

MC360 Precision Mold Master Class

Environmental Mold Testing: Mold Plates

Now I'm going to go through these sections on environmental mold. I couldn't teach a mold detox course without talking about environmental mold. That said, this will not be an in-depth module on environmental mold, just because that itself would take several hours and this course is focusing on detoxification of mold. But I want to give you the resources to get started on environmental mold, checking out your home, your workplace, your kids' school, churches, things like these places that you may frequent and starting to clean it up. You may still need some support in this area from an expert, but I can at least get you some starting points here.

So let's start with some information about major environmental mold issues. I've worked with people across the United States and have at times worked with people in numerous countries. And coastal regions are frequently, it can be very hard to get away from mold issues and very hard to find any place that is mold free because of the humidity, if there are hurricanes, if there are issues with tsunamis, if there are any of those types of issues or even just high humidity that you can see in the coastal regions.

But also, throughout the majority of the United States that is not the desert area, throughout the majority of Canada, any place Mexico and South near the equator typically is very high humidity, most places in Europe. And really, we're looking at any areas outside of the desert regions. Crawl spaces can be another issue in any areas that aren't a desert region. Crawl spaces are spaces under a home where the home is lifted up above the ground, but there's not a basement. So this is different than the house being built on a slab where it's directly on the ground. A crawl space is going to be where there would be some kind of entrance area and it's a dirt space under the home. Not necessarily a porch, but under the rooms of the home itself. And the reason that that can be an issue is because in the crawl space area, water can collect, mold can collect, and then those mold toxins are so tiny. They get down to what's called point 003 microns. These are incredibly minuscule and they can work their way up through the airspace in the walls and come out through the any even tiny cracks may not be visible to the naked eye in the trim of the doors, the trim of the windows, and also through areas like the electrical outlets.

If there's humidity of a 50% for more than 20 to 48 hours, that can cause issues with mold growth even without having had water damage. So again, any place that's high humidity, this is what can be happening. And then places that close up for long periods, schools, dorms, churches, these areas, they tend to close for holiday breaks and vacations, summer vacations and things like this. So that humidity builds again. Many workplaces and retail areas can be problematic, flood areas, any basements that get wet or humid, any kind of leaks. These are going to cause water damage.

And actually buildings that were built after 1976, this is when the building codes changed to cause tighter construction. And that was very good for reducing all of the energy leaks, making the buildings

more environmentally sound. But what happened is this traps humidity in the walls and can encourage mold growth. So we have to work harder at maintaining that humidity in these buildings than we did otherwise. Now older buildings, older homes that have had a number of water issues, historic homes, homes that are older than say probably 56 years old can also be concerning.

One of the most mold-free homes I ever owned was built in 1952. And it was that sweet spot where it hadn't had water damage, hadn't had leak issues, but it was not very good at conserving energy. So our utility bills were unfortunately higher and it wasn't as environmentally friendly of a home in that sense, but it did not retain that kind of humidity. And we were able to just keep a dehumidifier running. So these are different things to think about. Also, wifi and other forms of EMFs. So wifi comes from our routers, wifi laptops, tablets.

If you have wifi cameras or other types of devices, these, evidence is showing, and it's really growing this evidence that mold detects that as a threat and produces more toxins, more toxic toxins and produces more spores. So this is part of this epidemic of mold toxicity and why that's gotten so bad. Now let's take a deeper look at the statistics around how significant is environmental mold and how did it become such a big issue. These are the studies that I'm pulling the research from, and you can find these in your references handouts.

In 2007, the EPA partnered with Lawrence Berkeley national laboratory, and they found that 47% of all homes in the US have water damage that can lead to toxic molds. Back in 2002, the EPA also ran a study and showed that 85% of the commercial buildings in their studies had water damage. The US government looked at this back in 1995 and they were showing that 30%, almost a third of all schools had major mold producing issues. And this is one of the places where a lot of children can get mold toxicity, teachers and other people that work in school environments.

These studies also looked at health issues from mold toxicity. And they found that people who are exposed to environmental mold were 30 to 50% more likely to develop major health issues from the exposure to mold. So I want to cover this just to let you know how important this is. And again, this may take you time to work through the mold testing. I'm going to take you through some different elements here. But you don't have to have completely remediated before you start on a mold detox. I'd really encourage you to keep moving forward because getting mold remediated is going to take time and it can take six months, it can take a year, it can be stressful.

So definitely take your time, and don't feel like you've got to do it all at once, get some help. And at the same time, just don't ignore this. This is one of the big things that can hold people back. So let's look at the different forms of testing available. Air testing is what most mold inspectors do. And unfortunately, mold inspector certification, that certification track to become a mold inspector is very minimal and they aren't trained in the kind of health issues that I've dealt with, that you're probably dealing with, or that most of the people that have the kind of sensitivities that we see in my practice are dealing with.

They mostly use this air testing. What they're doing is collecting samples of the air. This is the least reliable testing method. It's not that it's useless, it can be very helpful, but it's better in conjunction with using some of the other methods as well. And a mold inspector who is going to really understand the kind of health issues you're dealing with will use a variety of testing methods. Now, there are a few things you can do to start looking at this at home. And this is what I have people do in my practice and what I have them start with.

I have them start with at home mold plates and run those through a company called Immunolytics. And this measures the mold spores in the air at the point in time. The benefit of it is it's inexpensive. And you will find in your handouts, my stringent testing instructions that make it more reliable. The downside to it is that it won't pick up issues behind a wall. So it can be helpful to run this along with another test. And that test is called an ERMI test. And an ERMI test, this is a, they give you a type of dust cloth that's actually a swiffer cloth.

And there's a company called Envirobiomics that does it, another company is called Miko Metrics. Both of them are fine. And what this will do is measure mold that's built up over time. They use DNA analysis of the dust and the cloth, or they can use a vacuum sample if you have a lot of carpeting and you're suspicious about something in your carpeting. The pro to the ERMI is it can pick up some hidden issues that mold plates can't get. That it is more expensive and it's too much to do one ERMI kit per room for most people. And that means that generally people use one kit per floor of their house, or they might use one kit for the whole house, depending on their budget.

Whereas, a mold plates you'll use those in every room of the house, and that can help you hone in on which room has an issue. I found that combining mold plates and the ERMI can give the better results with doing the at home mold testing. And you can find those links again at mastcell360.com/mold-resources. And you can get the links to these companies and the exact tests that we use here. Let's look a little more at mold plate testing. I'm going to step you through the instructions that I use and then you have these as well in your handouts. I give my clients more stringent instructions than what comes in the box.

I recommend that you test any areas you spend time in. So not just your home, but also if you have an outside workplace, if you have children that are sick or you work at a school, you test the school. If you spend time every week at a church, or if you spend time on a regular basis, for example, weekly at a friend or family member's home. One plate usually covers about 10 square feet. I recommend people check their attic and if it's a full attic, then you would do two plates in the attic, just because of the size of the attic.

The basement, also, if it's a full basement, you generally do two plates, one on each side of the basement. If you have carpet that's gotten wet, you can use what's called the tapping method. And this is where you wrap your fingers around the mold plate and you touch to the surface with your fingertips, and it will push any dust or spores up into the plate. For large rooms, you generally use one plate for every 10 square feet. If you have, for example, a very large open kitchen and living area, or you have maybe a master bedroom suite that's bigger than a normal bedroom.

You generally want to check your bedroom that you sleep in areas like a denigrate room, your car. And they have testing instructions for the car to follow. Those instructions are great. You can also test sitting on a piece of furniture or mattresses if they have a musty smell. If it's a mattress, you can do the tap test. The furniture, if it's a couch, you can also do a tap test on that, if it's upholstery like that. Of course, your kitchen, your child's bedroom offices, home or and work. Anywhere you might suspect water leaks and anywhere where you tend to sneeze or cough. So this is your checklist you can use. And you're going to find this in your handouts as well.

So very important and more stringent instructions for testing. So they're a little different than what's in the kit, but because our clients are so sensitive, that's why I recommend that we take a more detailed look at this. I have people put the mold plates on the floor for one hour, not on a countertop because mold spores are heavy and they fall to the floor. Then I have people after one hour seal the plates with a lid. They'll give you a foil pouch to put everything in. You cover it in the foil pouch, and then you check your plates in about three to four days.

You may see a lot of growth or a very tiny amount, just a pencil point size of growth. And I tell my clients, "Even if you just see one or two spores, send it to the lab." The reason is because if you have two spores of a toxic mold or one spore plus one spore of two different toxic mold species, that can be too much for people who are really sensitive. Now, I also tell my clients don't panic if there's a lot of growth on the plate, because those plates will also grow candida and bacteria and normal non-toxic soil molds.

And we don't know anything about whether there's a mold issue until the analysis report is back and you discuss it. And you will actually get a free 20 minute consult. And if you purchase through one of our links, the consultants, I recommend that they should pair you with are Jeff Bookout or Brandon Guthrie. And they know the types of clients that I work with, and they're very good and they can discuss the mold plate results with you. And that comes for free with your mold plate analysis. Now, the analysis is key. I recommend my clients don't do the self analysis that is included in the box.

The box will tell you if there's less than four mold spores, then there's not an issue, but my sensitive clients, if there's two mold spores, or for example, *Aspирgillus* or one *Aspирgillus* and one *penicillium*, that's enough to keep somebody sick. So definitely send anything on the plate for analysis so you can see what you have. And then I do recommend that people use Jeff or Brandon for their consult. And you may have to call them to schedule. You may have to call Immunolytics to schedule a consult. So you can see your quick sheets for more details. And here's the key that I use.

This is also in your handouts. For sensitive people on a mold plate, one or more counts of new core is a problem. Don't see that very often. But if you do, that's a problem. If you have two or more counts of these toxic molds, *alternaria*, *Aspирgillus*, *fusarium*, *penicillium*, or if you have a one count of any combination of these. So *alternaria*, *Aspирgillus*, *fusarium*, *penicillium*. For example, if you have one *fusarium*, one *alternaria*, that can be a problem. Also, high levels of bacteria. So you can use this key when you get your mold plate analysis back.

