

## Winter Mold: Forgotten But not Gone with Dr. Martin Hart, DC

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*Synopsis: Key Take-Aways from Today's Presentation*  
[Resources](#)

We often think about mold only in hot and humid months or during stormy seasons. When winter hits, we tend to forget about mold because of freezing temperatures and low humidity. Unfortunately, the fact is that mold is still around. But there are ways to combat winter mold and get ahead of the curve when it comes to mold exposure.

It's helpful to understand mold before diving straight in to preventative measures. To recognize the complex issues mold can cause, we must think of it as having three separate concerns or characteristics: mold as an **allergen**, a **toxin**, and an **infection**.

Mold the **allergen**: Most people think of mold as an allergy and this is true. However, consider this: allergies are an immune-based inflammatory response to a substance. Mold comes into the body; the immune system attacks it--sometimes too harshly--and this creates massive inflammation.

Your body then responds with the usual symptoms:

- Itching
- Rash
- Nasal congestion
- Red, watery eyes
- Difficulty swallowing
- Shortness of breath
- Vomiting
- Body aches
- Loose stools
- Sneezing
- Coughing
- Bloody noses

- Wheezing
- Sense of panic/anxiety
- Post-nasal drip
- Asthma

Now, think of the second characteristic of mold: mold as a **toxin**. Mold produces mycotoxins, or smaller (as in micro), mold toxins. Mycotoxins create many issues depending on where they are in the body. In addition, when mold spores and mycotoxins are exposed to EMF, they increase 60,000 times! This increase in EMF is a contributing factor to the rise in mold illnesses, also called Biotoxin Illness.

Unlike the *allergen* mold, mold the **toxin** results in the following symptoms:

- Brain fog/cognitive issues
- Headaches and migraines
- Visual disturbances
- Dizziness
- Fatigue
- Mood issues
- Seizures
- Odd neuro-symptoms
- Frequent urination
- Body aches and pains
- Hair loss
- Digestive issues
- Food intolerances
- Hormone imbalances
- Rashes, depigmentation
- Weight gain/weight loss
- Fibromyalgia symptoms
- Chronic infections

This list of symptoms is quite different than the mold-as-allergen list. In addition, Mycotoxins lower your immune response and make it difficult for the immune system to fight off *other* infections.

Lastly, we have mold the **infection**. Constant exposure to mold spores can allow fungal infections to take root in the body. They can colonize (think of

them setting up a home) in your sinuses, lungs, throat, digestive tract, brain, bloodstream, or on your skin. Plus, the symptoms depend on where the infection is in the body.

Which brings us to something called Chronic Inflammatory Response Syndrome (CIRS). CIRS is a multi-system, inflammatory response to biotoxins from mold, Lyme, or other microbes. CIRS is typically a combination of mold allergies, toxicity, and infections where the body presents intense, inflammatory responses from *subsequent* mold exposures. Basically, your body becomes a walking mold test! Wherever you go and are exposed to mold, then you will “flare up” with symptoms.

Here are some of the symptoms of mold the **infection**:

- Sinusitis
- Congestion
- Excess mucus
- Cough
- Brain fog
- Bloating
- Acid reflux
- Indigestion
- Constipation/Loose stools
- Body aches/Joint pain
- Rashes
- Body Odor
- Night sweats
- Vaginal odors/infections
- Brain-based symptoms

Now that we know what symptoms are prevalent for mold the **allergy**, mold the **toxin**, and mold the **infection**, we can start walking down the healing pathway: the Hart 7-Step Protocol.

### **STEP 1: TEST**

Test your environment for mold in the home, work spaces, and even your car. You can begin with a simple plate test, but you may need to graduate to something more robust like EMMA testing, or ERMI testing. If mold is

detected, then you must clean the spaces. This may mean throwing away pieces of furniture or using a professional mold remediation company. Finally, test for specific issues in the body: inflammation, hormonal imbalances, etc. You will also want to test your urine for mycotoxins.

## **STEP 2:**

### **OPEN DETOX PATHWAYS AND CLEAR AWAY BIOTOXINS**

In Bio-Regulatory Medicine, the approach is different than typical functional medicine detoxification. In BioMed, we start with “drainage”. Essentially working backwards through the phases of detoxification. We open up the ‘exits’ of the body in order to clean out the body’s inner terrain first. Then, we focus on binding mycotoxins and other biotoxins to remove them from the body safely. There are many types of binding molecules like charcoal, for example, that we can use with the goal being to make this as gentle as possible.

## **STEP 3**

### **REDUCE THE INFLAMMATORY LOAD WITHIN THE BODY**

Time to put out the fire! Allergies, toxicity, and infections all cause inflammation. Now our aim is to both reduce external causes of inflammation such as food and toxic chemicals *and* our internal sources of inflammation. First, eliminate inflammatory foods, especially gluten, and processed foods. Then, reduce excess chemical exposure to products in your environment as best you can. This includes cleaning agents, perfumes, personal hygiene products, yard pesticide sprays, etc. Our focus is to create an anti-inflammatory protocol (think fish oil, protease, ginger, turmeric) from the inside out.

## **STEP 4:**

### **SUPPORTING THE IMMUNE SYSTEM**

After completing step 3, we are primed to shift gears into addressing immune issues in the body that arose as a result of the initial exposure and from steps 2 and 3. Mold illness/toxicity lowers the immune system’s ability to fight infections which can lead to issues such as: MARCoNS, chronic Lyme, recurrent sinus infections, and upper respiratory infections. We might address these issues with certain herbal protocols or we might focus on a specific diet, for example, in order to add in beneficial substances and nutrients. Treatment in this phase may be 30 minutes of sunlight a day. It all

depends on what your body needs. Essentially, we will do whatever it takes so that we can support the immune system and get it back up and running.

#### **STEP 5:**

##### **PROCESS SPECIFIC ISSUES**

Mold illness effects every system of the body creating different symptoms or issues in those organ systems. Sometimes they will resolve on their own with the other steps. But sometimes they need to be addressed directly. Some of the issues that might linger include:

- Hormones
- Fat Loss
- Brain Function
- Digestion

At this point, we are now asking, what was *not* resolved by the other four steps and what can we do now to clear up the remaining issues?

#### **STEP 6:**

##### **RETRAIN THE BRAIN**

Chronic illness, neuro-inflammation, and stress all dysregulate the neurological system. This keeps us stuck in an autonomic stress response where we maintain a perpetual hyper-reactive, hyper-vigilant cycle and exacerbates our symptoms. This is not something we are consciously deciding to do, but rather, it's automatic and biological. A BioMed approach is to regulate the nervous system and get it out of the stress cycle. This includes things like tapping, GUPTA, DNRS, gentle movement, or specific breathing exercises.

#### **STEP 7:**

##### **BUILD A MOLD TOLERANCE**

Finally, we are to a point where we need to create a mold tolerance to prevent declines in the future. With mold illness/mold toxicity, the body has become sensitized to mold. This sensitization is an inflammatory, toxic, infectious, and partially genetic process that can wreak havoc any time you are exposed to even the smallest mold spore.

By following the other six steps, we can then go beyond them to directly focus on the body's ability to tolerate and quickly *address* mold. This door is

open because we have created the right internal and external conditions for the body to better *process* the toxins and build a tolerance.

As we work through the seven steps (test, open, reduce, support, help, retrain, and rebuild) you will start to feel better again and more importantly have a better quality of life.

In conclusion, don't despair. With mold, there *is* a way out, there *is* a way to regain your life and your health.

**Resources:**

[Keystone Total Health](#)

[Mold Test Plates](#) for purchase

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