



# Could Mold Be Your Problem?

Sharon Lee Rasa, D.C.



# In the Newspaper

## Ragweed, molds top allergy culprits

And people's sensitivity is on the increase, too, large-scale study shows

By Mary Brophy Marcus  
USA TODAY

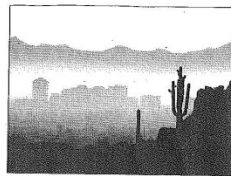
Allergies are on the rise, and ragweed and molds top the list as the biggest culprits, a study by one of the USA's largest labs says.

In the Quest Diagnostics study, results of close to 14 million blood tests from more than 2 million patients over a four-year period were evaluated. The tests looked for high levels of sensitivity to 11 common allergens, including ragweed, mold, two types of house dust mites, cats, dogs and five foods.

Sensitization to common ragweed increased 15% from 2005 through 2008, and for mold it increased 12%. Sensitization to the 11 allergens combined increased 5.8%, says study author Stanley Naides of Quest Diagnostics' Nichol's Institute in San Juan Capistrano, Calif.

"The level of sensitization to these common allergens is increasing. These kinds of studies where we have access to large databases are very helpful in defining questions for further studies," he says. Numbers may be even higher because many people with allergies never get tested, Naides says.

The researchers also ranked the 30 most populated cities for sensitization to ragweed. Phoenix and Las Vegas top the



Phoenix: The view from Piestewa Peak.  
By Christine Hamill, Arizona Republic, via AP

### Worst cities for ragweed

1. Phoenix
2. Las Vegas
3. Kansas City
4. Riverside-San Bernardino
5. Dallas
6. Chicago
7. Sacramento
8. Philadelphia
9. Denver
10. Washington  
Minneapolis/St. Paul (tied)

Source: Quest Diagnostics, ranking based on percentage of patients tested who showed sensitization to ragweed reported over a four-year period in the 30 most-populous U.S. cities.

list. "The highest areas are in the Southwest, and one has to raise the question of whether weather is contributing to this," Naides says. "We believe this is the first large national study to show that the growing prevalence of allergies, suggested by other studies, is largely due to increases in environment-based allergens previously associated with climate change." He says more research is needed to confirm such theories.

A study published in March in the *Proceedings of the National Academy of Sciences* found that the ragweed season was nearly a month longer in 2009 than in 1995 in northern areas of North America, possibly as a result of climate change.

"It's hard to say that it's 100% climate change," says Princess Ogbogu, assistant

professor of medicine and pediatrics at The Ohio State University. She says a decades-long study would shed more light on the question. She also notes that the researchers did not test for tree pollen and grass sensitivity.

Susan Schuval, a pediatric allergist at Cohen Children's Medical Center in New Hyde Park, N.Y., says the study is impressive in size and scope and confirms what allergists are seeing — a rise in all types of allergic diseases. "No one really knows quite why this is happening," she says.

She cautions that the study looks only at blood testing, which she says has about a 15% to 20% false positive rate. "Another way to test is skin-prick testing, which is sometimes more accurate than blood testing," she says.

# MOLD

## The Silent Aftermath of Irene

The water damage that your home or business suffered from the storm could easily become a major mold problem if unaddressed...

### THE GOOD NEWS:

It is now easier than ever for you to rid your home of mold and the horrendous odors and health issues it can cause.

### THE RESULTS YOU WANT, GUARANTEED:

After 41 years of success with pest control, we've designed our Mold program with the same paramount goal in mind: To protect your health and property. No other company in our area can offer this comprehensive treatment that so many homes and businesses are in need of after Irene. Unlike remediation our mold service comes with a complete guarantee that you will not experience mold again in the treated area.

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PEST CONTROL  
PROTECTING HEALTH & PROPERTY



DON'T TAKE AN UNNECESSARY HEALTH RISK! CALL US TODAY!  
888.612.2847 • [www.horizonpestcontrol.com](http://www.horizonpestcontrol.com)

# Indoor Doctor Warns New Englanders Against Hidden Mold Damage From Hurricane Irene

BOSTON, MA--(Marketwire - Aug 29, 2011) - Homeowners in Massachusetts and New Hampshire may not think that their basement took in water from Hurricane Irene, but hidden moisture may exist within carpeting and walls. This moisture can seep into the basement foundation, leading to very favorable conditions for mold growth, Indoor *Doctor* President Jeffrey Bradley warns. Unseen and unidentified dampness from Hurricane Irene makes for a toxic arrangement when coupled with basements' already higher mold spore counts that are present due to higher humidity and lack of overall cross ventilation.

**"Even a minimal increase in moisture content can create a 'fungal jungle' in carpeting and lead to black mold on the wallboard," Bradley states. "I see cases three months after a storm event where an entire family is sick due to hidden mold growth."**

# Research Committee Report on Diagnosis and Treatment of Chronic Inflammatory Response Syndrome Caused by Exposure to the Interior Environment of Water-Damaged Buildings

CIRS-WDB The illness is real - no more denials.  
Now has an ICD Code: ICD-9 Code 995.94 :

The Mold Research Committee presents our position statement on the current state of the science regarding human health effects acquired following exposure to the multiple microbes and microbial contaminants and their metabolites found in the interior environment of water-damaged buildings (WDB).

These contaminants include but are not limited to fungi, bacteria, actinomycetes, and mycobacteria and their toxins; as well as inflammagens from fragments of fungal structures; and beta glucans, mannans, hemolysins, proteinases, spirocyclic drimanes and microbial volatile organic compounds (VOCs).

Exposure to these WDB environments can cause a readily identifiable illness syndrome characterized by specific metabolic disturbances stemming from lack of neuropeptide control of host inflammatory responses, genetic susceptibility and abnormal downstream inflammatory parameters that not only define the illness but also provide the academic basis for sequential therapeutic interventions.

[http://www.policyholdersofamerica.org/doc/CIRS\\_PEER\\_REVIEWED\\_PAPER.pdf](http://www.policyholdersofamerica.org/doc/CIRS_PEER_REVIEWED_PAPER.pdf)

A layperson's summary of the research paper follows:

**CIRS-WDB is a multisystem, multi-symptom illness acquired following exposure to the interior environment** of WDB.

It exists as a recognizable syndrome that is identifiable and treatable;

CIRS-WDB is identified as immunologic in origin, with differential inflammatory responses seen according to (i) genetic susceptibility and (ii) unique aspects of host innate immune responses.

CIRS-WDB consistently involves loss of normal control of inflammation and the resulting "inflammation gone wild."

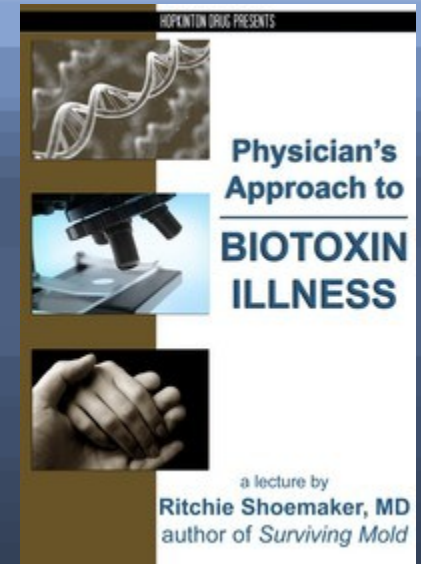
This process of diagnosis is supported by (i) identification of unique subsets ("clusters") of symptoms found in epidemiologic cohorts of affected patients; (ii) identification of unique groupings of biomarkers, such as genetic markers, neuropeptides, inflammatory markers, and autoimmune findings.

Patients with CIRS-WDB are often given incorrect diagnoses such as depression, stress, allergy, fibromyalgia, Post Traumatic Stress Disorder, and somatization. Those conditions, when actually present, *will not improve* with therapies employed in CIRS-WDB.

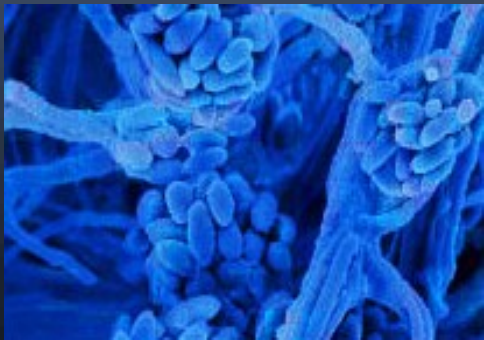
CIRS-WDB is acquired primarily from inhalation of microbial products that are contaminants found in the complex mixture of WDB.

# Symptoms of Biotoxin Illness

- Fatigue
- Headaches
- Weakness
- Stabbing sensations
- Light sensitivity
- Rashes
- Memory loss
- Concentration difficulties
- Confusion
- Joint pain and morning stiffness
- Shortness of breath
- Cough
- Blurred vision
- Sweats
- Abdominal Pain
- Metallic taste
- Static shocks
- Sinus congestion
- Numbness and tingling
- Skin sensitivity
- Muscle aches and pains
- Bloody nose







Americans have an unusual building situation. We have wood-framed structures with a plastic bag wrapped around it. This is the perfect environment for breeding mold. In fact, this is essentially what they do in mold labs to create more mold. We create homes like a We We create homes like a mold-growing culture setup

If you have a moist basement, then you *know* you have mold.  
Medical studies have found that mold & mildew  
are the #1 cause of respiratory distress.



Carpeting  
Chimneys  
Ventilation Systems  
Windows  
Ceilings  
Doors

Kitchens  
Bathrooms  
Basements  
Closets  
Garages  
Moist Areas

***MOLD CAN BE FOUND IN MANY  
AREAS OF YOUR HOME.***

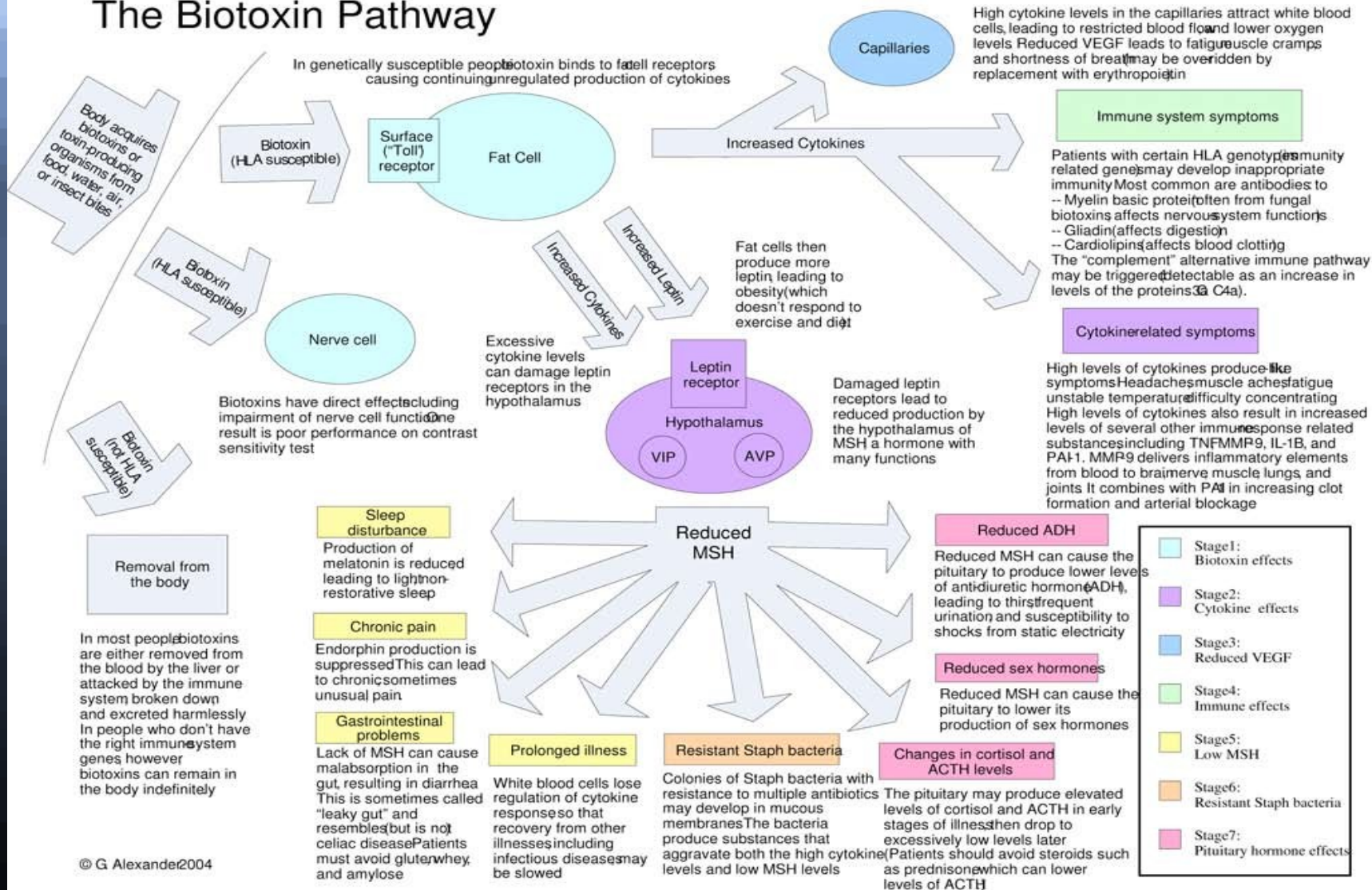




When two mold cultures were separated in a research experiment and one was exposed to EMF while the other was not, the one exposed to EMF had 600 times more toxic biotoxins and its growth rate was dozens of times faster.

# Biotoxin Pathway

## The Biotoxin Pathway



# The Biotoxin Pathway

- HLA genes code various proteins on the outer portion of cells. The immune system uses HLA to determine the difference between "self" and "non-self". HLA is Involved in the steps responsible for antibody formation
- It leads to increased leptin, which leads to decrease in VIP Vasoactive Intestinal Polypeptide which has direct influence on the nervous system. Helps break down fat & glycogen (CIS)
- increased cytokines, increased MMP-9 (MMP-9 is a global measure of cytokine activity in the body),
- reduced VEGF, and reduced MSH (alpha-melanocyte stimulating hormone). Reduced MSH leads to
- reduced ADH (antidiuretic hormone), reduced sex hormones, changes in cortisol and ACTH (adrenocorticotrophic hormone),
- prolonged illness, resistant staphylococci infections, gastrointestinal problems, chronic pain, and sleep disturbances. All of these are downstream effects of a biotoxin in an HLA-susceptible individual.
- [www.survivingmold.com](http://www.survivingmold.com)

# Dr. Shoemaker's suggestions

- 1. Differential Diagnosis begins with a compulsively obtained data base - answering questions like what could be wrong? The labs needed to show inflammatory abnormalities are collected, and the labs that are always normal in biotoxin illness are also collected.
- 2. Performing ERMI testing to ensure there is no exposure to a building with an ERMI greater than 2 if the patient's MSH is less than 35 and C4a is less than 20,000; or no exposure to ERMI greater than negative 1 if MSH is less than 35 and C4a is greater than 20,000.
- 3. Removal from prior exposure (this means no more working, schooling, or living in a moldy environment for WDB illness patients)
- 4. Correcting toxin carriage in the body with CSM (Cholestyramine) or Welchol, using VCS monitoring to assess progress
- 5. Eradicating biofilm-forming MARCoNS
- 6. Eliminating gluten for those with anti-gliadin positivity as shown by a positive blood test, with celiac disease ruled out
- 7. Correcting elevated MMP9
- 8. Correcting ADH/osmolality
- 9. Correcting low VEGF
- 10. Correcting elevated C3a
- 11. Correcting elevated C4a
- 12. Reducing elevated TGF beta-1
- 13. Replacing low VIP
- 14. Final check to verify stability off meds

# Treatment for the home

- ERMI Testing
- Find the source & fix it
- Thieves. Ozone. Dehumidifier
- Propolis Vaporizer

**Mold's (root structures) actually grow into wood and drywall like roots. The root structures are not killed by bleach because bleach's ion structure prevents chlorine from penetrating into porous materials such as dry wall and wood.**



- When you spray porous surface molds with bleach, the water part of the solution soaks into the wood while the bleach chemical sits atop the surface, gasses off, and thus only partially kills the surface layer of mold while the water penetration of the building materials fosters further mold growth.



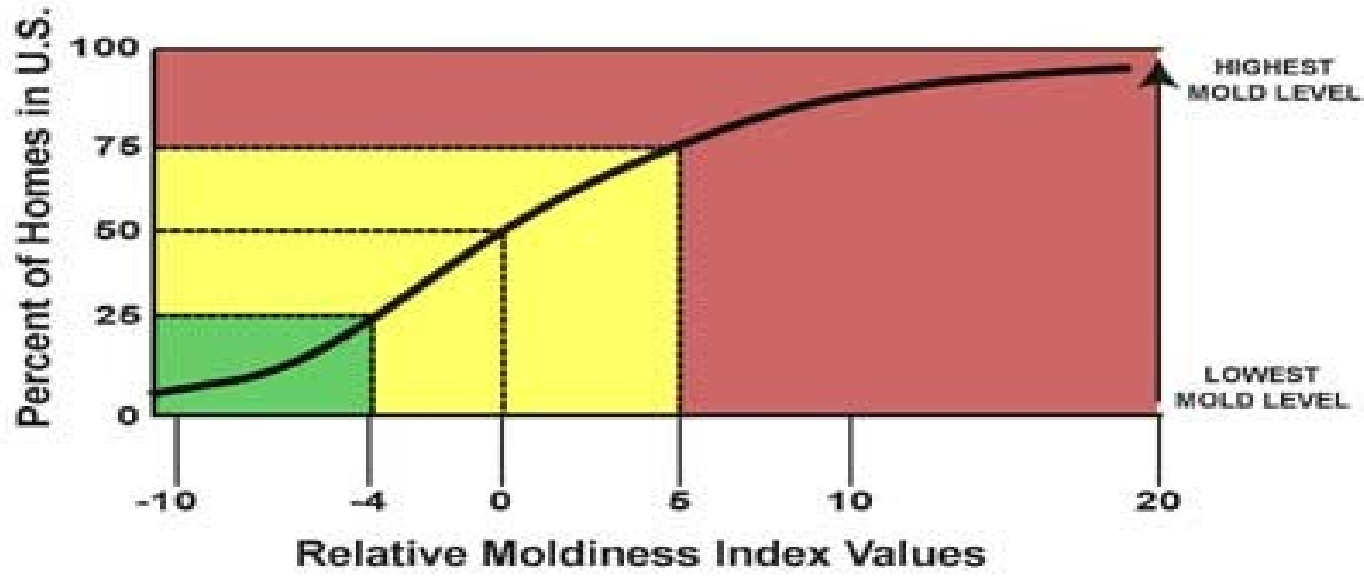


# Environmental Relative Moldiness Index

Testing for mold isn't new, but there is a new, faster, more reliable method for testing. And faster, easier detection means less time between infestation and remediation.

DNA-based mold identification tool developed by scientists at the US Environmental Protection Agency (EPA)





In order to most effectively use this new tool, the ERMI must be compared to a national database. Indices were determined using this method for 1,096 homes across the U.S. as part of the 2006 HUD American Healthy Home Survey. Individual indices, ranked from lowest to highest were used to create a national Relative Moldiness Index (RMI) Scale.



## Thieves

Eliminates mold spores in the air

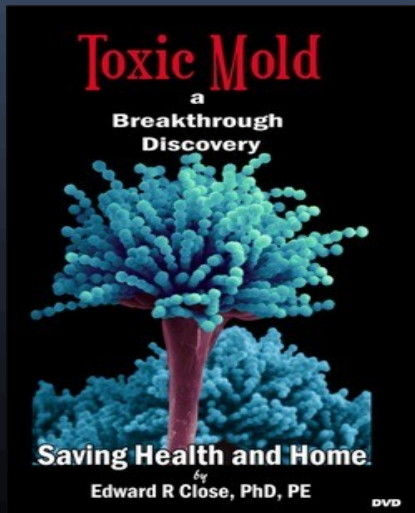
removes mold spores on surfaces

has long-lasting residual effects that keep mold from coming back

can be used to prevent mold even while a space is occupied

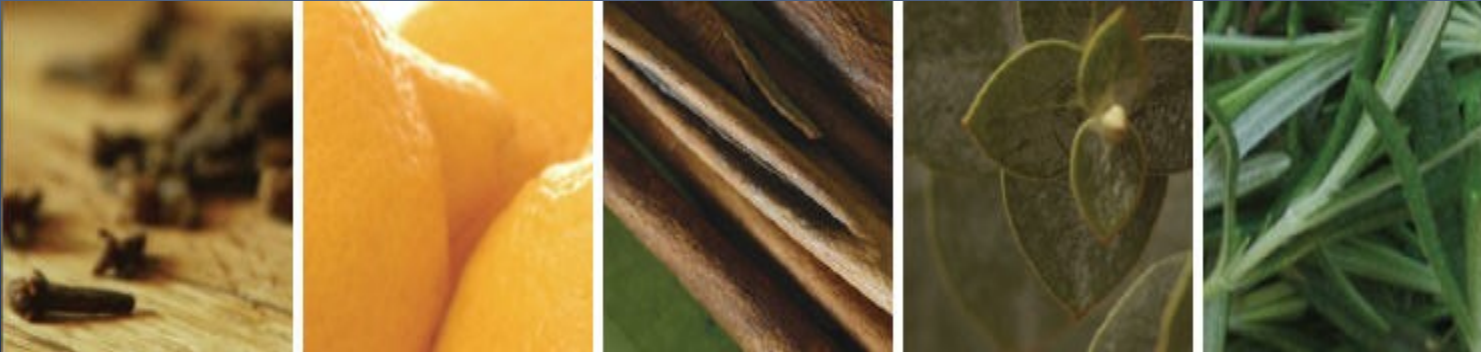
is not toxic to humans or pets

is approved as a food supplement by the FDA



**THIEVES was found to have a 99.96 percent  
kill rate against airborne bacteria.**

The oils are highly antiviral, antiseptic, antibacterial, anti-infectious and protect the body against such foreign agents as viruses, flu, colds, sinusitis, bronchitis, pneumonia, sore throats, cuts, and more.



Clove (*Syzygium aromaticum*)  
lemon (*Citrus limon*)  
cinnamon (*Cinnamomum verum*)  
eucalyptus radiata and  
rosemary (*Rosmarinus officinalis*)

## WHAT IS OZONE?

The "fresh, clean, spring rain " smell that we notice after a storm results from nature's creation of ozone.

Ozone is also created by water falls.

If natural ozone ceased to exist, life on this planet would also cease to exist. Ozone is nature's way of purifying the air we breathe.

Ozone is O<sub>3</sub>, three atoms of oxygen linked together, rather than the two atoms of oxygen, O<sub>2</sub>, we normally breathe.

Because it is made up entirely of oxygen ozone is sometimes called "activated oxygen".

Ozone destroys bacteria, viruses and odors.

Ozone also occurs commonly in nature as a result of lightning strikes during thunderstorms.

**Ozone kills bacteria by rupturing the cell wall of the offending organism. This action kills the bacteria leaving only harmless waste.**

**While ozone is very powerful, it has a very short life cycle. When it is faced with odors the extra atom of oxygen destroys them completely by oxidation.**

**In so doing, that extra atom of oxygen is destroyed and there is nothing left...no odor....no extra atom, only oxygen.**

**In addition to the effectiveness of ozone, we also know that it is safe when used properly.**

**Note that no one has ever claimed an illness resulting from ozone exposure.**

[www. Mold-kill.com](http://www.Mold-kill.com)



# Treat the person

- Nasal wash -
- Pleo pef
- Chlorella & salmon oil
- Anti inflammatory diet
- MSH may be increased with inhalation of Myrrh oil using a diffuser (not a nebulizer). It may give back energy. Dramatically raises MSH.

# Treatment

- Chlorella does what Cholestyramine does, but better. God put Actos and Cholestyramine together in one substance called chlorella. High dose of chlorella is better than low dose. Low doses tend to mobilize more than they bind. Higher doses bind more than they mobilize. 20 tablets three times a day 30 minutes before a meal.
- Fish oil in high doses turns on PPAR gamma receptor. Chlorella + Fish oil can be a very powerful combination

# Treat the Person

- **Immune modulation**
- CES cranial electrical stimulation
- Ball room-type dancing
- Meditation, deep breathing
- Earthing pad. [www.earthing.com](http://www.earthing.com)
- Laser energetic detox
- Handle unresolved trauma

# Pleo Rec drops

homeopathic indicated for  
inflammation of mucous  
membranes 2 drops ea nostril  
3x/day



# Treat the person

Eradicate the biofilm & endothelial infections

Borrellia, mycoplasma, rickettsia, nanobacteria, etc

– rock rose tea – cistus incanus

Lyme nosode

Treat CCSVI

Nebulizer with Nascent Iodine

Dental splint, bee ointment, CSI, curcumin,

# Treat the person

- Shield from EMF – Diodes . Fuses
- Simple sugars, as well as starches, and in particular, the polysaccharide amylose, cause inflammation. Stay away from grains, root vegetables, dairy products, and high-glycemic foods, including fruits.
- Make non-starchy veggies the principal components of your diet.



# How to modulate the Immune response?

## Cranial electrostimulation therapy (CES)

involves passing small electrical impulses across the head, usually from electrodes placed on or near both ears – Helps with VIP



### Initial Usage

- Pleasant tingling sensation
- Gradual relaxation

### First Two-Three Days

- Normalization of sleep patterns
- Decreased nervous energy and frenetic behavior
- Faster onset of sleep on going to bed
- Feeling of being rested on waking in the morning
- Elevation of mood
- Fewer and shorter periods of waking at night

### Week One

- Diminished depression and mood swings
- Fewer episodes of irrational anger and irritability
- Improved impulse control
- Greater sense of balance, centeredness, and calm
- A pleasant, detached state and quieting of the mind

### Weeks Two and Three

- Diminished mental confusion
- Heightened clarity and alertness
- Improved task concentration
- Normalized information recall
- Heightened ability to focus
- Increased mental energy
- Accelerated learning



# Treatment of Nasal Staph

- Treatment for nasal staph consists of main things:
  - Remove "gunk" from nasal mucous membranes. May use a netti pot. 1/2 teaspoon of salt with 1/2 teaspoon of baking soda, Pleo Alkala, and 1 teaspoon of xylitol. Xylitol bloats bacteria and they then die. Molds and staph are drawn to xylitol and are then killed. Use warm water.
  - Pleo-Rec - 1 drop 2 to 4 times per day in each nostril. Has an antimicrobial effect and mobilizes an anti-staph attack.

# Treat the Person

- Appropriate lab testing
- Appropriate Autonomic Reponse Testing
- Work with knowledgeable practitioner
- May have to leave the home until remediation is complete
- Reduce stress
- Use CES cranial electric stimulation

# Treat the person

Dr. Klinghardt uses the Klinghardt Lyme Cocktail (KLC) to support the body against infections and toxicity. It is a liposomal blend made at home from a number of different ingredients and personalized to each client. The basic recipe is:

- Cover the blades of the blender with pure water and add: 200-400mg Artemisinin, 1/4 bottle of Phospholipid Exchange or 2 tbsp of non-GMO soy lecithin or 2 organic raw egg yolks, 4-8 dropperfuls of Quintessence, 4 dropperfuls of Viressence, and 4 opened capsules of Vital Nutrients Aller-C.
- The mix is blended at high speed for 5 minutes and then poured into an ultrasonic cleaner for 15 minutes, stirring occasionally.
- While the mixture is in the ultrasonic device, blend: 2 apples (pectin is a good binder), 1 scoop of protein powder, 2 scoops of soaked Mila, 1 teaspoon of ACAI, 1/2 teaspoon of Flax oil, 1/2 teaspoon of coconut oil, 20 drops of BioSil and 2 ounces of grapefruit juice.
- After the 15 minutes in the ultrasonic device is complete, pour the mixture back into the blender with the other contents and blend further.
- Drink 1/2 30 minutes before breakfast and 1/2 30 minute before dinner. 5 days on 2 days off. 3 weeks on 1 week off.
- This is a powerful compound. 1 gram of vitamin C is equivalent to about 8 grams when it is made liposomal.
- Can mix in Mimosa Pudica



It may be the case that EMF itself may not harm our body's cells, but it may impact the microbes within us which results in more biotoxins.

Molds create biotoxins (mycotoxins) to defend themselves



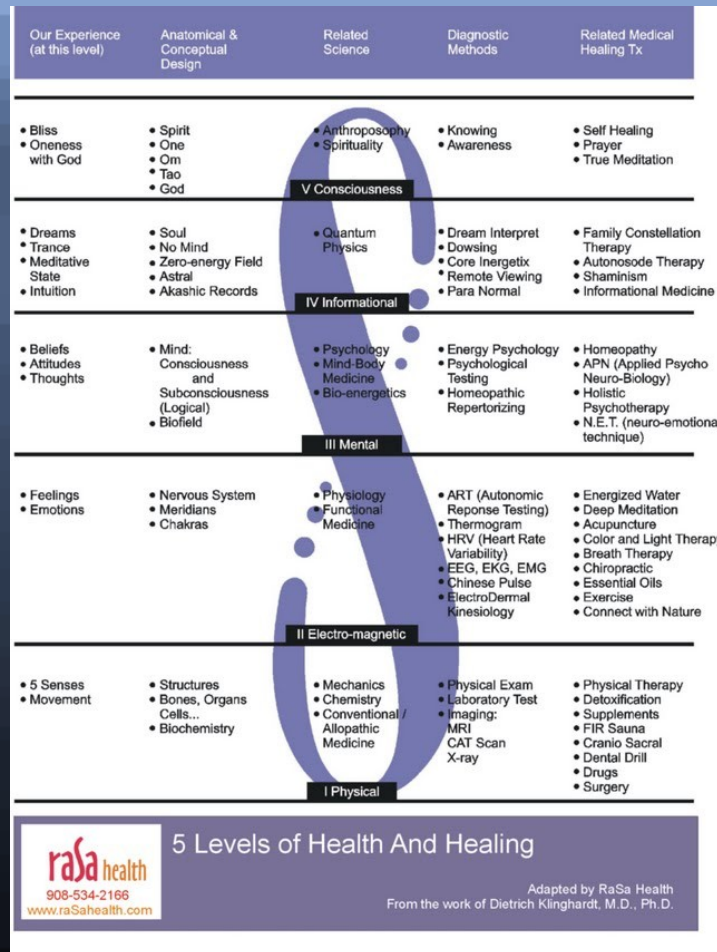




## Propolis Wooden Vaporizer w/Ionizer

Green clean your home or office with our Propolis Vaporizer / Diffuser and send a multitude of microscopic bioflavonoids into the air, doing what they do best, killing bacteria and mold. This proven effect, conducted in preschools and nursery schools, worked as an all natural antibacterial, antiseptic, antifungal agent.

# 5 levels of health & healing



**rasa** health

**Discover your Healing Essence.**

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