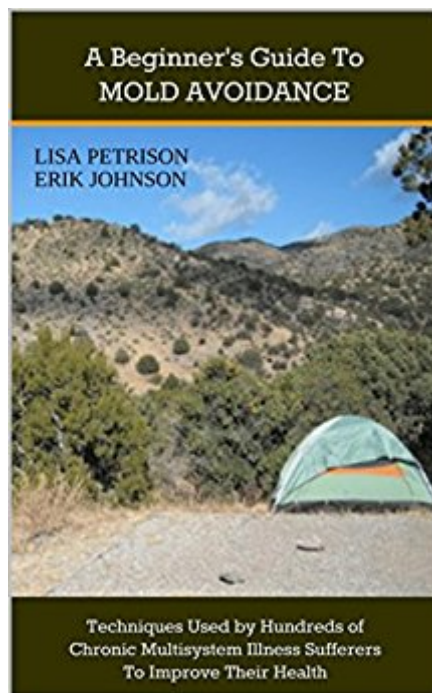


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# A Beginner's Guide To Mold Avoidance: Techniques Used By Hundreds Of Chronic Multisystem Illness Sufferers To Improve Their Health



## Synopsis

Disgracefully, many of the sickest people on the planet have been almost wholly ignored by the medical community. The mold avoidance approach described in this book was developed with the goal of helping these extremely ill and stubbornly treatment-resistant individuals (often described as having myalgic encephalomyelitis, chronic fatigue syndrome, chronic Lyme, fibromyalgia, multiple chemical sensitivity, Gulf War illness, POTS or toxic mold illness). The underlying premise of the approach presented here is that many or all of these individuals suffer from a severe hyperreactivity to certain kinds of mold toxins. This approach suggests that insofar as individuals are reacting to very low levels of these mold toxins, decreasing exposures to a level that does not prompt a reaction will allow movement toward wellness to be achieved. Both of the authors of this book were very sick with this kind of illness for many years and have become mostly recovered as a result of this approach. During recent years, many other individuals who were very ill with this sort of disease also have experienced major improvements as a result of following this approach. This book is designed to share the basics of the approach with a broader audience, so that more sufferers can learn about it and decide if it might be worth pursuing.

## Book Information

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## Customer Reviews

If anyone has had ME for a while, they will have come across the "mould avoidance"™ path to healing. Many people with ME have tried complete mould avoidance and enjoyed complete recovery, or at least significant improvement. This is probably either because their illness was caused by mould in the first place, or because their body is now extra sensitive to mould because of the ME. This book is the authoritative "go-to"™ book on mould avoidance, and talks you through the theory and the practicalities. It's™ very thorough, and well-written, but I found myself getting stuck on the practicalities. To avoid mould, it says, I must leave behind all of my clothes, books, furniture, and even iPhones (unless through a plastic bag) and camp out in the desert. So far, I'm™ following it " but then it says you can never guarantee completely that your tent will be mould-free, even if it's™ new (because perhaps there has been mould where it's™ been stored or transported). And likewise for new clothes. This is where it becomes tricky for me " because it seems so hard to test it out objectively. If someone tries it as an experiment and finds that camping in a new tent in the desert with new clothes works, all well and good. But what if it doesn't™? Will the failure of the experiment be blamed on the fact that the tent or iPhone " or any visitors " are possibly carrying mould? How long are you supposed to try it for? It would be a shame to turn your life upside down and never be fully sure if it has worked or not. I actually found Giles Meehan's™ video a simpler way to see if it works " he has a video on YouTube where he explains his more moderate measures for mould avoidance, and how it has helped him.

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