

ANTECEDENTS

Mold toxicity can be a genetic illness for about 25% of the population who have an HLA type; (the HLA-DRBQ gene is related to mold toxicity as these people not make the antibodies needed to deactivate and remove the mold toxins from the system)

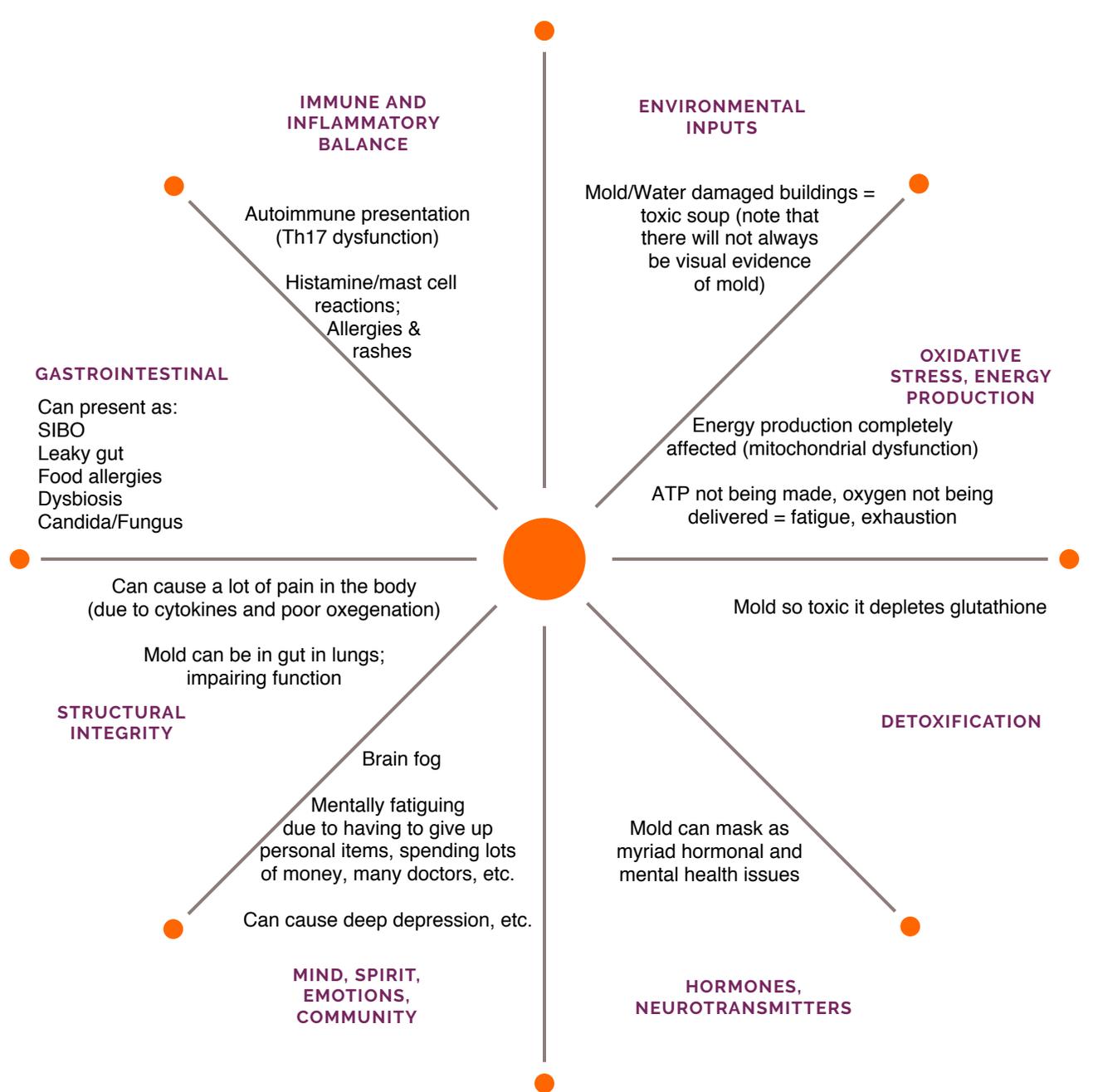
TRIGGERING EVENTS

Mold exposure is common (where there is intrusion of water in a building where there shouldn't be)

HLA types who cannot process mold are triggered by the immune system trying to get rid of the toxins

MEDIATORS

Toxic load = exposure to other toxins over their lifetime (mold is the "last straw" rather than the only event)



SLEEP/RELAXATION

Mold toxicity can cause insomnia or inability to relax
Meditation, quiet time, etc.

EXERCISE/MOVEMENT

Keep the body moving, exercise is important -- but note that there can be exercise intolerance

NUTRITION/HYDRATION

STRESS/RESILIENCE

RELATIONSHIPS/NETWORKS

Support patient in decisions about what to do; constant exposure will not enable healing