

# FREE MOLD RISK AWARENESS REPORT

**MOLDY**

**FIND OUT NOW:** Are you at-risk for toxic mold exposure?

**DISCLAIMER:** The information below is not designed to diagnose or treat any illness and does not constitute medical advice. There are several online mold screening tests, but only a healthcare provider can diagnose you with mold-related illness.

## **ARE YOU AT RISK FOR MOLD POISONING?**

*If you respond yes to any of the following conditions, you may be at risk for mold exposure.*

### **Do you live in a wet or humid climate?**

Why? Mold exposure can be a problem both indoors and outdoors in wet and dry climates, but levels can be especially toxic in high-humidity environments, including places like indoor pools, fitness centers, and aquariums as well.

### **Have you spent time recently in a water-damaged or frequently flooded building?**

Why? Around 50% of our buildings have water damage according to the CDC's National Institute for Occupational Safety and Health analysis.

### **Is your current home, office, or school built with drywall?**

Why? Drywall is easily water-damaged, as is the part of your wall just behind the wallpaper itself.

### **Was there a leak in your house within the last year (if no or unsure: have your pipes and plumbing been checked for leaks recently?)**

Why? Hidden, behind-the-scenes water damage is often the root source of mold exposure in the home and you don't even know it's there.

### **Do you often leave food out too long, or leave it in the fridge until it spoils?**

Why? Food spoilage results in mold and mycotoxin contamination, which can then be either ingested and inhaled when kept in your home too long.

### **Do you experience frequent headaches, experience sudden unexplained "rage" or anger, or experience a combination of several of the other symptoms below?**

Why? These symptoms, along with the others listed below, are consistent with possible mold exposure.

## **SYMPTOMS OF MOLD EXPOSURE**

This list contains 37 of the most commonly presenting symptoms of mold exposure to be aware of. If you are experiencing one or more of these symptoms, you should consult a healthcare provider.

## **DR. RITCHIE SHOEMAKER M.D., AT SURVIVINGMOLD.COM, EXPLAINS:**

"There are many mold exposure symptoms, because the illness affects multiple systems in the body, which in turn, causes the patient to exhibit multiple symptoms. If you are experiencing several of these symptoms, you could be suffering from mold illness."

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## SYMPTOMS OF MOLD EXPOSURE AND MOLD POISONING:

- + Fatigue
- + Weakness
- + Aches
- + Muscle Cramps
- + Unusual Pain
- + Ice Pick Pain
- + Headache
- + Light Sensitivity
- + Red Eyes
- + Blurred Vision
- + Tearing
- + Sinus Problems
- + Cough
- + Shortness of Breath
- + Abdominal Pain
- + Diarrhea
- + Joint Pain
- + Morning Stiffness
- + Memory Issues
- + Focus/Concentration Issues
- + Word Recollection Issues
- + Decreased Learning of New Knowledge
- + Confusion
- + Disorientation
- + Skin Sensitivity
- + Mood Swings
- + Appetite Swings
- + Sweats (especially night sweats)
- + Temperature Regulation or Dysregulation Problems
- + Excessive Thirst
- + Increased Urination
- + Static Shocks
- + Numbness
- + Tingling
- + Vertigo
- + Metallic Taste
- + Tremors

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## MOLD RESOURCES FOR BEGINNERS: WHERE TO START

<b>BEGINNER'S GUIDE TO TOXIC MOLD</b>	<a href="http://paradigmchange.me/beginners/">http://paradigmchange.me/beginners/</a>
<b>SURVIVINGMOLD.COM</b>	<a href="http://www.survivingmold.com/">http://www.survivingmold.com/</a>
<b>MOLD DIAGNOSIS</b>	<a href="http://www.survivingmold.com/diagnosis">http://www.survivingmold.com/diagnosis</a>
<b>MOLD TREATMENT</b>	<a href="http://www.survivingmold.com/treatment">http://www.survivingmold.com/treatment</a>
<b>PARADIGM CHANGE</b>	<a href="http://paradigmchange.me/">http://paradigmchange.me/</a>
<b>BIOTOXIN ILLNESS TEST</b>	<a href="http://biotoxinjourney.com/biotoxinillness-test/">http://biotoxinjourney.com/biotoxinillness-test/</a>
<b>MOLDY COMMUNITY RESOURCES</b>	<a href="http://paradigmchange.me/mold-blogs/">http://paradigmchange.me/mold-blogs/</a>

To learn more, visit [www.moldymovie.com](http://www.moldymovie.com) and [www.bulletproofexec.com](http://www.bulletproofexec.com)