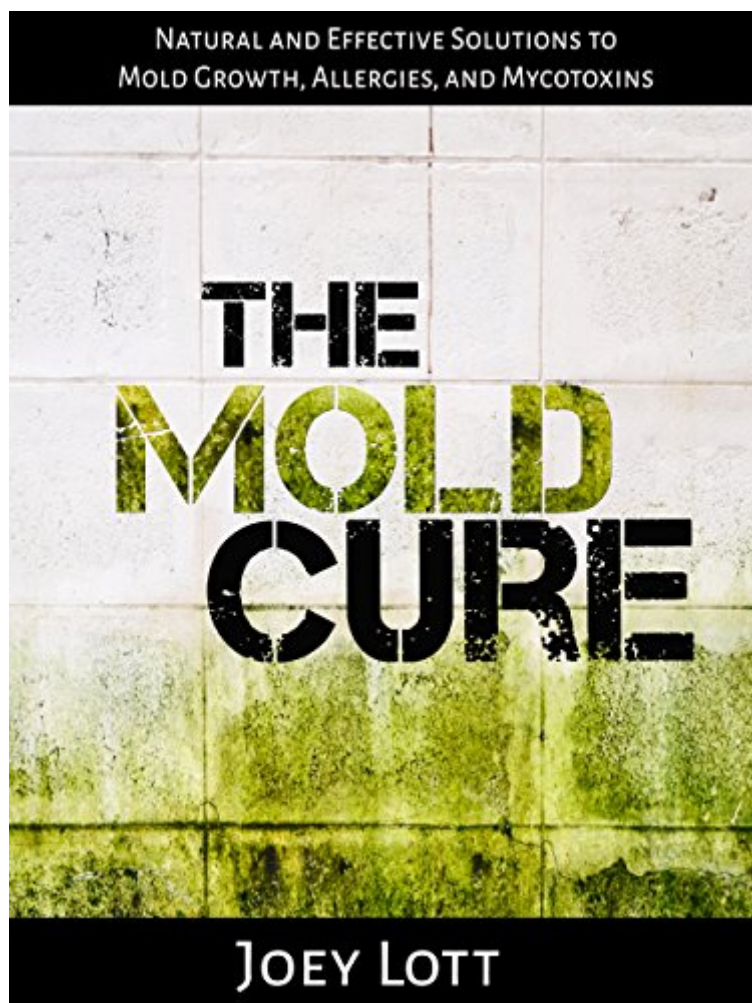


The book was found

# The Mold Cure: Natural And Effective Solutions To Mold Growth, Allergies, And Mycotoxins



## Synopsis

Do Doctors Make You Feel Crazy? Do you have a mysterious illness that's been plaguing you for weeks, months, or even years? Do you feel tired, run down, congested? Are you experiencing the infamous brain fog? The truth is that these symptoms could be caused by any number of conditions, but a common cause that most don't know about is mold. Ubiquitous in temperate climates (i.e. most of North America!), mold can grow in walls, carpets, books, and even clothing. You may not know it's there. If you tend to feel better when you leave your house, mold could be the hidden source of your mystery ills. So You've Got Mold | Now What? Mold is everywhere, and it's a serious health concern. But how do you protect yourself? How do you recover if you're already experiencing the damaging effects of mold and what causes it anyway? Do you douse your belongings in bleach? Do you sell everything you own? Burn the house down? Luckily, these extreme "solutions" are not necessary. There's a better way that will allow you to stay in your home, keep your possessions, and experience improved health, all without the use of harsh chemicals. Reclaim Your Health First of all, you'll need to know if mold is actually present in your home. Think you need an expensive professional for that? Think again. You can be your own mold detective. After detection, it's time for clean-up, but again, there's no need for a chemical bath. Natural cleaners have actually proven to be more effective than bleach. If all this sounds a bit overwhelming, fear not. Joey Lott has laid out a practical step-by-step plan to help you clean up the mold in your life and get your health back on track. Follow the plan in *The Mold Cure* and you'll be breathing easy and thinking clearly in no time. Available on Kindle and paperback.

## Book Information

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## Customer Reviews

Matt Stone and Joey Lott have a cottage industry telling people that things other people in the health community say to watch out for are in fact not that important. On one hand, it's good that they are taking a stand for adequate calorie consumption, something that can be important for people dealing with chronic conditions. On the other hand, their advice could be dangerous if they are encouraging complacency about well-founded concerns. There's a reason that people are concerned about mold. It can disable people. I would know, because I became disabled from mold exposure (from living in a building when it had water damage). I now deal with Chronic Inflammatory Response Syndrome (CIRS), something that should be discussed in this book but is not. It seems that mold alone might be enough to cause myalgic encephalomyelitis (ME), with reports of patients who improve dramatically from leaving moldy environments (and doing far more to avoid and detoxify mold toxins than Lott describes in this book): See:

[http://www.washingtonpost.com/national/health-science/what-is-chronic-fatigue-syndrome-and-why-arent-we-doing-more-to-treat-the-illness/2014/10/06/4cfff312-d458-11e3-8a78-8fe50322a72c\\_story.html](http://www.washingtonpost.com/national/health-science/what-is-chronic-fatigue-syndrome-and-why-arent-we-doing-more-to-treat-the-illness/2014/10/06/4cfff312-d458-11e3-8a78-8fe50322a72c_story.html))

Some problems I had with the book: -The biggest issue is that Lott sticks to the idea that there is no proof that mycotoxins from a moldy home can make you sick. I am going to be laughing for the next week over this. This idea has been thoroughly discredited by thousands of patients through their lab tests and responses to treatment, not to mention scientific research. Keep this in mind if you read the book: the author does not think there is credible evidence that mycotoxins from homes can make you sick.

I am experimenting with Kindle Unlimited and thus decided to take a look at this book. In general, the story of this author is extremely consistent with the stories that I have heard from hundreds of patients with chronic neuroimmune disease (ME, CFS, chronic Lyme, fibro, mold illness). He had signs for a very long time that mold was an issue for him and gradually started moving into

experiencing chronic neuroimmune health symptoms; he did better when living in locations reported by other patients to be comparatively good; he declined dramatically after moving into a particularly problematic environment; he failed to be able to remediate that bad environment through the use of dehumidifiers or any other kind of clean-up techniques; he moved out of the bad environment (apparently discarding many of the belongings and washing the rest); and once in a better environment, he started to benefit from other treatments. I'm always happy to hear people tell their own mold stories. And considering how similar the author's story is to the stories of many other people, I have little doubt that he is telling the truth about what happened to him. The problem that I have with the book is when the author (who has training neither as a medical professional nor as a mold remediator) starts to give people advice based not on his own experiences or on the experiences that he has heard from others who successfully got better from this kind of illness, but rather based on theories and speculation. The most obvious example of that in this book is in the discussion about dehumidifiers. The book seems to be taking the position that the first step in fixing a moldy home is to bring down humidity levels.

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