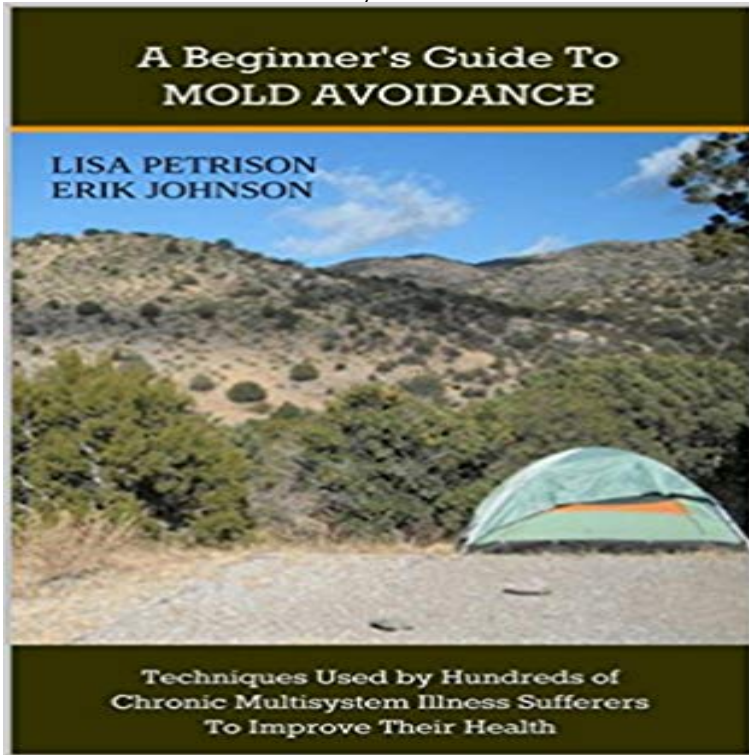


# A Beginners Guide to Mold Avoidance: Techniques Used by Hundreds of Chronic Multisystem Illness Sufferers to Improve Their Health



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.

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