

MOLD TESTING FOR YOUR BODY, CAR, HOME & WORKPLACE

1. Half of all the homes in the USA are contaminated with mold/fungi as are many cars
2. 28% of U.S. people have genetic susceptibility to mold-related health issues
3. That's why only 1 person in a home of 4 people might have severe symptoms
4. 21% of asthma cases & 93% of chronic sinusitis is caused by mold exposure
5. Mold allergies cause runny or stuffy nose, eye irritation, sore throat, sneezing, dry cough, skin irritation, shortness of breath, wheezing, fatigue, brain-fog
6. Mold infection symptoms: fever, chest pain, wet cough, difficulty breathing
7. If you have ever breathed air in a mold-contaminated building or car, then you likely have those fungi growing in your paranasal sinuses &/or gut
8. HERTSMI test is the first test to do, measuring the 5 most toxic molds at \$150.
9. If your test is negative you may expand to an ERMI which will test 36-130 varieties of mold.
10. If your test comes back negative or positive, to find out which rooms have the most mold, consider the Petri Agar Dish Method. To purchase these, [click here](#). Available at Amazon other sites in most countries. Testing steps are Step 21 below in this document.
11. A screen for fungi in your body is a urine mycotoxin panel (11 mycotoxins from Great Plains, 16 from Real Time Lab & 31 from Vibrant Wellness)
12. Another screen: IgG blood panel for the more common fungi causing diseases
13. Can also do fungal culture of a nasal swab or sputum
14. AlfaSight9000 often finds inflammation in the sinuses suggesting fungi there
15. Consider sinus CT or wide-view cone-beam CT scan of sinuses in a dental office
16. Can even do Genova GI Effects Comprehensive Stool or comparable from another lab
17. Sometimes fungi entered the human body years or decades prior
18. But in most cases, one who has fungi in their body is still in a moldy building
19. You can't get rid of fungi in your body if you keep going into a moldy building
20. If you or another person has smelled moldy smells in your home or workplace or you know of present or past water leaks or water damage to your home/workplace, you should consider visually checking for mold and moisture in your home:
 - Every place that there is a water source in the home, look for leaks.
 - Examine under sinks, behind toilets, behind washing machine, dishwasher, ice maker, around tubs and showers, around air conditioner unit, in air-conditioner ducts behind duct covers.
 - In all of these places, look for mold growth. If you see none, feel with your hands for coldness or moisture.
 - If you find no mold or moisture, proceed to step 18 below
21. To check for mold in your home/workplace yourself with culture dishes:
 - Purchase a Mold Test Kit or order online a pack of 10 sterile plastic petri dishes containing Sabouraud culturing agar. When the mold kit arrives it needs to be immediately put in the refrigerator or the agar can denature.
 - Place the agar test dishes (with the lids off) in each room near any potential water sources (kitchen, laundry room, bathrooms, bedrooms, living/dining, etc.) and one outside on a window ledge with shade and no wind.

- ☐ Using a black Sharpie Permanent Marker, label the bottom of each dish (before you set them out and open the lids) with the name of each room or automobile or outside location where the dish will be placed.
 - ☐ All windows and doors in the home, in your automobile and in any tested building must be closed for at least 6 hours before opening the agar dishes in the desired locations
 - ☐ In each location, remove the dish's lid and leave an agar dish open there (with the inside of the lid facing down & the agar facing up) for exactly 1 hour, then re-collect them in the same order that you placed them open & immediately replace the lids on each dish.
 - ☐ Move dishes to a cool (not too hot or cold), dry place inside your home with no sunlight exposure at ANY time of the day.
 - ☐ Check each of the culture dishes for the number of fungal colonies every 24 hours for 5 days (never removing the lids) and record results on a piece of paper with a column for each of the 5 days.
 - ☐ Indoors, 0-4 colonies per agar dish is usually not a problem, 5 to 8 colonies per dish is concerning and 9 or greater colonies per dish is likely dangerous
 - ☐ If any of the culture dishes from a room inside the home have more fungal colonies than the dish outside, look again in that room for mold & moisture, including air-conditioning/heating ducts.
 - ☐ An infrared camera can be used to find mold or moisture not easily found otherwise.
22. If the procedure in step #18 is negative for mold in a room of your home/car/workplace where you strongly suspect mold, you could retest in that location but move the agar dish to a different place in the room than the first time you tested that room. You can call on www.immunolytics.com anytime you feel the need for experts.