
Introductory Mold Guide

Did You Know?



Mold (fungus) is found in all environments where it plays a vital role in our ecosystem: biodegrading waste organic matter (old leaves, un-picked fruit, etc.).

Indoor mold problems increased greatly over the last 50 years due to new construction methods and materials utilized and ineffective maintenance procedures. To conserve energy, buildings have been sealed tight,

preventing fresh air from entering a building and sealing in moisture. Once moisture enters the building, mold has everything it needs to grow:

- 1) a **food source**, such as wood supports, drywall backing, wall paper, carpet, cabinetry, books, etc.



- 2) a **water source**, such as a busted pipe, roof leak, poorly graded building site, or other moisture causing condition



- 3) **warm temperatures** (40-120°F)



Without the natural competition of other molds and bacteria found outside, indoor mold spores grow unchecked, eventually reaching a level that affects human (and pet) health. The result is that auto-immune diseases have increased, the occurrence of asthma has skyrocketed, and Alzheimer's has become common.

Top 10 Mold Facts



Fact #1

Mold must have moisture to grow. Control the moisture and you control the mold!



Fact #2

Once mold has grown, it does not just go away. Mold spores are like seeds and can remain dormant for years.



Fact #3

You cannot always smell a mold problem. Although musty smells may indicate mold growth, mold can also grow without creating an odor.



Fact #4

Mold is more than just an allergen. Mold can cause serious health effects far beyond those that are commonly known.



Fact #5

Black Mold is not the only dangerous mold. Many mold species can cause health effects in those who are susceptible.



Fact #6

New buildings can have a mold problem. Quite often mold grows in new buildings due to moisture being trapped inside during construction, or through the use of contaminated building materials.



Fact #7

24% of the population is mold susceptible. Quite often other people in the same building will think you are crazy, because you are sick and they are not.



Fact #8

30% of U.S. Structures have significant indoor mold (according to EPA). Testing must be conducted to determine if you spend time in a mold contaminated structure.



Fact #9

Most school systems do not have budgets to properly monitor for, or eliminate, mold contamination. Look for these symptoms in your children:

- Difficulty Focusing
- Difficulty Learning
- Mood Swings
- Headaches
- Easily Agitated
- Disobedient
- Excessive Illnesses
- Sinus Infections



Fact #10

Mold grows in the desert! Many people think that mold contamination does not occur in desert climates. This is not true. Mold will grow in any area that has a food source, moisture and a reasonable temperature (40-120°F).

Health Effects

There are no established regulatory standards indicating the level of contamination at which human health is adversely affected. However, ImmunoLytics has worked with many of the top doctors in the country to establish a health scale to assess if the mold within a building could affect the health of those who are mold susceptible. These same doctors have determined that 24% of the population is mold susceptible. When you consider that 30% of buildings have significant mold contamination, the necessity of testing for mold becomes clear.

Elevated concentrations of mold spores have been known to produce allergic reactions and many other health symptoms in those who have compromised or dysfunctional immune systems.



These health symptoms may include:

- ✓ Sinusitis
- ✓ Fibromyalgia
- ✓ Chronic Fatigue Syndrome
- ✓ Arthritis
- ✓ Allergic Fungal Sinusitis
- ✓ ALS (Lou Gehrig's disease)
- ✓ Chronic Rhinosinusitis
- ✓ Candidiasis
- ✓ Asthma
- ✓ Hearing Loss
- ✓ Restless Legs Syndrome
- ✓ Psoriasis
- ✓ Vertigo & Dizziness
- ✓ Meniener's Disease
- ✓ Gastric Reflux Disease (GERD)
- ✓ Systemic Fungal Symptoms
- ✓ Aspergillosis
- ✓ Irritable Bowel Syndrome
- ✓ Muscle Weakness
- ✓ Polycystic Ovary Syndrome
- ✓ Brain Fog
- ✓ Headaches
- ✓ Migraines
- ✓ Sleep Disorders
- ✓ Rashes
- ✓ Yeast Infection
- ✓ Chemical Sensitivities
- ✓ ...and more

Where is Mold Found?

Mold can be found anywhere **water** is
allowed to remain for 48 hours or more.
Humidity above 45% can also lead to mold growth.

Common sources of moisture include the following:

Roof Leaks – One of the most common routes of moisture intrusion into a building, especially those buildings with flat roofs. The leaks may be from an old decaying roof, weather related damage, bad flashings, gutter or canale leaks. Close attention should be paid to seals around all roof penetrations, including around chimneys.



Windows – Bad window seals can lead to moisture intrusion into the building. Additionally, condensation on windows can result in mold growth.

Sinks – Plumbing leaks in the water supply or in the drain pipes can lead to mold growth. Additionally, high humidity in cabinetry below the sink may allow mold to grow on the cabinetry.

Refrigerators – The water line leading to the ice maker can leak, leading to mold growth in the wall or cabinetry surrounding the refrigerator. The drain pans of refrigerators may also contribute to mold growth if moisture is often present.

Closets – High humidity or flooding combined with clutter may allow mold growth.

Laundry Room – Leaks from the washer plumbing (hot and cold water faucets and drain), improperly vented dryers (especially those that do not exhaust to the outside) and front loading washers that do not completely drain may lead to mold growth.

Air Conditioning Systems – Condensation from air conditioning, or excessive humidity from swamp coolers, can contribute to mold growth within the Heating, Ventilating and Air Conditioning (HVAC) system. Additionally, some buildings have insulation inside of the ducting that provides a service and a food source for mold growth.

Basement – Water seepage into the basement through the walls and flooring can provide the necessary moisture for mold growth. Flooding of basements is also a large concern.

Bathrooms – The areas of concern in bathrooms include plumbing leaks around the sink, bathtub and shower (often due to damaged or missing caulking), and elevated humidity from bathing or showering.



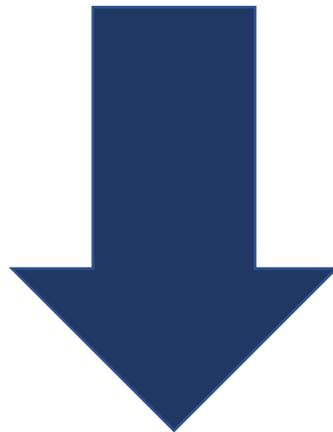
Identify and Fix the Problem



STEP 1: ANALYZE

Perform the following tests:

- Determine if the **air** you breathing is **safe** with an ImmunoLytics [Mold Test Kit](#).
- Determine **what is growing** and if it is contributing to **health problems** with an ImmunoLytics [Mold Sampling Swab Kit](#).
- Determine if your **pets** are contributing to your **health symptoms** with an ImmunoLytics [Pet Test Kit](#).





STEP 3: CONSULT

Speak with our Environmentalists or Consulting Pharmacist to determine what steps are required to make your environment healthy. We are here to answer your questions and provide guidance as you navigate through the process to improve your environment and your health!

Free with any ImmunoLytics order!



If you already have a mold problem

ACT QUICKLY!

Mold damages what it grows on.

The longer it grows, the more damage it can cause.

Resources

General information on mold and mold cleanup from the EPA:

<http://www.epa.gov/mold/index.html>

Information on natural botanical treatment products: <http://www.citrisafe.com>

***ImmunoLytics** is the leading mycology lab used by doctors, pharmacists, and environmental specialists to analyze mold samples and help evaluate building and work environments, a vital step toward a HEALTHIER LIFE!*

Specializing in:

- Mold Consultation
- Air Mold Testing and Analysis
- Bulk (Wood, Drywall, Carpeting, Swabs) Mold Testing and Analysis
- Pet Mold Testing

Our goal is to get you healthy and keep you healthy. We achieve this goal through testing your building or office for mold, consultation with our environmentalists and pharmacist to discuss the results and offer recommendations, then referring you to the appropriate specialists, if necessary. These specialists include a nationwide network of doctors, allergists, environmental inspectors (people who find the mold problem) and remediation contractors (people who fix the mold problem). We will not tell you that there is a problem and walk away!

If your questions are not answered in this guide, please feel free to contact us at (505) 217-0339 or info@immunolytics.com.

