

Mold Poisoned and Back to Health

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Health Advocate

A Good Health Advocate.com



A Good Health Advocate

Get Well - Stay Well

ALS and Mold *could be* related

Identify if toxic
mold can be
poisoning you

Show you how to
test homes &
bodies

Controversial
solution for toxic
mold and other air
quality problems

Why are so many people sick?

- *92% of people worldwide live with excessive air pollution, contributing to problems like strokes, heart disease and lung cancer ~ World Health Organization, September of 2016*
- *Most Americans spend over 90% of their time indoors*
- *Indoor air has 2 to 5 times more pollutants than outdoor air.*
- *At least 30% of the buildings in the United States experience indoor air quality problems. ~The World Health Organization, 1984*

The Medical System is NOT HELPING!

- We saw a lot of doctors
- Not one ever mentioned environment
- Even when I would mention air, water, food, etc – brushed off

Timeline of Heather's Mystery Illnesses

- Diagnosed with *chronic reactive arthritis* 1992
- January, 2007 – est.1906, “new to us” home
- Starting in February, I had stabbing pains on the right torso, just below the rib cage
- Gaining weight all year, too tired to ride bike
- Throwing up at least once a day
- Ovarian cysts(twice), removed gallbladder
- January 2008, - throwing up every 3 mins
- Throwing up daily and a doctor said - I would too if I were overweight



What Does Mold Poisoning Look Like?

2007-2011



Throwing up & gaining weight
Bone tired and forgetful
No menstrual cycle @ 37 years old
Cysts on ovaries – 2 surgeries
Stabbing pain, right side rib cage
Gallbladder removed
Throwing up blood x2
High Liver Enzymes (AST & ALT)
Diagnosed with Sphincter of Oddi

June 26, 2010



Throwing up & losing weight
Seizures – lesions on brain stem
? what he was saying mid sentence
One nose bleed (very beginning)
Pain all over – mostly in knees
Low WBC & absolute Neutrophils
Positive for 9/15 bacteria & virus
Oral Antibiotics, then IV ABx
Diagnosed with Lyme Disease



Throwing up & gaining weight
Seizures
Fell down walking
Oral Antibiotics
Diagnosed with Lyme Disease
Would not eat
Throwing up blood
Died of Pancreatitis



Allergy and Asthma
Nose bleeds
Mood swings

Cullen's Timeline June -December

- 100% healthy, active, smart, happy kid
- Vaccinated June 3, 2010
(3 vaccines required for NASA Science Camp)
- June 10 leaves for 2 weeks RPI NASA Science Camp
- June 26th 2010
- bloody shirt
- **acutely sick, throwing up, low temp, sore knees**
- Diagnosed Lyme – amoxycillan – 3weeks
- **August 9th – Grand Mal seizure after prednisone**
- **Through December - different medicine combos including Pic line**



Over the next 37 weeks – he had seizures

- Tonic-clonic seizures (*grand mal*): shaking and stiffening of the body
- Clonic and myoclonic seizures: repetitive & jerking muscle movements
- Absence seizures: (*petit mal*): staring off into space – not there
- Atonic seizures: loss of muscle control

I quit my job and stayed home with him.

I researched every free moment

Doctors, specialists, tests, blood draws

- He had lesions on his brain
- He was on all kinds of medication – combo antibiotics
- Antiviral medication called Mepron like drinking yellow paint
- His WBC was so low he was out of school all year
- He had one doctor want to admit him for psychological reasons
- He would cry a lot – but he was in pain and the seizures were awful
- The pic line and IV Rocephin made him so much worse. He was grey.

We Go All Natural

- Pic line pulled December 20th, 2010
- New York doesn't allow hair, stool, plasma or some other testing
- Doctor's Data Hair testing finds high mercury, lead and arsenic
- No more chicken or rice (arsenic)
- Amalgam Illness & HPU treatment for mercury
- Detox, supplements, herbs – he is not getting better
- Sauna, hot tub, detox, baths, the seizures and pain continues.

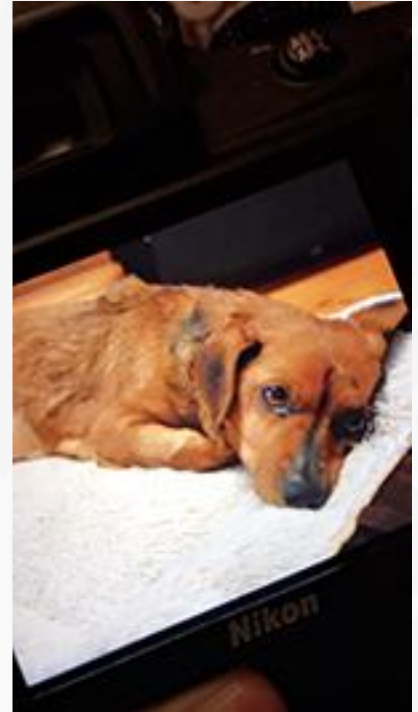
Going All-Natural

- Turning off Wi-Fi at night
- Getting rid of wireless phones
- No Gluten or sugar
- All whole foods – no boxes or cans
- No chemical cleaners or products
- Air cleaners/ water filters
- Rife frequencies – GB4000
- Sauna & Hot Tub
- Detox Baths & Detox Foot Baths
- Buhner Herbs
- Clear Body, Clear Mind
- Clean, Alejandro Junger
- Fat, Sick and Nearly Dead
- Klinghardt HPU treatment
- Zinc-less
- Amalgam Illnesss
- Hair Testing – Doctor's Data
- Tri-field meter

Our Dog Got Sick in August, 2010

- Seizures, throwing up, can't walk, throwing up blood
- I'm looking at the similarities in symptoms
Environmental? – air or water?
Something else?
- Under sink charcoal water filter
- Seizures every detox bath or a shower
– Aquasana w/ UV whole house
- Bought a multimeter and cleaned up our dirty electricity
- Checked for radon, high CO2
- Called the NYS Department of Health
- Brainstorming with my son's pediatrician – she was wonderful

Dr. Kari Bovenzi, Genesis pediatrics, Albany, NY



Nosebleeds – *A-ha moment*

- 2 notes home from the nurse -nosebleeds at school.
1st one, 2nd one a little concerned
- She had another nosebleed at home,
It was like a faucet - I was alarmed.
- It reminded me of the bloody shirt
- I searched “nosebleed environmental”
- I found a promo for a newly released book,

Surviving Mold



The book “Surviving Mold”

- Major turning point
- **Dr. Ritchie Shoemaker** writes about a nose-bleed that was when I knew – I had found the problem.

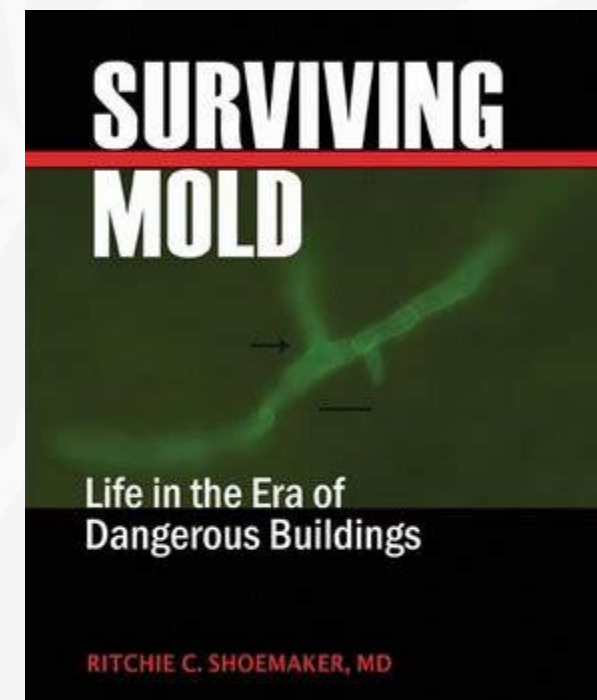
Toxic mold causes nose-bleeds.

It's not dry heat, asthma, allergies, weak capillaries

It's a toxin. A MYCOTOXIN.

I ordered dust sampling tests from Mycometrics.com

I had my son's doctor order some of the blood tests – I sent her a copy of SM



A few of the tests from: Surviving Mold

These are the tests I requested to check my “toxic mold theory”

[For more Surviving Mold resources -- link](#)

Please Draw	Test	Lab to Use		Code #	DX Codes	CPT codes
	MSH	Lab Corp only	Lav - freeze-trasylol	010421	E23.0 R65.10	83519
	Leptin	LabCorp	Lav - freeze-trasylol	146712	E23.0 R65.10	82397
		Quest	Lav - freeze-trasylol	90367	E23.0 R65.10 995.93	83520
	ADH	LabCorp	SST - freeze	10447	E23.0 R65.10 995.93	84588
		Quest	SST - freeze	252	995.93 R65.10	83930 84588
	Cortisol	LabCorp	Lav - freeze	004051	E27.40 255.41	82533
		Quest	Lav - freeze	4212	E27.40 255.41	82533
	TGF-B1	LabCorp	Lav	905036	D84.1 D83.1	83520
		Quest	Lav	91238	D84.1 D83.1	83520
	C4a RIA (not Futhan)	Quest only	Lav - freeze	19956	279.8 / D89.89	86160

Mold Allergies vs Mold Poisoning

- Mold allergies can give you the sniffles – mycotoxins can kill you
- Many doctors will test for **mold allergies** – **not useful at all!**
- One in four (25%)are “genetically susceptible”
- - *HLA DR gene testing –don’t bother!*
- Doctors rarely *-if ever-* ask for mold testing (home or body)
- Most people get a diagnosis of something else and get stuck there

Mold Poisoned = Toxic Mold

TOXIC MOLD

- *Stachybotrys chartarum*— Black mold, toxic mold
- *Aspergillus penicilloides*
- *Aspergillus versicolor*
- *Chaetomium globosum*
- *Wallemia sebi*

MYCOTOXINS

- Tricothecenes – U.S. Dept. of Defense- Biological Warfare Manual
- T-2 Toxin – a Trichothecene - *Fusarium*
- Aflatoxins – *Aspergillus* / commodities
- Ochratoxins (A, B & C) OTA – Asp/Pen
- Wallemiol A – farmer's lung

Test Your House for Toxic Mold

- Do the HERTSMI 2 test from Mycometrics
 - pronounced “HURTS-ME” | HERTSMI & HERTSMI 2 are the same!
 - <https://www.mycometrics.com>
 - \$160 – HERTSMI (compared to \$295 each for ERMI)
 - tests 5 MOST toxic molds to humans across moisture spectrum
- When you order from mycometrics
 - you pay \$55 up front for them to mail you the “kit”
- Choose cloth (Swiffer – like) or Dust (requires vacuum with wand)
- You pay the balance when you send in the sample

Stages of Mycotoxicosis

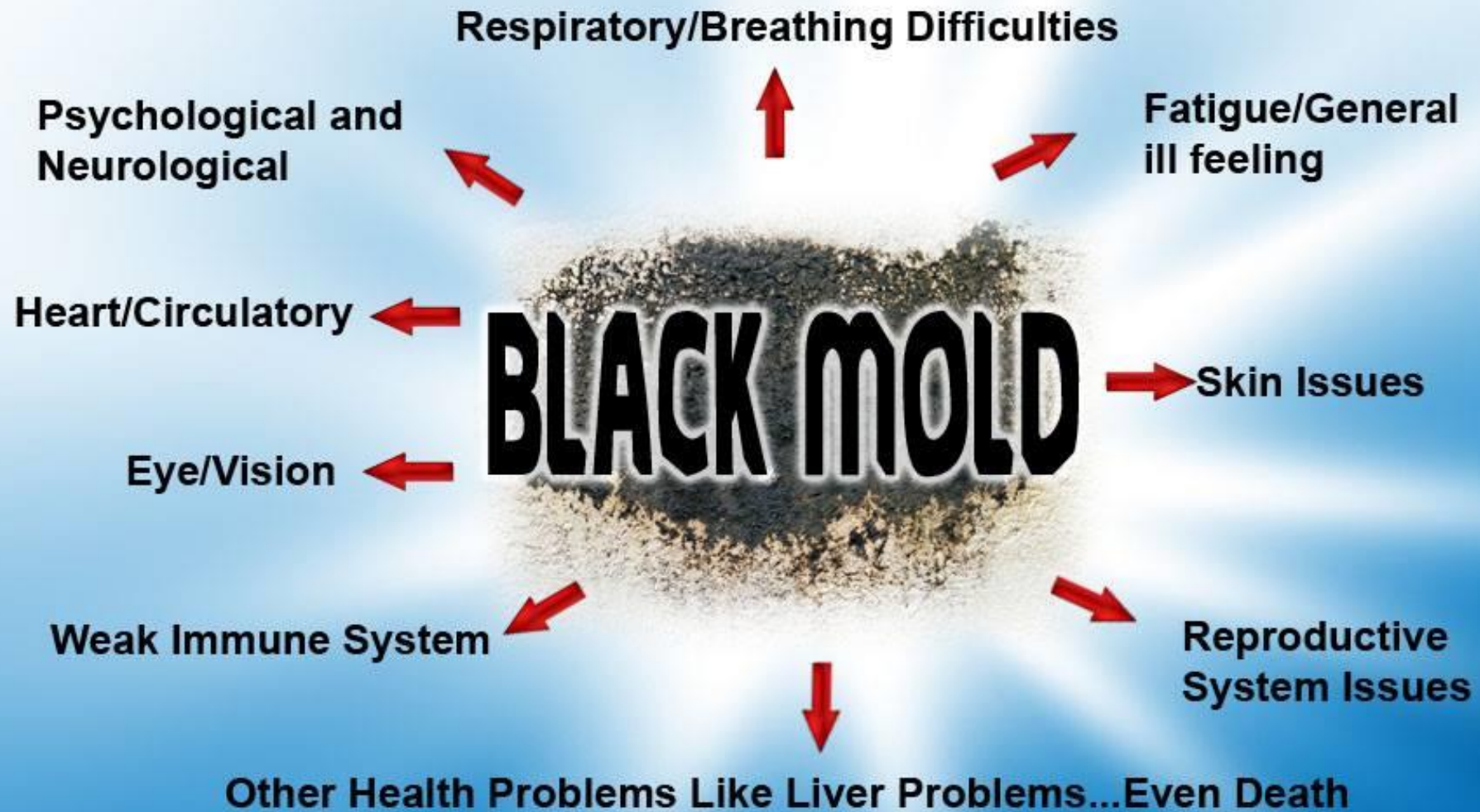
Stage One: headache, excess salivation, dizziness, weakness, fatigue, tachycardia, fever and sweating, congestion

Stage Two: Musculoskeletal : somatitis, muscle weakness, spasms, cramps, joint pain, enlargement of joints in hand, and clubbing of fingers, loss of short-term memory, loss of problem solving ability, loss of temperature control, disturbances of speech and loss of balance, immune and hematopoietic – loss of red and white blood cells

Stage Three: Organs shutting down, almost certain death

<http://agoodhealthadvocate.com/health/stages-of-mycotoxicosis-for-inhalation-of-mycotoxin/>

The Wide Range of Symptom Categories for Toxic Mold



Toxic Mold/ Mycotoxin Symptoms

Body aches (joints, muscle, and sinus)

Headaches

Delayed recovery from normal activity

Hypoperfusion (decreased blood flow through an organ)

Insomnia /sleep all day and still tired

Burning, red, or watery eyes

Allergic reactions to foods

Bleeding ears or nose

Bleeding gums

Body temperature regulation problems

Shortness of breath

Bronchitis

Charley horses

High cholesterol

Chronic Fatigue Syndrome

Abnormal circulation

Constipation

Coughing

Abdominal cramping

Depression

Diarrhea

Dizziness

Endometriosis

Fatigue – bone tired

Fever

Fibromyalgia

Leaky Gut

Allergies

Appetite swings

Anxiety

Chills

Inflammation

Insulin resistance

Interstitial Cystitis

Laryngitis

Irritable Bowel Syndrome

Toxic Mold/ Mycotoxin Symptoms

Light sensitivity

Lyme Disease - TBD

Metallic taste in mouth

Migraines

Mood swings

Morning stiffness

Muscle cramps, jerks, or twitches

Nausea

Numbness in the arms, legs, feet, or hands

Rashes

Raynaud's Phenomenon

Respiratory problems

Rosacea

Seizures

Sensitivity to bright light

Static shocks

Sinus congestion

Sinus infection

Skin sensitivity

Sleep apnea

Sleep disturbance

Stiffness

Sweating or not sweating

Swelling

Sore throat

Tingling

Burning tongue

Tremors

Frequent urination

Vertigo

Blurred vision

Weakness

Weight gain

Weight loss

Wheezing

Extreme Mold Avoidance (good for a test)

- Leave the house with nothing
- Go to a laundromat – ammonia
- Put everything in new plastic bags
- Go to a pre-cleaned motel room
- Shower as you enter the room
- Bag anything porous
- Wash anything non-porous - ammonia
- [Ozone Blaster](#)
15000 MGHR 1500 SQ FT
- 50/50 ammonia spray bottle
- Ziplock bags
- Plastic tubs inside construction bags/taped
- 10+ HEPA air filters & cleaners
no improvement
- Propolis Diffuser
Improves small areas

I Was The CRAZY CLEANING LADY

I was also recovering from mold illness. I was sick. Sometimes I hired cleaning people.

Tents
Motel Rooms
Cars
Homes



1. Ozone
2. Spray with 50/50 Ammonia
3. Wipe
4. Vacuum with HEPA Miele

Mold Remediation

- Interviewed 3 companies –
- My husband does the work with friends
- We threw out $\frac{3}{4}$ of what we own and put the rest in storage
- Ripped the sheetrock & insulation out/ anything porous
- Didn't put it back together until I felt fine in the empty shell

What Caused the Mold

- Our house was built in 1906 and was a rental house for 50+ years before we bought it.
- There was an 8ft window closed off to put in a more modern shower
- They used pressboard as siding (painted)
- It acted like a sponge and brought moisture into our walls
- This bathroom was right next to my son's bedroom
- The same bathroom where he would have seizures in the shower/tub

Basement Encapsulation

- We used crawlspacerepair.com
- They help you order the right materials
- My husband and a friend did it in 2 days
- Videos and phone support



Vacuumping the Ducts

- Some people replace all the ducts – especially if there is flex ducting
- We had our metal duct work cleaned
- Do not have them spray chemicals!
- It was important to me that the collection was in the truck and not a canister in the home.
- We had the ducts cleaned twice before we moved in because I felt bad when the heat came on.

Rebuilding Our House

- While we are doing this, we don't know anyone who has been able to successfully remediate after being as sick as we were.
- We are being told to run and not try to move back in
- I had become very chemically sensitive. (MCS)
- “Unmasking” – out of poison and become HYPER-sensitive
- It took 6-7 months of cleaning the shell before my husband had the go ahead to put the house back together.

Chemically sensitive/ Mold resistant

We rebuild with the best materials we can afford

- Ecos paint
- Vermont Natural Coatings Polyurethane
- Mag Board where there is probable moisture
- Clay mud
- The only chemical I still allow is ammonia and that's because that's the only way I know to kill mold and neutralize mycotoxins

Move Back In February 10, 2012

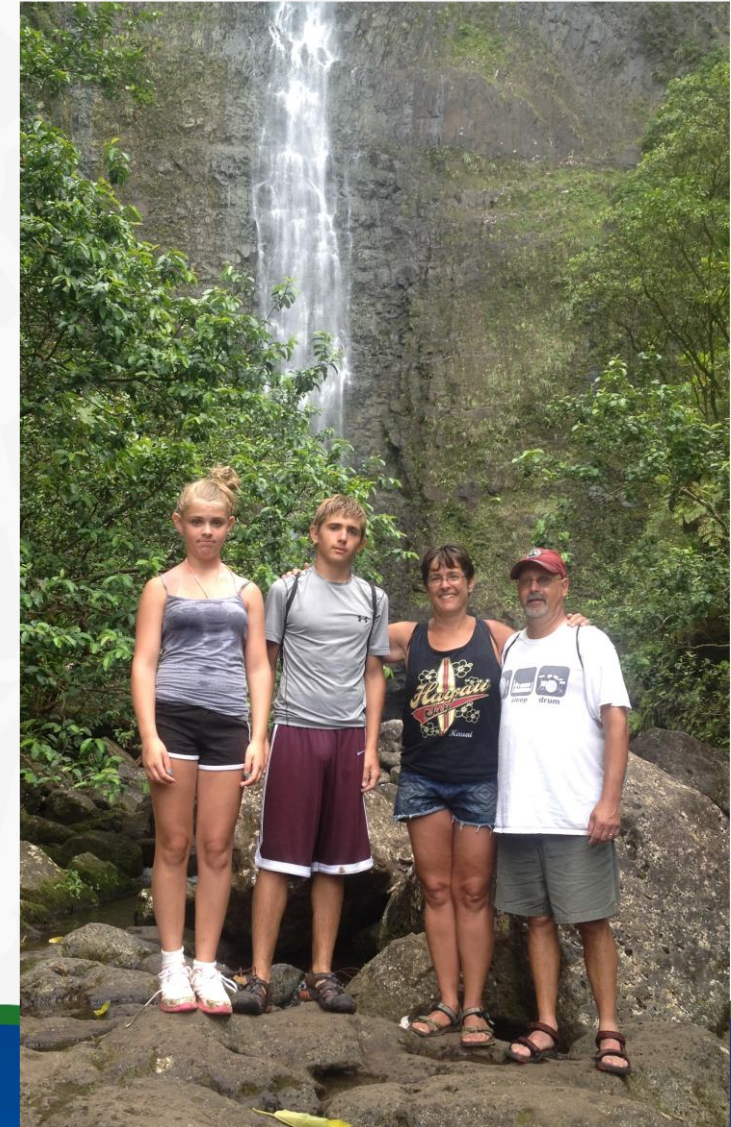
- In September 2012, I start AGoodHealthAdvocate.com because I feel like I finally got my brain back and I could share to help others.
- I go to naturopath conferences, indoor air quality conferences and more to learn and teach more about toxins, and how to heal.
- It's not just mold, I had 16 amalgams (mercury), lead, Lyme, mycoplasma, chemicals, shots, medications, and more!
- I will always be striving for better health and I love sharing

Extreme Mold Avoidance (Continued)

- No books or papers come in the house
Bagged and on the porch only!
- No friends or family come inside
- Shoes stay on the porch
- Wash your clothes and shower when you come home – bag clothes in plastic if you can't wash right away.
- Deep clean 1-2 rooms per week in rotation (ozone, ammonia, vacuum)
- I could feel cross-contamination – so my feelings turned to cleaning

Over 3 Years of Mold Avoidance 2011-2014

- 2014- Kauai, HI for 3 months
 - I feel better than I have in years
 - Everyone is healthy
- August, 2014 – Return to New York
 - I get sick on the flight and get sicker at home
- Both kids went to live with their father (2 blocks away)
- I'm sick. He's not.
- He has mold. I know it. But I'm sick.



Cross-contamination

- This is the whole reason for the crazy cleaning lady
- Something is always being brought in that contaminates
- Mold is everywhere
- Mail is moldy
- People live in moldy homes
- Stuff gets cross-contaminated
- It's why many people keep running from mold
- My husband had it cleaned but...



I was sick and getting worse

- I was throwing up again, inflammation, brain fog, despair
- I ozone the house, clean, etc
- Hire a crew to clean
- Kids are regularly coming from their dad's house cross-contaminating
- I do the HERTSMI and its extremely high – 20 on the HERTSMI Scale (anything over a 12 is too much for most – zero is too much for some)

All my years of being extremely careful and I was back where I started

HEPA – Filters 99.97% of particles

- Remove at least **99.97%** of aerosols 0.3 microns (μ) in diameter
- Mycotoxins are as small as .1 microns (human hair = 50-90 microns)
- I tried no less than a dozen HEPA air filters or combo ozone HEPA
- I would feel worse with them on – and not use them
- Always trying the next, best air cleaner
- I was so sensitive, I was just looking for relief

To Stay Healthy, We Need Clean Air

- Mold Avoidance is the “only” way inside many mold “support” groups
- I see so many people running from mold
- Out of the frying pan and into the fire
- Remediation, live in tents, throw everything away

When we know better, we do better

- **I found something that gets rid of the mold problem, simply**
- When I started talking about it support groups -
the topic was banned from discussion

I found Hi Tech Air Solutions...

- YouTube video
- Either this works or I'm going to live in a tent on a beach somewhere
- My husband points out that we had a dozen "air cleaners" in the closet
- This one was different – it destroys at a molecular level airborne as well as surface toxins – mold, bacteria and viruses!
- This one had a money back guarantee
- That sealed the deal.

I ordered 2 Hi Tech 101's.

One for me and one for my parents.
I hadn't been able to visit them since
I had become mold sensitive.
If these worked, I wanted them to feel the benefits too



With Hi Tech – I Started Feeling Better Right Away

- I was able to stay in my home
- Hertsmi Testing went from 20 to 6 in 3 months and Zero in 3 years
- I brought most of what was in storage back and decontaminated
- I have never had to think about mold in my home
- I travel with Hi Tech – Air bnbs and hotels



Heather Plude

February 4, 2015 · 🌐



[Evelyn](#) and I talked about this last night. Because the test went well with the Hi Tech air reactor vs. the Surviving Mold book, I decided to pull out my grandmothers paintings and the artwork I saved from the "mold-mare" that made us sick. It's been triple bagged for nearly 4 years. My hubby actually pulled it all out and I was in the other room and felt very anxious. I even got some neck palpitations. A vein was going buggy. I have had burning eyes, some swelling of my cheeks and tongue and the usual extra bathroom visits that come along with exposure for me. I am confident the air reactor will clean it up. It's been about 4 hours and I already feel better than when we first took it out. Tomorrow will be even better. My favorite is already on the wall.



Clean Car



Troy Smith

July 12, 2019 · 🌐

Got my car back from spending 10 days in a contaminated body shop. No worries! I did a quick wipe down and vacuuming. Now I'll employ one of my 101 beasts to tidy the rest up! The white box is my hygrometer to ensure the humidity doesn't plummet too low. [#gratefulforhitech!](#) [#cleanairlikesunshine](#) [#yeahbuddy!](#)



Heather



The Way Hi Tech Works

- UVC Bulbs “react” with the special sauce on the reactor pads
- The effect is much like the sun cleans the air outside to get “fresh air”
- Air and surfaces are cleaned while Hi Tech “treated” air circulates
- Add fans to increase circulation
- Open drawers and closets to let clean air in
- Fan pages of books open to clean the interior pages

Mold Remediation & Mold Avoidance

- Throw out everything porous
- Throw anything out that makes you sick
- Ozone blaster and maintenance = \$500 /year
- Ammonia is toxic – some switch to grain alcohol
- Ziplock Bags, plastic tubs, construction bags
- Remediation cost us over \$40,000 – that was DIY
- Encapsulating basements
- Paying to have people clean
- Constantly running from place to place
- Living in tents when indoors is making you sick
- Replacing things when they get contaminated

\$40,000 + Ongoing cost of sanity/cleaning/homeless

Hi Tech Air Solutions

Get the right amount of machines / square feet

1 Hi Tech 101 covers up to 1500 square feet

We have 1-2 in 1334 square feet

I clean my car with Hi Tech once a month

Be aware that surfaces are cleaned as long as air flows – so closed drawers, closed closets, closed books should be opened to the air for cleaning.

Change filter every 3 months

Change reactor pads & bulbs once a year

\$4,000 – one time / \$310 year

Hi Tech Air Solutions

- The 100% Money Back Guarantee changed in 2016.
 - HiTech Air Solutions offers a Pre/Post Testing Protocol Guarantee
Full refund AND reimburse the cost of testing up to \$300.00
if there is not at least a 30% reduction on the post-test results.
 - most tests have an 80% to 90% reduction
 - Proper Protocol must be followed
(properly sized, no construction, windows)
 - Testing results must be provided
- * 1 year warranty – parts and labor
 - * 5 year warranty parts

More of the Policy Change

- There is up to a 15% restocking fee on returns – if there is damage
- Never a dime– on a customer of mine!
- I will fight for no restocking fee.
- There are angry reviews out there
-- mostly people who have never owned a machine!
- Tish asked me to present Hi Tech and I have to tell you the truth

Hi Tech is the only thing that I found...

That works!

Hi Tech Models

Model 101

Up to 1,500 square feet
(14" x 15" x 7")
\$1995



Oversize if the problem
is severe OR someone
is the house is very
Sick and/or Sensitive

Model 110

Up to 5,000 square feet
(40" x 21" x 27")
\$5995



Spring Sale –

- 10% off through March 31, 2022 use code: **SPRING22**

Met Tish and Scott in Kauai - 2014

Because I am so grateful for everything they do...

10% every sale

Donated to HealingALS

Through October 2, 2022

When ordering through the website,
<https://www.hitechairsolutions.com/products>

Choose “Heather Plude” – “Salesperson”



Healthier Because We Breathe Clean Air



Breakout Rooms after Q&A

Questions & Comments
in Chat