DAY 3 MINI PRESENTATION – REVERSING MAST CELL ACTIVATION AND HISTAMINE INTOLERANCE SUMMIT

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And today's many presentation topics are, what is mold toxicity. I want to talk about three levels of sensitivities and what is colonization, mold colonization. How common are mold toxicity symptoms of mold toxicity. And I'm going to show you some ways that mold toxins trigger those mast cells. Let's start with the three levels of sensitivities. So in my practice we categorize people with three sensitivity levels. And I want you to start thinking about which category that you're in tomorrow. I'm going to tell you more about next steps based on where you are in your health journey. And you want to identify which of these is your category. So the easy category. These are people who can take almost any supplement or medication you need at any amount. And then you don't really struggle with foods other than maybe gluten or dairy. It's just pretty easy. You can do most protocols. You're not reacting to them, You can take glutathione, you can do these types of things. Then there's another category.

What I call sensitive, so sensitive is where you tolerate some supplements and medications, but you have to onboard them carefully and some can really backfire for you. And you probably still not sure what the patterns are in that. Why is that happening? You may also have some food intolerances and this is going to be the bulk of people here on the summit and in this category, then we have what we call our super sensitive category. So if you're super sensitive, you're tolerating less than five supplements or medications? You may not be tolerating any at all. You're struggling with a lot of food sensitivities. I say super sensitive because you're usually more sensitive than

anybody else. You know and it seems like you just can't get a foothold, you can't get another step forward. So think about these three. Think about which category you're in tomorrow, I'm going to talk with you about based on these categories, what you want to be thinking about in your health journey for your next steps, let's talk about mold toxicity. Some there are a few presentations of mold toxicity. So somebody could have only mold toxins so they've inhaled or been exposed to mold toxins in some way. Somebody can have what's called mold toxins with mold colonization. That means you've got mold toxins in your body and mold is growing in you. You could just have mold allergies. You may not have any mold colonized or growing in you, you may not have mold toxins but you have allergies to mold.

So when you're around leaves that are decomposing you you get a lot of allergy symptoms or you go into a place that has some mold, you start sneezing itchy eyes, things like that, you get a lot of inflammation, brain fog, then you could have mold allergy and mold toxicity. There's combos of these where you could have mold allergy with mold colonization and mold toxicity. And those are the people who were the most ill from mold. So let's talk about how do you get mold toxins, you can inhale them through your nose and mouth. So this comes from the environment. Sometimes you can get it from food, but most of the time it's coming from the environment, you're inhaling it, you're breathing it in some mold as it grows, it releases gasses called mold toxins and they are highly, highly toxic, you can absorb it through your skin. So if you get a lot of mold on your skin, you're rubbing up against it, You're cleaning out where you're rehabbing a house that has mold, you can absorb it through the skin, you can swallow and food or drink. And it's not as much of a problem in the US, but it is a bigger problem in developing nations.

And the animal feed, actually pet food, you can have multi oxen from it growing inside of you from mold colonization of mold growing in you, it's releasing toxins as it's growing. Now, let's talk about how you can get mold colonization and get it where sports enter through your mouth through your nose, even through the vaginal canal. People can have colonization any of these open spaces, even in the ears and we get through water and food consumption and either could have been there if something was contaminated. Now, some studies have shown mixed information about whether you can get mold toxicity through food in developed nations, and how common it is. And so the people say it's very common but I typically find that the environmental load is much bigger issue and if you live in a place with a lot of mold and you leave glasses of water

sitting out. Those sports can fall into the water and then if you get spores in you growing in you that's called mold colonization, having mold growing can also lead to fungal growth on the skin.

And it can show up in different kinds of ways. Dandruff is an expression of fungal growth and then also the toenails of nail fungus. So let's look at how do you get mold toxicity. Been talking about environmental. So buildings that have humidity over 50% doesn't have to have water damage. If the humidity stays above 50% which is happening in most of the U. S. These days, then you'll get mold growth for sure exposure to water damaged buildings. So if you're just the mold toxins, there's a lot of mold toxins in the air from the mold growing could be behind walls above ceilings, things like that. And most of the time people don't even see visible mold because it's not common. See mold in buildings with mold toxicity because it's usually hiding behind walls and above ceilings. Things like that, I'm in developing countries. It can be an issue and like I said before, also animal feed pet food and it can pass through the placenta and the breast milk to the fetus to the developing baby. So many children who have been sick from birth, mold toxins may have passed to them. So exposure could have been years ago, Could have been decades ago or could be ongoing and exposure can be an ongoing, can be ongoing in not just homes but workplaces, churches, schools, retail stores, even friends or family members homes. So we have to think about where we're going. So if you had mold exposure, there's some questions I want you to ask yourself.

Do you have a dirt crawl space under your current or previous home? So crawl spaces where the house is lifted up a little bit and then there will be an entry where you can actually crawl under the house as opposed to being on a slab or on a basement. Is there a humidifier on your furnace? Humidifiers are a commonplace from old growth. Have you ever lived in an older house or apartment or worked in an older building or church? An older church? Are there any musty smells? Home, car, workplace or other places that you're going? A musty smell is a mold toxin smell. Its mold V. O. C. Actually. But, do you have what's called an evaporative cooler? It's also called a swamp cooler. They use those a lot more in desert kind of regions and they have water in the bottom and air is blown over it to cool the air. So anytime there's water sitting for more than 48 hours mold is gonna grow. Is there any visible mold in the shower, under the vanity or anywhere else? Do you have windows that leak This humidity in your home? Ever get above 50%? And I keep little humidity gauges and I don't just rely on the one on my thermostat, but I have these little gauges in every room in the house so that I can keep an eye on that humidity

and make sure it stays below 50%. Have there been any water leaks? Could be think about roofs, pipes, even water heater. They ever shampooed the carpets if they didn't get the moisture out that can lead to mold growth. Have you ever left a car window or trunk open when it rained?

So some things to think about here and you can get these slides over at your summit resources page mastcell360.com/summit. So some symptoms of multi axis C. I'm gonna go over these fairly quickly so we can get you over to the talks and you can read these more at your leisure and the slides. But abdominal issues G. I. Issues are common, particularly chronic cibo, anemia, asthma, chronic sinus congestion, cough, shortness of breath changes the appetite, difficulty with cognition, edema means swelling, water retention, eyes like tearing your blood vision, excessive thirst or frequent urination, fatigue or weakness, frequent colds or other viruses headaches, migraines, impotence and fertility, interstitial cystitis urinary issues increase in static shocks. When you touch a door knob you get shocked joint pain. Morning stiffness, muscle aches, cramps, minstrel issues, metallic taste in the mouth, mood swings, night sweats, trouble with temperature regulation, pots, low blood pressure disorder, no mia sensitivity.

Light sounds touch food supplements or medications. Sinus issues. Sleep issues, slow healing tinnitus which is earring, tremor, unusual nerve pains. This is a dead ringer. If there's lightning boulder ice pick pains that's often mold toxicity or Barton ella vertigo, dizziness and then definitely consider mold. If you've dealt with you've been told you have atypical presentations like Alzheimer's auto immunity, multiple sclerosis, Parkinson's at the time to think about it. Asthma, autism spectrum and sensory processing disorders. Any kind of biochemical anxiety, depression, depersonalization, derealization, mood swings, cancer history, chronic fatigue, chronic sinusitis, sinus issues, cognitive impairment or O. C. D. Now none of this is diagnostic of just giving information so that you can consider whether to explore this more. It's also often said to consider mold with fibromyalgia, hypermobility, multiple chemical sensitivities, nasal polyps significant E. M. F. Sensitivity sensitivity is light center.

Touch food supplements or medications and then the symptoms you need to mold or Barton ella to the tick borne infection. Internal vibration and tremor nerve pain in the experience of a lightning bolt or an ice pick type pain. Strange skin sensations like crawling. Sometimes other types of skin sensations, sensitivities to everything, static shocks. Now let's look a little at the impact of mold on mast cells. So lots of research. I just

have a small selection here of some of the research that has shown the clear impact of mold and mycotoxins on mast cells. Now don't worry about everything that's on the slides which I want you to see. This is a study from 2018 looking at how math cells activated by fungal species and that includes mold and candida provoke an increase of prostaglandins. That's a mast cell mediator and that lead to hypersensitivity and signs such as the irritation of the respiratory tract and I's recurrent sinus issues, bronchitis, cough and fatigue, nausea, headaches and brain fog. And what they found was that the fungal species when they were growing and living in somebody colonized them activates a receptor called the toll-like receptor.

So they were reporting the fungal species can activate mast cells to secrete proinflammatory side of kinds. Now another one here, this is another 2018 paper about how mass cells are involved in immune response and contribute to dysregulated immune response with host issues with bacteria or fungal issues like fungal infections. And then this even back 2011 paper was looking at certain mycotoxins known to create neuro toxicity and mold toxins have been shown to be toxic to every system in the body, the kidneys, the liver, the G. I. tract hormones and so on. Even our genes. So you can see how even just this little snapshot why same old toxins are one of the biggest triggers that we have to address early on if we really want to get ahead of mast cell issues. So let's get to the talks. Just a quick reminder again about your Summit Resources page here at mastcell360.com/summit, enjoy your talks, enjoy your day and I can't wait to see you tomorrow. Don't forget about our facebook live tonight at 6:00pm eastern. I can't wait to be with you there.