



# Mycotoxin Producing Mold Symptoms (MPM) Symptom Checker

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## Mycotoxin Producing Mold Symptoms (MPM)

There are several common black mold symptoms. Some of these symptoms of mold exposure include:

- Headaches
- **Chronic fatigue**
- **Fever**
- Eye irritation
- Sneezing
- Rashes
- Irritation to the mucous membranes of the mouth, nose and throat
- Chronic coughing

MPM symptoms are even worse if the black mold exposure is severe, has lasted for a long time or if the individual has a mold allergy. Symptoms could include **nausea**, vomiting, as well as bleeding in the nose and lungs. Studies have also linked household mold exposure to depression.

The extent of black mold symptoms depends upon the number of spores inhaled and the duration of exposure. Black mold easily causes mold allergy symptoms, and symptoms likely persist until you get rid of the MPM mold. Sometimes people don't realize the health problems

they're having are caused by mold. MPM is not something to ignore because it only gets worse the longer you ignore it.

If you're looking for a way to confirm that you have mold poisoning, Our laboratory offers testing for the presence of mycotoxins in the body.

Our Lab uses a New Panel called (EMMA) Testing Environmental Mold & Mycotoxin Assessment to test for Aflatoxins (B1, B2, G1, G2, Ochratoxin A) and Gliotoxin.

# Indoor Air Pollution Worse Than Outdoor



According to the EPA, our **indoor environment is two to five times more toxic than our outdoor environment**, and in some cases, the air measurements indoors have been found to be 100 times more polluted.

The International Agency for Research on Cancer and the World Health Organization have concluded that **80% of all cancers are attributed to environmental rather than genetic factors, including exposure to carcinogenic chemicals, many of which are found in household cleaning products.**

The World Health Organization (WHO)

agrees, reporting that almost 3% of the global burden of disease is due to indoor air pollution. We spend as much as **90% of our lives**

**indoors** nowadays and researchers are investigating our exposure to indoor pollutants as contributing causes to rising incidence of autism, allergies and toxin load.

**Health Effects of Indoor Toxins** In the short term, indoor air pollution can cause irritated or dry mucous membranes in the eyes, nose, respiratory tract and throat. It may also cause dizziness, fatigue, fever, forgetfulness, headaches, irritability, lethargy and nausea.

Often, the health effects of indoor air pollution are attributed to colds and flu but they can build into asthma, hypersensitivity pneumonitis and Legionnaire's disease.

Researchers have found that childhood diagnoses of allergies, autism, Asperger's and Tourette's syndrome are

linked to indoor pollutants such as dust, phthalates, PVC flooring and second-hand smoke.

Other health effects arise over long-term exposure and are harder to link back to pollutants.

Multiple chemical sensitivity or MCS is on the rise. Also known as environmental illness or multiple allergy syndrome, this heightened immune reaction is debilitating.

**Symptoms of MPM include:**

- Burning eyes
- Breathlessness
- Cough
- Chronic runny nose
- Digestive problems
- Dizziness
- Fatigue
- Headache
- Memory problems
- Muscle and joint pain
- Nausea
- Poor concentration
- Rash
- Sensitivity to light and noise
- Sinus problems
- Sleep issues
- Sore throat

