

Real Common Sense

April 2023

Mold Sensitivities

Hello, this is Dr. Ellen. In this month's '*Real Common Sense*' newsletter, I want to write about mold sensitivity. I have seen many patients over the years with previously unexplained symptoms. Oftentimes, these involved the upper respiratory tract, but there were also other symptoms, sometimes without airway involvement, such as muscle aches and cognitive problems. Using the Ellen Cutler Method (ECM), I was able to determine that the origin of their problem was related to sensitivity to molds. This discovery can lead to helping those sufferers back toward health and wellness.

By the way, if you haven't had a chance to see my previous newsletters, you can find them on my website, www.drellencutler.com under 'Media'.

What is Mold?

Mold is a conspicuous mass of filaments (aka mycelium) and fruiting structures produced by various members of the biological kingdom, Fungi.⁽¹⁾ This is the same category in which mushrooms are found. There are many different species (and colors) of mold, all of which form and spread on various kinds of damp or decaying organic matter. Molds reproduce by releasing tiny spores that float through the air until landing on wet or moist surfaces, allowing them to form new mold colonies. The mild temperatures and available nutrient sources in most office and residential buildings are ideal for mold growth. Human exposure to mold has occurred throughout history, and sometimes it has been of great benefit. An example is the discovery of penicillin in moldy bread. The types of molds found in indoor spaces are not unusual. In fact, no indoor space is completely free of mold spores, even in a hospital's surgical suite. Exposure to molds is unavoidable, both indoors and outdoors.⁽²⁾

Immune System Dysregulation Secondary to Mold Sensitivity

As I mentioned above, the most common complaints experienced by people related to mold are symptoms involving the nasal passages, sinuses, and throat. In one study, 62% of subjects complained of a stuffy and runny nose and more than half had a persistent cough. Allergic responses seemed to be the major cause of symptoms in the studied group.⁽³⁾ Conventional approaches to these complaints are to avoid exposure to the mold spores and to symptomatically treat the patient with medications including corticosteroid nasal spray,

antihistamines, and decongestants; also utilized are nasal irrigation and, in some cases, immunotherapy ('allergy shots').⁽⁴⁾

There is evidence that reactions to molds represent a systemic problem. In the study cited above, a significant number of subjects had other respiratory symptoms, headache, central nervous system symptoms, and fatigue. Also, more than half of the subjects in that study had skin reactions to molds.⁽³⁾ Further, a number of recent observations suggest that mold exposure in those with pre-existing impairment of the immune system can suffer exacerbations of their underlying pathology, including allergic and non-allergic chronic inflammatory diseases, autoimmune disorders, and even human immunodeficiency virus (HIV) disease progression.⁽⁵⁾

Toxic Mold Syndrome

Molds themselves are not thought to be toxic or poisonous. However, certain molds may be toxigenic, meaning they can produce toxins (i.e., mycotoxins). The most cited cause of toxic mold syndrome is *Stachybotrys chartarum*, also known as 'black mold'.⁽²⁾ It is thought by some that a chronic inflammatory state may be set up within the body, causing a variety of problems, including cognitive and mood changes, pain, numbness and tingling, vertigo, tinnitus, digestive issues, fatigue, and symptoms resembling hormone imbalances, such as hair loss and rashes.⁽⁶⁾

There is contradictory evidence on whether toxigenic mold found indoors causes adverse health conditions.⁽²⁾ Some have considered 'toxic mold syndrome' to be a nocebo effect (i.e., a placebo causing negative symptoms) to visible "black mold" and not a real health concern. However, an allergic, rather than toxic, response may be the major cause of symptoms.⁽³⁾ Molds and their mycotoxins have been shown to have immunomodulatory properties and to be able to directly cause hypersensitive reactions. Furthermore, as mentioned above, there is increasing evidence that mycotoxins are of special concern for individuals with pre-existing dysregulation of the immune system.⁽⁵⁾ Given the prevalence of 'suboptimal' lifestyle choices and the ever-growing number of synthetic chemicals in our environment, the number of those with pre-existing immune system impairments may be much greater than we imagine.

Of note, an interesting study reported the neurological findings in children who had been chronically exposed to toxic molds. Clinical neurological and neurobehavioral information and results from a series of neurophysiological tests were collected. The results showed high levels of abnormalities in the analysis of the subjective responses of the children, whereas no abnormalities were found in the control subjects. The results of the objective neurophysiological measurements showed evidence of abnormality, with diffuse polyneuropathy in all of the children who were chronically exposed to the toxic mold.⁽⁷⁾

'Alternative' Approaches to Reducing Dis-ease Arising from Mold Toxicity

A number of 'natural' substances have been suggested to be useful in helping those suffering from mold toxicity. These include garlic (ideally raw), activated charcoal, and chlorophyll. As with yeast infections, avoidance of refined sugars is strongly recommended.⁽⁸⁾ After mold remediation, several naturally-occurring substances have been recommended to support the mitochondria of the cells throughout your body. These include the already-listed activated charcoal, phosphatidylcholine, and glutathione, as well as the use of ozone therapy.⁽⁹⁾

The Ellen Cutler Method (ECM)

Over my years of practice, many of my patients have come in with complaints, the source of which could not be identified by their previous healthcare practitioners. By using ECM energetic testing, I have been able to identify the underlying cause(s) of these complaints. In many, the main or contributing problem underlying their complaints has been sensitivity to molds. After identifying these, I am then able to determine the best means of clearing these sensitivities in that individual, including the use of ECM to energetically desensitize the contributing issues. If there is a significant amount of mold in their home or workplace, remediation to eliminate the source of the mold may also be recommended. I have found this approach to be the best, most successful way of achieving optimal improvements in wellness and the decrease or resolution of the patient's complaints in those with mold sensitivities.

So, be well, be healthy, and remember...

“I am pursuing Truth, and am indifferent whither I am led, if she is my only leader.”

— Benjamin Rush

Dr. Ellen

References:

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