



MOLD TOXICITY QUIZ

One of the biggest overlooked health conditions affecting millions of unsuspecting people each day is mold toxicity. The reason I say “unsuspecting” is because mold spores can grow in any unventilated or moist environment and be invisible to the naked eye. Plus, dozens of foods can contain toxic levels of mold that blend right into food and go unnoticed when consumed. The quiz below will help you identify if you are experiencing any of these mold toxicity symptoms.

Please Answer “Yes” or “No” to the Questions Below

1. Do you have any congestion?
2. Do your sinuses feel blocked?
3. Do you get red eyes or blurred vision often?
4. Do you get tearing of the eyes?
5. Do you feel tired or weak?
6. Do you have any shortness of breath?
7. Do you get flu-like symptoms often?
8. Do you get headaches?
9. Do you have light sensitivity?
10. Do you have forgetfulness or difficult word finding?
11. Do you have difficulty with focus or concentration?
12. Do you have any abdominal pain or bloating?
13. Are you stiff upon waking or do you feel inflamed often?
14. Do you have any tingling or skin crawling sensations?
15. Do you get wild mood or appetite swings?
16. Do you have any Increased urinary frequency?
17. Has your thirst increased?
18. Do you get a metallic taste in mouth?
19. Do you get lightheaded or dizzy often?
20. Do musty odors bother you?
21. Are your symptoms worse on rainy days?
22. Do you work in a poorly ventilated home or building?
23. Have you noticed water damage or discoloration elsewhere?
24. Have you had any leaks in your home?
25. Has your home or work been flooded?

TOTAL YES ANSWERS: _____

If you answered yes to 3 or more of these symptoms you may potentially have a mold toxicity health issue. We advise running an at-home urine-based Functional Medicine lab test to discover if you have hidden mold toxicity overgrowth.