, which is antibiotic, and you are the bacteria.

One way to remove mold spores and toxins from your home is with a good vacuum that has a HEPA filter. All good new models have them. Do not use a model that requires you to shake the container to remove the dirt. You will shake billions of mold spores into the air!

What happens if you use a regular vacuum to clean up invisible mold spores on your carpet? You shoot them up into the air to fall all over your home, your loved ones and yourself.



Mold Toxins in the Air Hurt People

Ethel is using a broom on the floor. It could just as easily be a regular vacuum without the ability to remove very fine dust. Mold toxins will stick to this very fine dust, and many older vacuums without HEPA filters will not properly clean contaminated dust particles.

In this cartoon, the guys are complaining of shortness of breath and bleeding ears. While mold toxins can increase asthma, the bizarre bleeding is rare.

The next three pages list some of the common symptoms of indoor mold exposure. Some people will only have a few of these problems.

The Effect of Indoor Mold on the Brain

Decreased attention

Increased risk taking

Lateness • Poor empathy

Poor boundary awareness

Increased narcissism

Poor organization

Poor stress coping

Abnormal reflexes

Serotonin changes

EEG abnormalities

Poor memory

Disorientation

Dead creativity

Vocal or Motor Tics

Seizures • Obsessive

Headaches • Immaturity

Decreased speech smoothness

Scarring of Brain seen on MRI's

Trouble with quick mental tasks

Child developmental milestone delays

Decreased productivity

Trouble speaking fast

Irritability • Impulsivity

Mood swings • Mania

Trouble finding words

Trouble concentrating

Depression • Anxiety

Trouble learning

Forgetfulness

Eccentric personality

Strokes • Trembling

Poor insight into illness

Increased verbal fighting

Unable to process trauma

Drug abuse • Panic Attacks

Increased alcohol consumption

Spacey • Rigidity • Poor insight

Edema or swelling in the brain

Abnormal PET and SPECT scans

Highly sensitive to interpersonal problems



Eyes

Light sensitivity • Red eyes
Blurred vision • Tearing
Eye pain
Hearing
Sound sensitivity
Decreased hearing

Mouth

Metallic taste
Saliva with blood streaks
Throat & Lungs
Erosion of membranes
Shortness of breath • Sore throats
Cold or flu symptoms • Chest pain
Wheezing
Voice changes
Air hunger

Liver

Fatty liver • Liver cancer
Abnormal liver lab tests
Jaundice or yellowing
Unusual biopsy findings

Stomach and Intestines

Ulcers • Indigestion
Vomiting • Nausea
Sloughing and death of intestinal villi
New reaction to wheat or dairy
Diarrhea • Belly pain
Bile duct disease

Nose and Sinuses

Chronic infections • Sniffling
Tingling nose • Nasal itching
Stuffy nose • Runny nose
Blood streak in saliva or nasal mucous

Skin and Hair

Numbness • Tingling • Hair loss
Diverse and severe rashes
Itching • Blisters • Acne
Biopsies with no clear cause
Burning skin sensation
Nodules under the skin

Heart & Blood Vessels

Heart muscle damage
Heart muscle inflammation
Chest pain • Abnormal ECG
Red or pale skin

Muscles & Joints

Cramps • Stiffness
Joint pain • Cartilage damage

Reproductive Tissue & Genitals

Increased testicular cancer
Vaginal irritation
Decreased sperm production
Erectile dysfunction

Hormones and Hormone Tissue

Low DHEA • Low MSH
Low free testosterone
Low androstenedione
Low cortisol • Abnormal cortisol regulation
Damage to adrenal glands which make
cortisol, DHEA and ADH



Overall Body

Fatigue
Weakness
Malaise
Eccentric weight gain
Occasionally eccentric thinness
Bizarre pain
Ice pick pain
Lightning bolt pain
New chemical sensitivity
Spinning sensation or dizziness
Increased thirst
Frequent urination
Shocking sensation
Sweats
Temperature variation
Appetite swings
Easy bleeding or bruising
Swelling
Trouble walking or running easily
Reduced coordination
Rapid pulse
Low temperature
Jerky movements
Abnormal blood pressure (low or high)
Fever
Chills
Increased tumors

[illegible]



Attics, Crawlspace & Basements

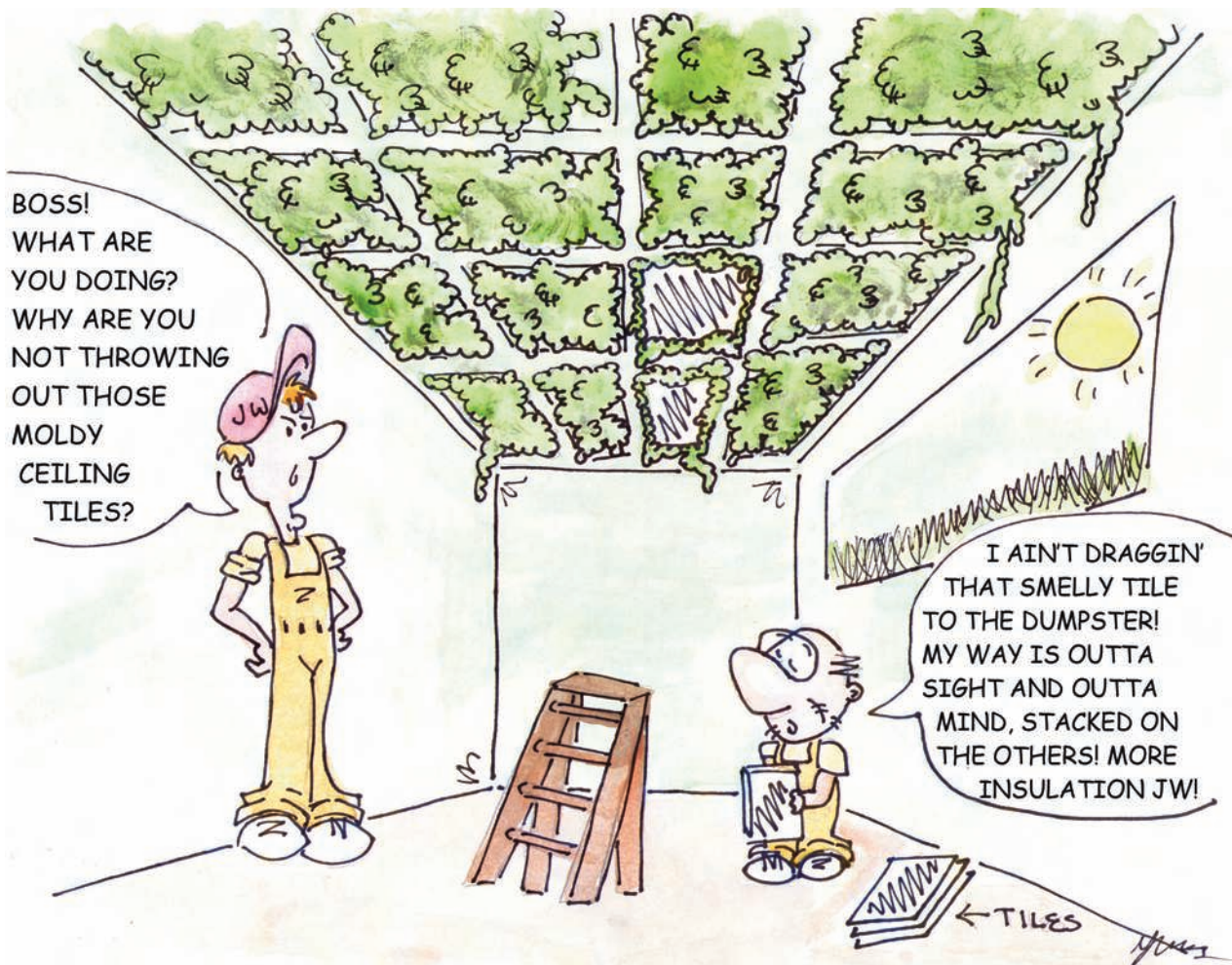
In many suspense films, the main character is walking down dark stairs or going up into an attic with spider webs. You just know the surprise in the dark is not going to be a birthday party. In the same way, basements and attics are prime mold breeding grounds that make them scary.

Basements and crawl spaces often have moisture from leaks or condensation on the walls and floors. If the humidity is above 65%, you will likely start making *Aspergillus* or *Penicillium*. Most of these species are not healthy molds.

Attics are frequently hot and humid. Roof leaks often start by water entering the attic and hitting drywall, cardboard storage boxes, paper insulation, plywood and dust.

In the cartoon, the guys see visible mold. According to the Environmental Protection Agency (EPA), if you see or smell mold, it has to be removed. The indoor mold you see is always assumed to be toxic, and what you smell is mold poop. Painting over it is insanity, but commonly done. Why? Fixing moldy or musty areas in a home, school or business is not as easy as a little paint.

Bubba worries about getting “pneumonia.” In a wet environment, many types of bacteria can grow. Some types make toxins.



Maintenance Insanity

Last week, a maintenance man took an air filter out of my ceiling and put it on the floor. He then carried it out without first putting it in a bag – dropping billions of mold spores as he walked.

Maintenance workers have no mold training. No one offers it to them. As a result, people suffer in schools, buildings and apartment complexes.

This cartoon shows a common and serious error made by maintenance staff. Water drips onto the ceiling tiles and grows mold. The watermarks and discoloration are ugly, so the tiles are replaced. Are they thrown out?

No. The moldy ceiling tiles are pushed on top of other tiles and a collection of moldy tiles contaminates the entire ceiling.

American society knows nothing about basic school, business or home health. Indoor mold releases chemicals that cause severe inflammation of many possible body organs, while these toxins also lower insight. Sincere maintenance people simply do not realize the severe consequences of their actions.

The “Perfectly Fine” Filter

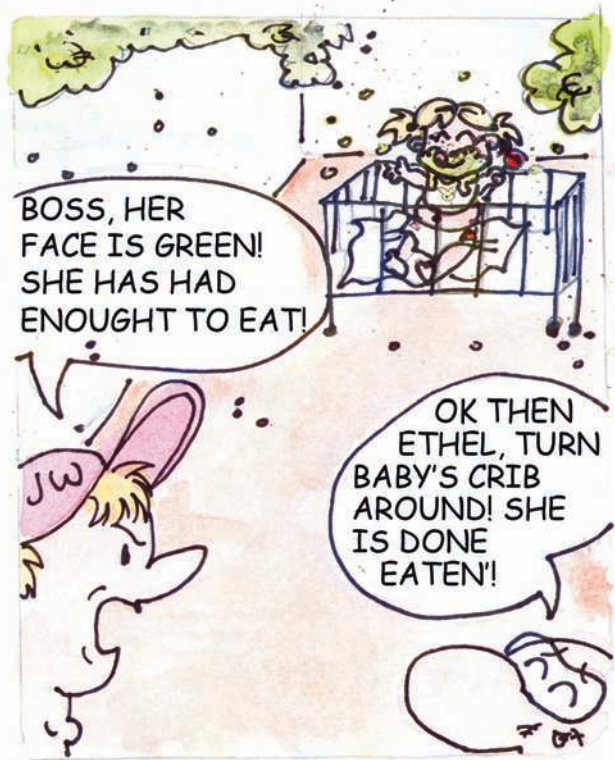
Air conditioning companies have more gimmicks than used car salesmen. These include metal electrostatic air filters or permanent filters. You never want to save toxic mold dust inside a metal filter. You do not want to be exposed to toxins when cleaning a permanent filter. Think of filters like toilet tissue. Would you clean toilet tissue? Filters should be replaced every month in a moldy or dusty home, or two months in a very clean home.

Air conditioning workers have told us that business and home filters they replaced are often caked with dust — perfect mold food. Obviously, these overloaded filters are probably just preventing airflow. This will cause dirt build up on the filter — creating mold heaven.

The best filters are MERV 11 disposable filters and are available at Home Depot, Lowe’s, Wal-Mart and at www.filters-now.com. The latter company can make any size you want and has hundreds of sizes in stock. The MERV 11 rating means it will catch fine dust particles and the smallest mold spores. You will dust less and never need to clean out your AC ducts when you use MERV 11 filters.

Do not get a MERV 15 since that requires a very powerful AC fan motor and is not needed. You do not need to filter electrons!

Some stores offer a very thin charcoal filter that will remove the gases coming off new carpets, computers, TV screens and mold. These can often be used on top of the Merv 11 filters.



Greens are Good for Baby

There is simply no “safe” level of mold toxin. Most Americans are casual about mold because they do not know it causes over two hundred medical problems and can kill. It increases clotting in the blood stream that causes heart attacks and strokes. Mold toxins also lower natural killer cells, the cells you use to fight cancer. So you are at an increased risk of getting cancer.

Children and the elderly are particularly at risk for bodily injury from molds. Here we see a toddler that is exposed in a home. The toddler cannot tell you if he or she feels badly. But they might be harder to soothe, have colic or develop more slowly. Just recall, as many as 30% of US structures have mold — that means millions of children and elderly are being exposed.

This cartoon also shows the tremendous shortsightedness about indoor mold. Some molds in homes have toxins that have been used in warfare, and are aggressively controlled by the USDA to keep them out of the foods we eat. Many brilliant people treat mold like a spice, when it is more like anthrax.



Wacko Mold Cleaning Solutions

There is no EPA approved chemical to spray into moldy or dusty air conditioning ducts. A bleach solution may kill loose spores and the top spores in a mound of mold, but it will not penetrate dust and enter the bottom of a mold mound. Many AC cleaning and maintenance companies use alkaline cleaners to spray in air handlers and other duct handlers. This is a very strong cleaner and may weaken some synthetic and natural materials, but it does kill bacteria and mold.

Be alert to what is being sprayed in your home ducts. You will be breathing this chemical. Some AC cleaning companies use very toxic chemicals that kill mold, but will also hurt your lungs and make you ill.

Consider looking on their bottle or getting the name of the cleaner before they come. Look it up on the Internet or call your local poison control center with the name of the chemical.



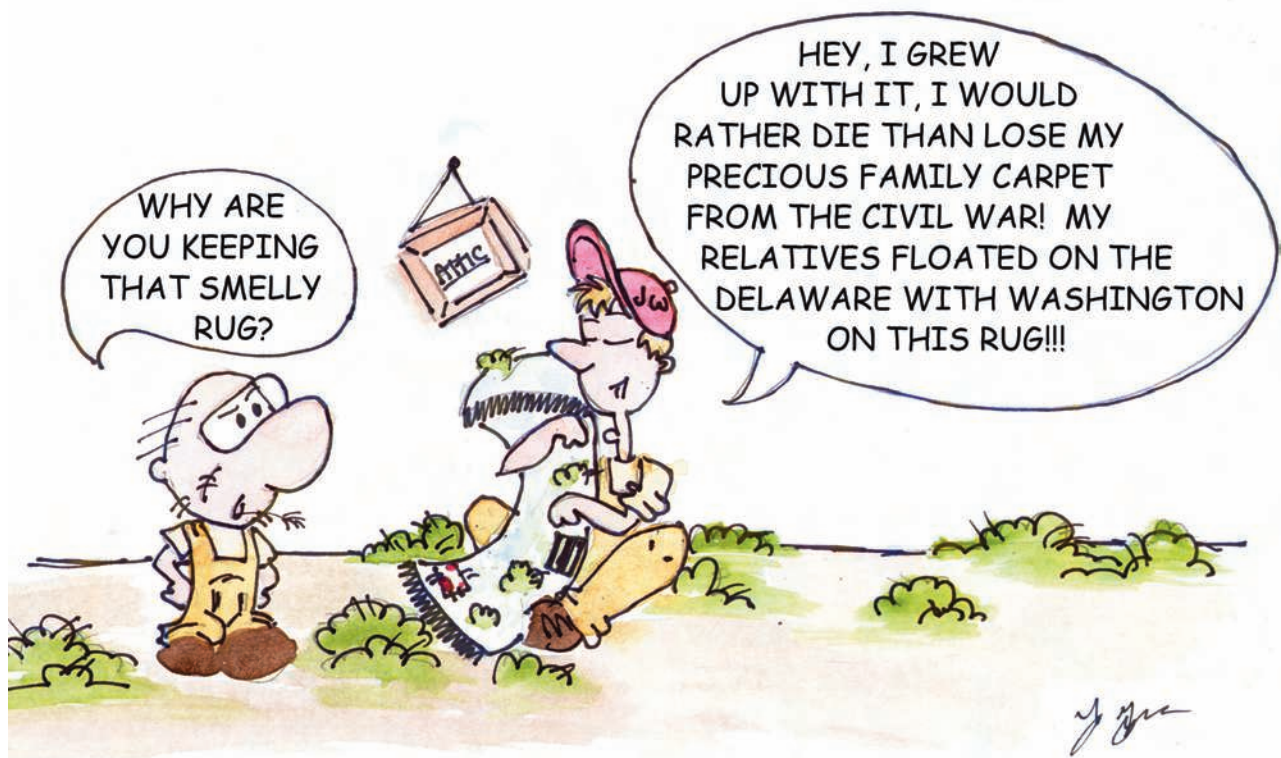
Troublesome Storage Locations and Containers

The most common storage places in a home are the attic, basement, garage and crawlspace. Any of these can have high humidity or water. The high humidity and water will grow common toxic molds. If your storage container is clear strong plastic, the mold cannot grow on it. If you use cardboard boxes for storage, you are laying out a Thanksgiving Day feast for mold.

Use strong plastic containers to store your materials. The thin and weak ones crack easily and have a poor seal, and then you will have water and humidity inside the container. We do not recommend the routine use of mothballs due to toxic fumes. Instead, we suggest preserving materials in containers with a slight mist of alcohol-based Lysol, or adding an open bag of Borax. Either should prevent any mold growth. Test each on a non-critical piece of what is being stored, to confirm it will not damage it.

A routine problem is that once you have mold growth in a basement, garage or attic, you can easily spread it. How?

- You carry a container coated with mold to another room inside your house.
- You allow air in a moldy area like a moist garage or attic to be sucked into the rest of the home.



Carpeting and Special Rugs

During a remediation job at a school, we found that we could not reduce the mold spores to any tolerable level. Finally, we told the school officials that the old rugs, which had been moist from leaks over a ten-year period had to go, period.

They understood. The bookcases and AC intake vents were covered. We used filtering masks from Home Depot. The classrooms were sealed with simple plastic sheets over the doors so spores did not fly all over the school. We sprayed the surface of the carpet with some Sklar disinfectant lightly misted on top, cut and rolled up the carpet pieces, and tossed them out the window. No spores were going to fly around on us! We also had two strong fans sending all the dust and loose spores out the window. And we worked with high quality air filtering machines, called air scrubbers.

Some special oriental rugs can be saved with special cleaning, dry cleaning and other interventions. But please try not to save regular carpeting that most likely contains mold.

BOSS, DO
WE NEED TO COVER
THAT MOLDY,
BAD SMELLING AC
FILTER BEFORE
WE DRAG IT
THROUGH THE
HOUSE!?

ARE YOU
WHINING AGAIN!?
JUST GET THAT
THING OUTTA HERE!!
PLASTIC WRAP IS FOR
NINNIES!



Moving Moldy Materials

In this cartoon, the boss thinks that it is silly to seal a moldy article before carrying it through the home. Typically, most people and most contractors carry moldy dry wall, moldy boards, moldy plywood and moldy boxes through homes, schools and businesses. They disburse billions of spores inside as they walk to the exit.

Any dirty air filter or moldy item has to be sealed in a strong plastic bag or plastic sheeting before it is moved. It is very unwise to ignore this basic mold principle, but most workers you hire will not seal materials they remove.



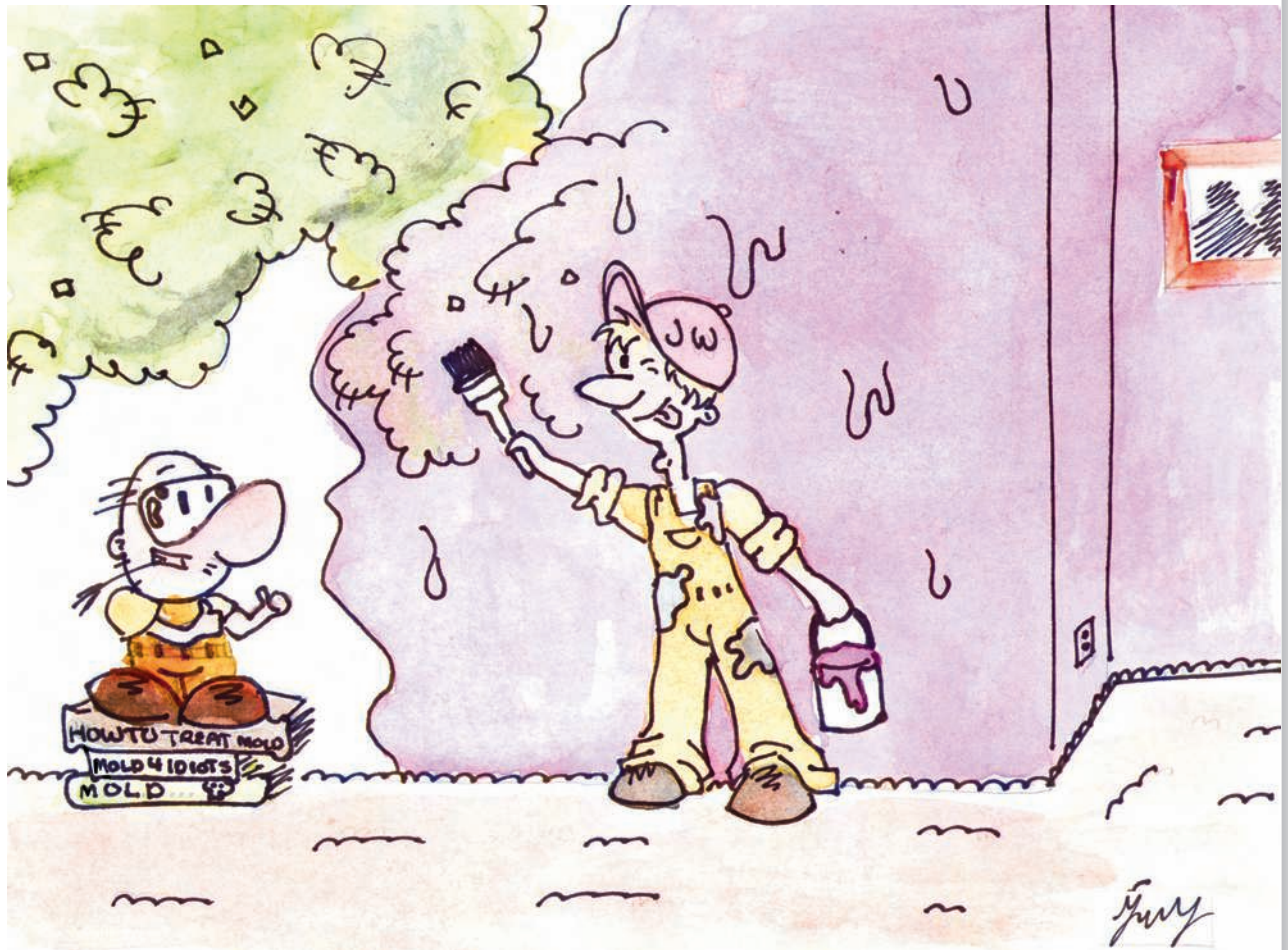
Happy with Mold: The Loss of Insight

Some people do not care about indoor mold illness. They do not appreciate that mold toxins increase many inflammation chemicals, which clot the blood and can alter your mood. Mold toxins also commonly alter a wide range of hormones, some of which are important but not routinely tested.

We have talked to thousands about indoor mold problems, and some are just too far-gone to realize their minds are already being affected by mold. They are standing in quicksand and simply cannot be bothered.

In this cartoon, we see Bubba and JW have no sense of the danger of mold.

Our appeal would be to take seriously any mold you see or smell, or which might be present in your homes or buildings due to past or present leaks, or other types of water exposure.



Covering Up Mold

Many homeowners with a mold problem will not spend the money to fix the problem. They will hide it and sell their home. Most homes can be remediated and fixed for a modest cost, but it would be good for you to buy Gary Rosen's **Mold Remediation and Mold Toxins: What You Need to Know Before Hiring a Remediator** from www.Mold-Free.org. He is a master builder, a veteran mold remediator and a scientist who understands the science of mold. If you do not know the basics, you cannot evaluate the solutions suggested.

In this cartoon, we see someone knowingly painting over a mold patch. So if you are buying a property, have a smart tester do some air collection samples. Do not use simple Petri dishes, since they always show an unreliable positive. Generally, if problem levels of mold are hiding in a wall or ceiling behind paint, it will show up in an air test. The most common air test is the use of a Zefon Air-O-Cell cartridge. It is really a simple device. The tester attaches this plastic cartridge to a suction machine for 5-10 minutes in a suspect room, with the cartridge a foot off the ground to catch heavy types of spores. Then they mail it off to a testing laboratory, where a lab tech counts the mold spores they see under a microscope.

Commonly, ignorant mold testers report a home has no mold if it has the same number of spores as an outside sample. This is nonsense. If your home has MERV 11 filters in its AC filtering system, then a mold-free home should have a fraction of the mold found in the outside air. Any mold inspector who says a home, school or business is "clean" when the indoor mold levels are the same as outdoor levels — is ignorant.



Mold and Your Head

Many physicians are completely blind to the neurological and psychological symptoms of mold. Physicians only receive about two hours of mold education in medical school and residency. Why would they diagnose what they have never been trained to see?

We know contractors who have not been trained in smart mold practices. They do not follow wise mold protection techniques. So they end up foggy, thinking slowly, or on edge.

Mold toxins can occasionally cause autoimmunity. For example, your immune system attacks your own nerves.

Here is a small sample of mold toxin effects to the brain:

- Headaches
- Poor memory
- Trouble concentrating
- Trouble learning
- Trouble finding words
- Disorientation
- Trouble speaking fast
- Slow thinking
- Slow comprehension
- Trouble following rapid speech
- PET and SPECT scans show abnormalities
- Seizures
- Trembling
- Vocal or motor tics
- Serotonin changes
- Abnormal reflexes
- Strokes
- Edema or swelling in the brain
- Scarring of brain seen on MRI's
- EEG abnormalities

The Impact of Mold Chemicals on Cognition, Emotions and Personality

- Mood swings
- Mania
- Irritability
- Impulsivity
- Increased risk taking
- Decreased speech smoothness
- Poor stress coping
- Increased verbal fighting
- Lateness
- Poor empathy
- Poor boundary awareness
- Immaturity
- Spacey
- Rigidity
- Poor insight
- Poor insight into illness
- Decreased productivity
- Unable to process trauma or interpersonal pain
- Increased narcissism
- Forgetfulness
- Poorly organized or obsessively organized
- Dead creativity
- Depression
- Anxiety
- Panic attacks
- Decreased attention
- Eccentric personality
- A delay in a child's developmental milestones
- Increased alcohol consumption or increased drug use

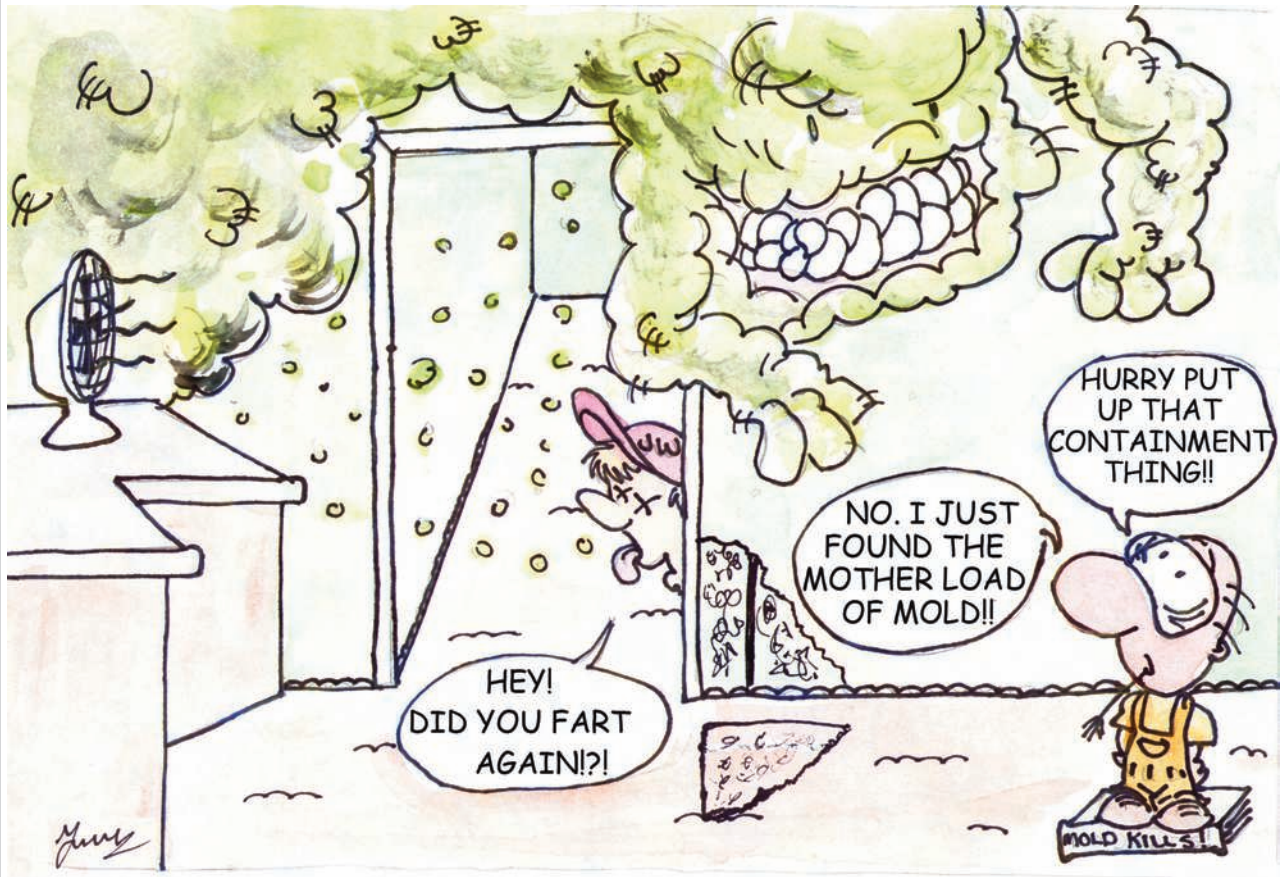
Never be Surprised That Your Brain is so Sensitive

Important Personality Changes

Some physicians do not appreciate that the brain is the most sensitive organ in the body. It is the most sensitive to blood chemistry changes. They know that the brain will die in minutes without oxygen or sugar, but do not realize that many chemicals will negatively affect the brain. These common body chemicals alter personality, mood, memory and concentration.

One group of chemicals that alter thinking and mood are hundreds of biological chemicals made by your own body or made by other living organisms. Some increase your stroke and heart attack risk. Mold toxins are biologically active chemicals made by mold which can cause inflammation in your blood and increase your risk for blood clots.

In light of the seriousness of mold exposure, we are surprised to see most patients never receive any yearly evaluation of their inflammation and clotting system.



Musty Smells and Visible Mold

In this cartoon, JW and Bubba smell and see mold. If you are able to do either in your home, school, workplace or place of worship, you are being exposed to mold toxins.

Someone can do all the testing they want, but according to the EPA, mold that is emitting an odor or is visible, must be removed.

In this cartoon, the guys did not prepare the room to prevent mold release when opening a moist wall cavity. So as soon as they took off a piece of drywall with mold, their fan blew spores everywhere. Also, they did not hang plastic to keep the spores contained, nor did they use a mask or skin protection. Mold toxins can be inhaled, swallowed or can pass directly through uncovered skin, so the remediators and you will all become ill.

If this is your home, school or workplace, these guys have just contaminated the entire structure, because the air ducts will carry the spores all over the building. Spores will also settle on the ground and be carried on shoes at a rate that depends on the traffic.