

Is Your Home Making You Sick?

The Mold & Mycotoxin Risk Guide Every Homeowner Needs

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✦ Introduction: What You Can't See *Can* Hurt You

Did you know that mold isn't just a nuisance or an eyesore — it could be silently sabotaging your health? Mold spores and their toxic byproducts, mycotoxins, are invisible threats that can accumulate in your home's air and dust, even in buildings that appear clean and dry.

This guide helps you understand what mold is, what toxins it produces, and what symptoms may be linked to hidden exposure in your environment.

🧐 Mold, Mycotoxins & Health: What the Science Says

Common Indoor Mold Types & Their Toxic Byproducts

Mold Type	Mycotoxins Produced	Known Health Risks
Aspergillus fumigatus	Gliotoxin, Aflatoxin	Opportunistic infections, lung damage
Aspergillus flavus	Aflatoxin	Liver cancer, immune suppression
Aspergillus versicolor	Sterigmatocystin	Carcinogen, kidney and liver toxicity
Aspergillus niger	Gliotoxin, Ochratoxin	Respiratory infections, bladder cancer
Penicillium species	Ochratoxin A	Kidney damage, skin & lung issues
Stachybotrys chartarum	Macrocytic Trichothecenes	Nerve damage, ataxia, fatigue, inflammation
Fusarium species	Zearalenone	Estrogen mimic, hormonal disruption
Candida auris	Unknown	Hospital outbreaks, immune issues
Chaetomium globosum	Chaetoglobosins	Respiratory issues, chronic sinusitis

How Do You Know If You're Affected?

You may be exposed to mold-related toxins if you experience:

- Fatigue or brain fog that doesn't go away
- Recurring sinus infections or asthma-like symptoms
- Mood swings, anxiety, or hormonal imbalance
- Skin rashes or headaches without an obvious cause

Often, conventional testing doesn't explore environmental toxins as a root cause. That's where our specialized testing comes in.

The Test That Could Change Everything

Our Mold & Mycotoxin Indoor Building Test Kit uses advanced dust sampling to:

- Detect over 30 known mycotoxins
- Identify which species of mold are producing them
- Help pinpoint hidden environmental exposure

Results are analyzed by a licensed lab with a full report delivered directly to you, so you can take action with confidence.

Case Snapshot

A family of four had been battling fatigue, allergy symptoms, and frequent illness. Despite clean air ducts and no visible mold, the test revealed high levels of Ochratoxin A and Aflatoxins from *Aspergillus* species. A remediation plan and targeted detox protocol led to dramatic improvements in energy, mood, and overall wellness.

Additional Resources

- EPA Mold Guide: <https://www.epa.gov/mold>

What To Do Next

Ready to find out what's really in your home?

Curious if symptoms could be linked to invisible environmental toxins?

Click below to learn more and order your test today:

[INLINE4GOOD.COM](https://inline4good.com) - Mold & Mycotoxin Building Test Kit: [Mold & Mycotoxin Building Test Kit](#)

Or schedule a consult to review your results with a David Norris DC, MS, DACBN.