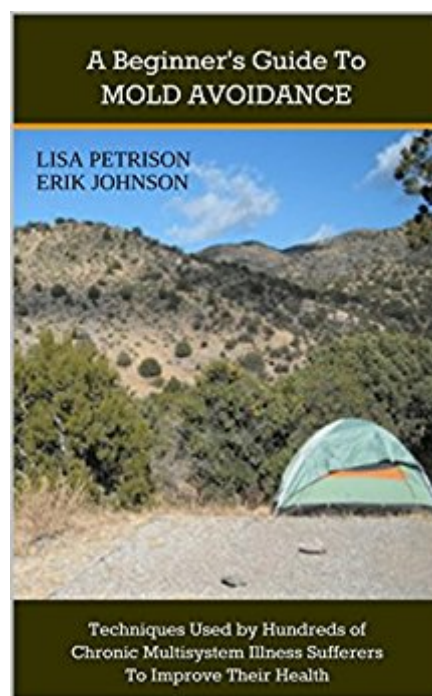




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# **A Beginner's Guide To Mold Avoidance: Techniques Used By Hundreds Of Chronic Multisystem Illness Sufferers To Improve Their Health**



## Synopsis

Disgracefully, many of the sickest people on the planet have been almost wholly ignored by the medical community. The mold avoidance approach described in this book was developed with the goal of helping these extremely ill and stubbornly treatment-resistant individuals (often described as having myalgic encephalomyelitis, chronic fatigue syndrome, chronic Lyme, fibromyalgia, multiple chemical sensitivity, Gulf War illness, POTS or toxic mold illness). The underlying premise of the approach presented here is that many or all of these individuals suffer from a severe hyperreactivity to certain kinds of mold toxins. This approach suggests that insofar as individuals are reacting to very low levels of these mold toxins, decreasing exposures to a level that does not prompt a reaction will allow movement toward wellness to be achieved. Both of the authors of this book were very sick with this kind of illness for many years and have become mostly recovered as a result of this approach. During recent years, many other individuals who were very ill with this sort of disease also have experienced major improvements as a result of following this approach. This book is designed to share the basics of the approach with a broader audience, so that more sufferers can learn about it and decide if it might be worth pursuing.

## Book Information

File Size: 12084 KB

Print Length: 387 pages

Publisher: Paradigm Change (May 29, 2015)

Publication Date: May 29, 2015

Sold by: Æ Æ Digital Services LLC

Language: English

ASIN: B00YIAS6MC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #147,007 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #13

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## Customer Reviews

I'm just starting out, just moved out of our house with mold a few months ago. This has been very helpful to me. I'm so grateful Lisa and Erik took the time to write it.

When my husband and I discovered that mold in our home could be the likely cause of our myriad of health problems, after reading the book "Surviving Mold" by Ritchie Shoemaker and trying out his testing methods (both labs and mold testing), we took our first steps towards regaining our health. But it wasn't enough in the end - we needed more help. Two years later, although we had made some really great health gains we were still fragile and getting sick with every exposure. It was so hard to go anywhere and we were reacting to stuff even at home - things we couldn't figure out the source of. It was so frustrating! Life felt so limited, even after all we had tried and thousands of dollars invested in fixing our situation. We finally read and followed the steps in this book, the Beginner's Guide to Mold Avoidance. We went on a Mold Sabbatical, a practice described in this book to help you determine if you are still reacting to something in your home, belongings, or environment. We did this in a different region, as suggested in the book, and were shocked by the results. The experience was life changing; we finally found the key that had been missing in our recovery. Fast forward to today... Now we're about 80% recovered, getting even better, and we have our lives back. I highly recommend this book to anyone who is still struggling with biotoxin illness, as well as those just learning about it. It would have saved us a lot of time and money had we known about this book from the beginning.

I suffered my entire life from illnesses related to toxic mold exposures. Doctors misdiagnosed me numerous times and it was not until I was bedridden and having organ failure did I finally find a doctor who was able to help me. I had fungal colonization that was poisoning my body and shutting down my organs. Because of my poor health and high sensitivity to toxins I had to find resources that could help me during my healing process. The details provided in this book pertaining to taking a sabbatical and becoming unmasked were critically important to my initial healing and the book later aided me in locating safer housing. The authors of this book are both survivors of significant toxic mold exposure and speak from their experience as well as personal accounts from others sickened by mold. Since this book is based on an evolving subject I have found it very helpful to join

the author's website forum and Facebook group on Mold Avoidance. I, and many other people, have been helped tremendously by this information.

This book might just have saved my life. My body was broken. Digestion stopped working. I went for weeks and weeks living on coconut oil and cabbage broth. I started having paralysis. Could not feel my legs, could barely walk at times. Yet, I could not understand what was causing this, neither could the doctors. Only when I found Lisa Petrison's work and began reading this book, it all started to make sense. I now had a guide on how I could implement Effective Mold Avoidance to heal. And I followed the instructions the best my circumstances allowed. Results were fast and impressive. I dove in and never looked back. Now, almost 1 year later I am pain-free most days, after a lifetime of chronic pain, which had reached unbearable levels in the previous 5 years. Most of my symptoms of severe ME and severe MCS are gone. Healing is ongoing as I further study this approach and it becomes like second nature to me. The book is written in a simple and concise way, so that we can understand it, even through the severe brain fog that chronic illness can cause. It gives a rationale on why and how to implement Effective Mold Avoidance, and for me, as a PhD level trained biochemical researcher, it all made perfect sense. I could understand now how my body was having severe reactions to previously unknown triggers (biotoxins), and I learned how to detect them in my environment and avoid exposing myself to them, or keep the exposure down to a level that would not cause me too much harm. Not all mold is toxic, and not all toxic mold is equally bad. In this book we learn that we don't need to panic every time we encounter a bit of mold somewhere. We learn to listen to our bodies as they tell us if this mold is toxic, if it is really hurting us or not. We only need to avoid that which is hurting us. This is Effective Mold Avoidance. And with this approach comes an increased freedom, to explore the world out there and trust that we can make good choices. Not to mention the fact that results reported by patients using this approach seem to be much better and faster than those trying standard medical treatments for mold illness. I cannot express my gratitude enough, for now I have a map on how to get a meaningful, full life back!

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