

## Mold Sources and Avoidance Hints

<u>Mold Name</u>	<u>Sources</u>	<u>Avoidance / Treatment Hints</u>
<b>Colonizing Molds</b>		
Candida (a form of yeast)	<ul style="list-style-type: none"> <li>• Colonizes human mucosa (nose, mouth, gut, vagina)</li> </ul>	<ol style="list-style-type: none"> <li>1. Treat with antifungal drugs               <ul style="list-style-type: none"> <li>• Econazole – not absorbed</li> <li>• Miconazole – partly absorbed</li> <li>• Fluconazole –absorbed</li> </ul> </li> <li>2. Reduction of dietary sugar</li> </ol>
Aspergillus	<ul style="list-style-type: none"> <li>• Colonizes sites of previous injury (lung, sinuses, gut)</li> </ul>	
Various Types	<ul style="list-style-type: none"> <li>• Affects skin, nail beds, scalp, mucosa</li> </ul>	
<b>Food Molds</b>		
Penicillium	<ul style="list-style-type: none"> <li>• Bread mold</li> <li>• Aged cheese</li> <li>• Food spoilage</li> </ul>	<ol style="list-style-type: none"> <li>1. Eliminate mold-rich foods               <ul style="list-style-type: none"> <li>• Eat only fresh meat, fruit, and vegetables</li> <li>• Do not eat leftovers after 24 hours</li> <li>• Do not drink fermented beverages</li> </ul> </li> <li>2. Substitute cottage cheese, farmer's cheese, mozzarella, feta, or ricotta</li> <li>3. Herbal teas and coffee are allowed</li> <li>4. Make your own fruit juice</li> </ol>
Saccharomyces Cerevisiae (baker's yeast, brewer's yeast)	<ul style="list-style-type: none"> <li>• Enriched foods</li> <li>• Bread, multiple B vitamins</li> <li>• Beer, wine</li> <li>• Bioengineered products (e.g., vaccines, enzymes)</li> </ul>	
Aspergillus	<ul style="list-style-type: none"> <li>• Citric acid, malt, black tea, chocolate, soy sauce, enzymes (added to many fruit juices)</li> </ul>	
<b>Airborne Molds</b>		
Alternaria	<ul style="list-style-type: none"> <li>• Outdoor decaying vegetation</li> </ul>	<ol style="list-style-type: none"> <li>1. Drain and dry out damp areas in and around house</li> <li>2. Vent bathrooms and kitchens</li> <li>3. Repair moisture leaks in roof and plumbing; seal subgrade retaining walls in house</li> <li>4. Discard mildewed carpets, books, bedding (foam), stuffed furniture, cardboard boxes, etc.</li> <li>5. Houses on slabs are often moldy; air purifiers with HEPA filters are helpful</li> <li>6. Wear mask when gardening</li> <li>7. Do not rake leaves; avoid leaf-blowers</li> </ol>
Mucor	<ul style="list-style-type: none"> <li>• Compost</li> </ul>	
Cladosporium	<ul style="list-style-type: none"> <li>• Indoor plants</li> </ul>	
(These molds are often found together, along with other species.)	<ul style="list-style-type: none"> <li>• Indoor mold/mildew</li> </ul>	

All dead, organic matter becomes moldy in time. As people age, they tend to become more immunized to mold. All adults are reactive to mold to some degree; children are not unless they have been stressed by illness, immune deficiencies, allergies, or metabolic disorders. When mold exposure is heavy and persistent, most individuals respond with increased antibody production, and symptoms may follow. These are usually flu-like in character and include fatigue, nasal congestion, headache, gastrointestinal dysfunction/distress, joint pain, muscle soreness, low-grade fever, and night sweats. Typically the symptoms occur hours to days after exposure. Patients may react to only a few molds or to many. Treatment requires mold avoidance and antifungal therapy when indicated.