

November 7, 2015

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**Blair King**[Become a fan](#)

Environmental Scientist, Husband, Father

# The Truth About 'Toxic Molds'

Posted: 11/04/2015 4:33 pm EST | Updated: 11/04/2015 4:59 pm EST



With the arrival of the rainy season comes the re-emergence of a common household problem: mold. Mold (or mould if you prefer) is a non-scientific term for a varied group of fungi. Molds existed on the planet long before humans and will likely exist long after the last humans are gone. Humans evolved in a world heavily populated by molds and virtually every breath we take, indoors or out, brings us in contact with mold spores.

Given its ubiquity, you might wonder why I would want to write about mold? Well in the last 20 years an industry has built up around the idea of "toxic molds." This industry preys on our fears and ignorance with mold being described as "black gold" in some circles.

The reality is there is no such thing as "toxic mold." There are some mold species that are "toxigenic," that is they produce "mycotoxins." Mycotoxins are metabolites produced by molds that are capable of harming other living organisms. Molds evolved these metabolites as part of their strategy to battle bacteria (and each other). One of the most famous of these mycotoxins is a compound we call penicillin. Penicillin is produced by the mold Penicillium (one of the supposedly "toxic molds") and is essentially harmless to non-allergic humans in the concentrations encountered in our day-to-day lives.

Certainly there are people who can be deathly allergic to penicillin. Approximately five per cent of individuals have some allergic airway response to elevated mold spore concentrations. But let's put that number into perspective, about 10 per cent of people are allergic to household pets.

Issues with mold have been known since biblical times and everyone knows that you should not eat moldy food as it can make you sick. Only recently has airborne exposure been considered a concern.

It has been argued that our current generation of mold panic can be directly linked to U.S. Centers for Disease Control (CDC) studies in 1994 and 1997. At that time, the CDC incorrectly linked lung damage in children to the presence of *Stachybotrys chartarum* mold. In 2000, this linkage was retracted by the CDC. Unfortunately, by then the damage was done and a few very lucrative lawsuits later, the "toxic mold" industry was born.

In order to grow, mold only needs warmth, moisture and food (often called "the mold triangle"...the mold version of "the fire triangle"). Molds will thrive at temperatures over 5 degrees C (and under about 45 degrees C) and humidity over about 50 per cent. Molds have evolved to live on pretty much anything organic in nature so can grow almost anywhere. To make it worse some molds, like *Penicillium* or *Cladosporium*, can tolerate colder temperatures. This is why you tend to find these two molds growing on rotting veggies in your fridge.

So what is the truth about mold? The fact that is understood now, that was not fully recognized in the 1990s, is that it is not the mold in your house that is making you sick. Rather it is living in conditions where mold can thrive that actually causes illnesses. As explained by the World Health Organization in 2009

Sufficient epidemiological evidence is available...to show that the occupants of damp or mouldy buildings, both houses and public buildings, are at increased risk of respiratory symptoms, respiratory infections and exacerbation of asthma. Some evidence suggests increased risks of allergic rhinitis and asthma. Although few intervention studies were available, their results show that remediation of dampness can reduce adverse health outcomes.

As for the mycotoxins, the research is also clear:

Current scientific evidence does not support the proposition that human health has been adversely affected by inhaled mycotoxins in home, school, or office environments ([Hardin Kelman and Saxon, 2003](#))

and

Currently, there is no supportive evidence to imply that inhaling mold or mycotoxins in indoor environments is responsible for any serious health effects other than transient irritation and allergies in immunocompetent individuals ([Fung and Clark, 2004](#)).

Now I am not saying that mold is good for you as that is clearly not the case. Molds can and do produce spores that can act as human allergens. At high enough concentrations mold spores can even induce headaches in people who are not directly allergic to mold. As well persons with immunosuppressed conditions should be especially careful to reduce exposure to molds. Molds can also damage and weaken structures. But on a day-to-day basis, molds and mold spores are not a significant risk to a healthy individual.

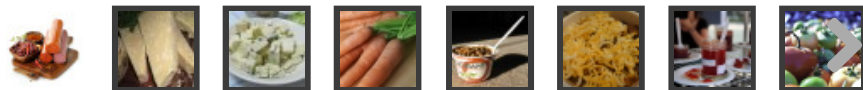
The take home message from this blog is simple: it is not some "toxic mold" that is making people sick, it is living in conditions conducive to mold growth that is bad for human health. As such mold can serve as a useful indicator. If you see mold it is time to deal with the conditions that are likely to make you sick sometime in the future.

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#### Conversations

27 Comments

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Add a comment...



### Holly Remnant Fleming

This article is so wrong. Toxic mild makes people very sick whether healthy are immune compromised. Do your homework. What an irresponsible article. Obviously your authors are lacking in lacking in knowledge. Quit spewing get false information.

Like · Reply · 11 · Nov 5, 2015 1:58pm



### Blair King · Langley, British Columbia

Living in conditions where mold thrives makes people very sick.

Like · Reply · Nov 5, 2015 8:50pm



### Taylor Burnworth

Blair King Mold doesn't have to thrive for it to make people sick.

Like · Reply · 4 · Nov 5, 2015 10:13pm



### Rocky Vachon

Mold can grow with moisture, from a leaky pipe, for example, and a food source, like cellulose. Wet drywall alone does not seem to make people sick. Living in an environemnt in which wet drywall becomes moldy does seem to be making people sick. It's now just up to the science to play a bit of catch-up.

Like · Reply · 1 · Nov 6, 2015 6:10am



### David Rosenberg · Kyiv, Ukraine

Blair King I think your definition of mold isn't in context. Theres many species of Mold. Aspergillus Niger Penicillium chrysogenum Candida albicans Cladosporium herbarum Alternaria alternata Aspergillus fumigatus are starters! If your immune system is messed up by living in a polluted city and eating shit GMO foods that have been grow in pesticides and monsanto monopolized you can see why these molds will take a toll on peoples body.

Chinatown always has moldy produce too. Wheres the health inspectors creating a decent cleanzy import export checking for quality control. Routes are bought over... See More

Like · Reply · 2 · Nov 6, 2015 9:45am · Edited



### Jennifer Cannon

I hope they are paying you minimum wage to write articles because that's an overpayment for work done. Please don't call yourself any kind of environmental professional it's a disgrace and you honestly should be fired for writing garbage like this...honestly, I'd have fired you the day before you wrote it.

What are mycotoxins?

[http://survivingtoxicmold.com/what\\_are\\_mycotoxins\\_](http://survivingtoxicmold.com/what_are_mycotoxins_)

What can molds do to humans?

[http://survivingtoxicmold.com/mold\\_\\_\\_mycotoxin\\_chart](http://survivingtoxicmold.com/mold___mycotoxin_chart)

Mold in the Bible (as you referred to it)

[http://survivingtoxicmold.com/mold\\_in\\_the\\_bible...](http://survivingtoxicmold.com/mold_in_the_bible...) See More

Like · Reply · 8 · Nov 5, 2015 5:14pm



### Penny Simmons Richard Dewey · Academy Canada

Could it be that AOL your parent company owns it's own health insurance company? Why you would write such a joke and an article?? Well a little research goes a long way. It's seems AOL owns the Huffington Post. And they own their own insurance company. They hate paying out staff benefits. Here's there CEO regarding paying out staff sickness \$'s

<http://www.businessinsider.com/heres-why-tim-armstrong...?>

Like · Reply · 6 · Nov 5, 2015 5:15pm



**Sandy Wolfe** · Charleston, South Carolina

Gotta be an insurance company involved in this stupidity.

Like · Reply · 9 · Nov 5, 2015 5:46pm



**Sandy Wolfe** · Charleston, South Carolina

Since you quoted the bible, have you actually read what the Bible says? It's certainly against your opinion.

Like · Reply · 3 · Nov 5, 2015 7:44pm



**Rocky Vachon**

I'm on your side, but let's not go quoting the Bible. It isn't really a reliable source.

Like · Reply · Nov 6, 2015 5:25am



**Sandy Wolfe** · Charleston, South Carolina

Rocky Vachon I agree with you completely. I was only making that comment since the author said it had been spoken of since biblical times. He was referring to where it says to destroy the home if mold is found. That's why I found it so ironic.

Like · Reply · 1 · Nov 6, 2015 5:43am



**Philip Savell**

This article is nonsense, designed to discredit mold victims, as the insurance could never cover all the damages we incur. The author works for the Canadian Government. His opinion has been bought and sold. What a shame to see this in Huffpost. Very alarming.

<https://www.blogger.com/profile/14439598281608282361>

Like · Reply · 3 · 16 hrs · Edited



**Dana Toliver**

This is by far the most misinformed slanted article I have ever read! Clearly the author of this article is very misinformed and has not done any research on this topic but instead just spewed out talking points... Obviously they have been bought off by industry. Had this author simply gone to the military's website and searched Mycotoxins they would have learned that not only are Mycotoxins toxic but they can be weaponized! And, no, you do not have to be allergic to a poison (toxin) to be affected by it. Anyone can become sick from a poison!!! This article does such a disservice to those who have become sick and have died from mold toxins. Please if you would like real information regarding mold illness and Mycotoxins please visit [www.rteesgrl2015.wordpress.com](http://www.rteesgrl2015.wordpress.com) [www.survivingmold.com](http://www.survivingmold.com) [www.moldymovie.com](http://www.moldymovie.com)

Like · Reply · 9 · Nov 5, 2015 3:44pm



**David Rosenberg** · Kyiv, Ukraine

Aspergillus Niger Mold is indefinitely toxic

<http://articles.mercola.com/.../03/molds-making-you-ill.aspx>

Like · Reply · 3 · Nov 6, 2015 5:22am



**Blair King** · Langley, British Columbia

As does salt, water and chocolate, the dose is the critical consideration.

Like · Reply · Nov 6, 2015 9:08am



**David Rosenberg** · Kyiv, Ukraine

Maybe once you're sick then you can know. Health Canada puts blind eye to many things because they can't afford to check everything and there's not enough specialists to deal with this. Same with Lyme disease and many other co-infections. Once you're sick every little thing counts. Getting prescriptions here is also hard. Imagine how fast the country will go broke if it was diagnosed and generics were covered by province. It's all comes down to people like you who compare it to salt water and chocolate uneducated bigots why don't you go ask for aspergillus niger testing via serology via doctor. They won't test you. but yet it's one of the tests available. People are fleeing to Europe and US to get treatment. I'm not sure if that's because of lobbyist corporations or if Canadian health system is really this shit and can't


afford testing, treatment, and buying cheap generic drugs for a discounted price. If you compare price of medication vs US its cheaper here. because they dont prescribe it.

Like · Reply ·  1 · Nov 6, 2015 9:34am · Edited



**Sherri Olson-Hewett**

Wow! Shockingly misinformed. You're lucky you haven't had to experience living in any of this "non-toxic" mold yourself. Because if you did, you would sing a completely different tune, I assure you. My young dog died after living in Stachybotrys and Chaetomium for 2.5 years and I almost did (while I was in my mid-30's!). There is a whole separate reality with this stuff about which you obviously have no idea. You'll get it some day hopefully, but in the mean time, articles like this don't help anyone.

Like · Reply ·  12 · Nov 5, 2015 2:53pm



**D.J. Gustas** · Chicago, Illinois

So, you're suggesting that trichothecenes (which is one mycotoxin that stachybotrys releases) is not toxic to humans? Did you know that trichothecenes are used in biological warfare? Haven't you've heard of "yellow rain"?

Like · Reply ·  11 · Nov 5, 2015 2:58pm



**Kelli Kellum Dussault**

You took the words right out of my mouth!!!

Like · Reply ·  8 · Nov 5, 2015 3:13pm



**Blair King** · Langley, British Columbia

The problem with your argument is that it fails in the first test of a risk assessment in that it doesn't recognize the dose-response relationship and the ability of mold to produce mycotoxins.

I prepared a series of posts to help me out in situations like this. The posts started with "How Big and Small Numbers Influence Science Communication Part 2: Understanding de minimis risk" which explained how the science of risk assessment establishes whether a compound is "toxic" and explained the importance of understanding dose/response relationships.

<http://achemistinlangley.blogspot.com/.../how-big-and-...>

The series continued with "How Big and Small Numbers Influence Science Communication Part 3: Understanding "Acceptable" Risk" which, as the title suggests, explained how to determine whether a risk is "acceptable".

<http://achemistinlangley.blogspot.com/.../how-big-and-...>

I then went on to explain how a risk assessment is actually carried out in "Big and Small Numbers in Science Communication Part 4: the Risk Assessment Process.

<http://achemistinlangley.blogspot.com/.../big-and-small-...>

I finished off the series by pointing out the danger of relying on anecdotes in a post titled: Risk Assessment Epilogue: Have a bad case of Anecdotes? Better call an Epidemiologist.

<http://achemistinlangley.blogspot.com/.../risk-assessment-...>

Like · Reply ·  1 · Nov 5, 2015 6:54pm




**Sara Riley Mattson** · Works at Sara Riley Mattson

The findings about mold illness are showing that it is an immunologically-based toxicological problem. If every immune system recognized the mycotoxins easily and swiftly got them out of the body then you are right...it would just be dose dependent. This is not the case. Some people have one or more systems or pathways deficient in this ability. It bears some resemblance to individual variations in the ability to process and detox from alcohol. Also, MRIs and blood tests



performed, analyzed and interpreted by experienced scientists and physicians is not anecdote. I understand wanting this not to be true and I applaud any attempt to use research to shed light on such a complex topic. Dr. Jill is a great teacher if you really do want to dig into this more complicated immunotoxicity aspect.

Like · Reply ·  5 · Nov 5, 2015 7:25pm



**Sara Riley Mattson** · Works at Sara Riley Mattson

Sorry. My response is to King's response.

Like · Reply · Nov 5, 2015 7:26pm



**Sandy Wolfe** · Charleston, South Carolina

Blair King has no knowledge of mycotoxins and the harm they cause people. It hides behind walls and under floors. It causes horrible autoimmune diseases and aspergilloses in the lungs of children. Such as my child.

Like · Reply ·  3 · Nov 5, 2015 7:36pm



**Sandy Wolfe** · Charleston, South Carolina

Blair King I read all those long boring papers you wrote. None of them mentioned levels of mycotoxins so they make absolutely no sense in this discussion.

Like · Reply ·  3 · Nov 6, 2015 5:47am



**David Rosenberg** · Kyiv, Ukraine

Blair King The system is flawed here to begin with so don't look at Canadian sources to educate the masses on mold. You can start with a Canadian Environmental Health Clinic @ women's college hospital. But they are under resourced/underfunded. One of the things it can cause is Multiple Chemical Sensitivity since your body is focusing on the mold you are now over hypersensitive to chemical odors which can cause poisoned episodes of industrialized solvent exposure even the slightest low dose of a whiff.

Like · Reply ·  3 · Nov 6, 2015 9:54am



**David Rosenberg** · Kyiv, Ukraine

[Who's doing the RISK ASSESSMENTS health Canada? then you know already where the problem starts. Faulty misdiagnosed testing methods because of economy, lobbyists in the pharmaceuticals, and god knows what else. It's like the ELISA test for Lyme - bunch of shit. So whoever is doing the risk assessment for mycotoxins can easily be paid to say whatever they want. It's not the first time this has happened. The sick and disabled are the real people who are qualified because we feel it every day both politically and emotionally. We are the true mind over matter.

Like · Reply ·  1 · Nov 6, 2015 9:59am · Edited



**Taylor Burnworth**

Blair King When it comes to mold toxicity, and those who are susceptible to it, there is no such thing as a relationship between dose and response to it. The two don't have any such relationship. If they do, it only lasts a couple seconds, and you have to break it off.

Like · Reply ·  3 · 22 hrs



**Penny Simmons Richard Dewey** · Academy Canada

I welcome you to move into the flooded house my family and I moved out of a year ago because of health issues. It's rent free for you and your family. Let me know if you wish to move in and roll the dice on your family's health. Maybe you need to research fungus as things as is the term most scientists use on their research as to downplay the use of the term mold.

Like · Reply ·  4 · Nov 5, 2015 4:28pm



**Blair King** · Langley, British Columbia

As I wrote, and you apparently missed. Living in conditions of high humidity will make you sick as will living in areas with high allergen concentrations. Did your house make you sick? Probably. Was it mycotoxins? almost certainly not.

Like · Reply ·  1 · Nov 6, 2015 9:10am

Like · Reply ·  1 · Nov 6, 2015 9:10am



**Penny Simmons Richard Dewey** · Academy Canada

What's your back ground in this field? I believe you are in over your head on this issue. Talk to people dealing with this issue and trust what they tell you. Not what sounds good to your or people near you.


Like · Reply ·  2 · Nov 6, 2015 9:20am



**David Rosenberg** · Kyiv, Ukraine

Blair King Sick building syndrome is different vs mold species infested area. Once your exposed to this oppourtunistic mold you have more incidents of people catching mycobacterium AVIUM which was only in patients with HIV infections. Ask any doctor its rare to have MAC infection withouth being immunocompromised like HIV. where is the immunocomprimisation happening? through these mold concentrations in old buildings you sleep in it it changes your body to concentrate on the mold while other opportunistic infections thrive! There is natural mold in the outside air but the dangerous ones are what we are talkign about that grow between the walls and under the carpets and in basements


Something is suppressing Th1 Immunity (mold) then you catch other things pick any from this list : <https://en.wikipedia.org/wiki/Doxycycline>

Like · Reply ·  1 · Nov 6, 2015 9:51am · Edited



**David Rosenberg** · Kyiv, Ukraine

Penny Simmons Richard Dewey i guess he starts seeing a patern of people replying . I just pray he doesnt have to go through what we had to go through as sick and disabled. Time teaches all but i dont pray upon it for him because i wish he was more understanding rather then having to go through it one day

Like · Reply ·  1 · Nov 6, 2015 10:01am



**Sharon Noonan Kramer** · Ole Miss

Mr. King, for a greater understanding of the deadly discrimination of the environmentally disabled that you are promoting by relying upon the LNT Veritox Theory as legitimate science, please read one of our newest blogs on Katy's Exposure, "American College of Medical Toxicology Choose Wisely to Sunset Your Mold Statement" We are asking the USDOJ for criminal prosecutions. <https://katysexposure.wordpress.com/.../american-college.../>

Like · Reply ·  5 · Nov 5, 2015 4:27pm



**David Rosenberg** · Kyiv, Ukraine


I totally agree, I have MCS which was caused by mold, and on top of that over X amouth of time my pge2 inflmmation markers went up and i caught yersinia and babesiosis and CP. and guess what I had to go to europe to get diagnosed now the doctors here are quiet. They either send you to a shrink and label you as crazy or you pay out of your own pocket to feel better. This article is really bad , nice try in manipulated the public though.

Like · Reply ·  3 · Nov 6, 2015 9:56am



**Rocky Vachon**

[http://www.who.int/bulletin/archives/77\(9\)754.pdf](http://www.who.int/bulletin/archives/77(9)754.pdf)

Like · Reply ·  2 · Nov 5, 2015 3:53pm



**Blair King** · Langley, British Columbia

As the report clearly concludes:

Most of the outbreaks of mycotoxicoeses described are a consequence of the ingestion of food that is contaminated with mycotoxins.

As I write in the post: "you should not eat moldy food as it can make you sick."

Like · Reply · Nov 5, 2015 7:10pm



**Sandy Wolfe** · Charleston, South Carolina

It's been proven over and over by every government agency that inhalation of mycotoxins can cause grave danger to many organs

inhalation of mycotoxins can cause grave danger to many organs.

Like · Reply ·  3 · Nov 5, 2015 7:39pm



**Blair King** · Langley, British Columbia

Sandy Wolfe except that is not what the peer-reviewed literature says.

Like · Reply · Nov 5, 2015 8:24pm



**Sandy Wolfe** · Charleston, South Carolina

Blair, that is exactly what the medical peer reviewed research says. Many said cigarette smoking was not harmful for years. Bet those guys feel pretty stupid now. It will be the same with mold.

Like · Reply ·  3 · Nov 5, 2015 8:41pm



**Rocky Vachon**

Blair King The summary at the beginning of the paper also clearly states: "Exposure to mycotoxins is mostly by ingestion, but also occurs by the dermal and inhalation routes."

This is from the WHO who decidedly recognize that exposure through inhalation and dermal absorption, as it might occur with people who get sick from water-damaged buildings, is a pathway for mycotoxicosis.

Mycotoxicosis through ingestion would likely involve larger doses and higher concentrations of moulds and mycotoxins, since they would likely come from our food supply. Occurrences of this type of mycotoxicosis would... [See More](#)

Like · Reply ·  1 · Nov 5, 2015 8:56pm



**Rocky Vachon**

Blair King Here's a paper released by the Canadian Human Rights Council: [http://www.chrc-ccdp.gc.ca/.../files/envsensitivity\\_en.pdf](http://www.chrc-ccdp.gc.ca/.../files/envsensitivity_en.pdf)

"Although sensitivities are not classic allergic responses, the immune system may nevertheless be affected. Anti-neural autoantibodies (antibodies that attack one's own nerves) may develop in response to mouldy environments. Hyper-reactivity induced by scents and chemicals is accompanied by elevated nerve growth factor, and exposure to electromagnetic fields may affect immune response."

"Moulds are increasingly recognized as serious contaminants in buildings, co... [See More](#)

Like · Reply ·  1 · Nov 5, 2015 9:05pm



**Sandy Wolfe** · Charleston, South Carolina

Wrong again Blair. That's exactly what the peer reviewed research says. Check your medical degree because you don't know where to find them. Oh wait. You don't have one.

Like · Reply ·  3 · Nov 6, 2015 5:53am



**Alice Johnson Kennison** · Newnan, Georgia

How insulting to the many thousands of people who suffer from mold illness. I am ill from INHALING mold. I am not allergic to mold. I was perfectly healthy, active, and took no medications before my house became moldy. I lost my health, all my possessions, and my job. After seeing a string of doctors who denied that toxic mold was causing my problems, I finally found people who told me the truth. I am now being treated and am improving. Why don't you check out some of the Facebook mold groups so you can see the devastation toxic mold brings? The people in these groups have no reason to lie. They're mostly broke, facing homelessness and the disintegration of their family. There is severe depression and a tendency to suicide because of the brain inflammation from the toxins. Thank God there are some who are beginning to understand, because we desperately need support. You need to educate yourself!

Like · Reply ·  4 · Nov 5, 2015 8:07pm




**Kelli Kellum Dussault**

Yes good point you don't need a mold allergy to get sick from mold. Thank you Alice for speaking up! I applaud all who take a stand on



I thank you Alice for speaking up!! I applaud all who take a stand on the issues that really matter..

Like · Reply ·  1 · Nov 5, 2015 8:44pm



**Sharon Noonan Kramer** · Ole Miss

Dear Mr. King, You really need to retract your promotion of this, "Current scientific evidence does not support the proposition that human health has been adversely affected by inhaled mycotoxins in home, school, or office environments (Hardin Kelman and Saxon, 2003)" That paper is commonly known as the American College of Occupational and Environmental Medicine (ACOEM) Mold Statement. The paper was a science fraud purposed toward insurer fraud, by use of discriminatory scientific fraud upon the court. It is based upon Hardin's and Kelman's (two of the six owners of Veritox, Inc) linear no threshold (LNT) model to claim false proof that microbial toxins in water damaged buildings could never reach a level to harm. The LNT has been widely discredited. ACOEM sunset this paper in early 2015 at the insistance of OSHA. You can read the WorkCompCentral article announcing the sunseting here: "ACOEM Takes Down Position Paper commonly Used to Defend Against Mold Claims" <http://wp.me/pYPz-3Sx>

Like · Reply ·  5 · Nov 5, 2015 4:00pm



**Blair King** · Langley, British Columbia

The ACOEM has a standard policy of sunseting policy statements based on calendar years (not presure from OSHA). It does not negate the data underlying the policy, which has not been seriously challenged. As for your fascination with the LNT perhaps you should spend more time reading the academic literature since the LNT is primarily used for radiation and is barely acknowledged in the serious literature for biological contaminants.

Like · Reply · Nov 5, 2015 7:01pm



**Sharon Noonan Kramer** · Ole Miss

Blaire King this is YOU: WorkCompCentral March 9, 2015 <http://wp.me/pYPz-3Sx> "Shoemaker said that even though the ACOEM paper appears to have been sunset, he expects it to continue cropping up in court because ACOEM was the last organization to hold the position that mold inhalation wasn't likely to cause medical problems.

'They don't have anything else,' Shoemaker said. 'The British were throwing rocks at Washington as he crossed the Delaware River because the Hessians were too drunk to fire their muskets.'

Like · Reply ·  4 · Nov 5, 2015 7:57pm



**Jenny Valencia Root**

Hum.. Let me guess... You get paid thousands of dollars to testify on behalf of defendants (condos, construction and property managers and owners) and rip plaintiffs and sick victims off with your (smoking mirrors science) while you fill your pockets while innocent people suffer, get ill and even go bankrupt— business must be slow for you - thanks Huffington Post for losing journalistic credibility by posting this article. Just lost me as a reader,

Like · Reply ·  7 · Nov 5, 2015 5:08pm



**Blair King** · Langley, British Columbia

I have never testified in any legal case on the topic of mold.

Like · Reply · Nov 5, 2015 7:03pm



**Sandy Wolfe** · Charleston, South Carolina

I believe he works for the government in Canada to give his opinion on whether buildings are dangerous. Of course, their government wants to hear they don't have to spend millions in repairs. Am I mistaken? Where is your degree from?

Like · Reply ·  4 · Nov 5, 2015 7:38pm



**Blair King** · Langley, British Columbia

Sandy Wolfe strike two, no I don't

Like · Reply · Nov 5, 2015 8:24pm



**Rockv Vachon**



**Rocky Vachon**

Jenny/Sandy, that's a little overly conspiratorial. I think this is just a case of someone pretending to understand something that they really don't.

<https://s-media-cache-ak0.pinimg.com/.../df6e5ecef73ff467...>

Like · Reply · 2 · Nov 6, 2015 5:32am



**Sandy Wolfe** · Charleston, South Carolina

Rocky Vachon His own page says he works for a government entity in Canada.

Like · Reply · 1 · Nov 6, 2015 5:48am



**Rocky Vachon**

Sandy Wolfe Yeah, but that doesn't mean that he's involved in some conspiracy to cover up the evidence. You might want to notice that a lot of people in government speak from the asses and pretend to understand things that they don't.

Like · Reply · Nov 6, 2015 6:13am



**Blair King** · Langley, British Columbia

Sandy Wolfe no my home page does not say I work for the government or for a government entity. There is no conspiracy here, I don't derive any personal wealth from these posts. I am working to clear up misinformation as a public scientist. The science on the topic is pretty clear and a careful reading of what I wrote will show that I have not said anything wild or inflammatory, I have relayed the best of the current peer-reviewed science for readers to consider.

Like · Reply · Nov 6, 2015 9:14am



**Taylor Burnworth**

That's really quite interesting especially in light of someone who would write articles like this: <http://achemistinlangley.blogspot.ca/.../on-scare...>

Like · Reply · 22 hrs



**Taylor Burnworth**

or this: [http://www.huffingtonpost.ca/.../nocebo-effect-wifi\\_b...](http://www.huffingtonpost.ca/.../nocebo-effect-wifi_b...)

Like · Reply · 22 hrs



**Blair King** · Langley, British Columbia

Taylor Burnworth Both blog posts represent examples where science, and risk, were miscommunicated to the public. No agendas, except to ensure that good information is used in environmental decision-making.

Like · Reply · 20 hrs



**Kelli Kellum Dussault**

If it is harmless as you claim, than why are schools across this country being shut down, or torn down? Why are buildings across this country being evacuated due to mold? Tons of money is spent on remediation and if it wasn't a concern no one would waste massive amounts of money to fix a mold problem, there would be no need, because as you say toxic mold, is not toxic. However our own government is spending massive amounts of money removing and remediating toxic mold. Are you saying they shouldn't bother?

Like · Reply · 8 · Nov 5, 2015 3:29pm



**Blair King** · Langley, British Columbia

The presence of mold is an indicator of water damage that can and will make people sick. If you have mold then you have water damage and that must be repaired.

So to answer your question, the schools are being torn down because they are leaking like sieves and making their students and teachers ill.

Like · Reply · Nov 5, 2015 7:12pm



**Kelli Kellum Dussault**

Blair King last time I checked water never made people ill. But glad you agree that "something" is making them sick. Are you stating that

"water" is the cause of illness in Water Damaged Buildings? Are you stating that it is water as opposed to toxic mold growth?

Like · Reply ·  4 · Nov 5, 2015 7:20pm



**Taylor Burnworth**

Blair King That's not necessarily the case at one school that was under construction in Oklahoma, and I might add that you seem to have to admit that since the schools are being torn down because they are "leaking like sieves" as you would put it, then we can only assume it's the water, and not the mold:

[http://m.enidnews.com/.../article\\_64cc1554-0a6f-11e5-9381...](http://m.enidnews.com/.../article_64cc1554-0a6f-11e5-9381...)

Like · Reply · Nov 5, 2015 10:06pm · Edited



**Blair King** · Langley, British Columbia

Kelli Kellum Dussault perhaps you should read the World Health Organization report that I cite. It suggests otherwise.

Like · Reply · Nov 5, 2015 8:26pm



**Taylor Burnworth**

Blair King Do you know anyone who can't go inside your house because the mold is too much for them? Then you have no idea what you're talking about. If you were talking about people who weren't susceptible to mold, you might be halfway correct, but for those of us who are sensitive, you wouldn't last two seconds in a room with them trying to convince them this bullshit is true.

Like · Reply ·  4 · Nov 5, 2015 10:11pm



**Jennifer Cannon**

Blair King you mean the data from 2003, 2004

Like · Reply · Nov 5, 2015 10:31pm



**Blair King** · Langley, British Columbia

Jennifer Cannon no I mean the WHO article referenced in my article.

Like · Reply · Nov 5, 2015 11:01pm



**Sandy Wolfe** · Charleston, South Carolina

Jennifer Cannon He's quite behind in his science. He was probably one of the ones that refused to believe smoking was harmful.

Like · Reply ·  3 · Nov 6, 2015 5:45am



**Rocky Vachon**

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3179161/>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC164220/>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2680627/>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3920250/>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3654247/>

Like · Reply ·  2 · Nov 5, 2015 3:59pm



**Blair King** · Langley, British Columbia

The problem with these articles is that they are looking at megadoses of the compounds with respect to body weight and as we all know the dose makes the poison.

I prepared a series of posts to help me out in situations like this. The posts started with "How Big and Small Numbers Influence Science Communication Part 2: Understanding de minimis risk" which explained how the science of risk assessment establishes whether a compound is "toxic" and explained the importance of understanding dose/response relationships.

<http://achemistinlangley.blogspot.com/.../how-big-and...>

The series continued with "How Big and Small Numbers Influence Science Communication Part 3: Understanding "Acceptable" Risk"

which, as the title suggests, explained how to determine whether a risk is "acceptable".

<http://achemistinlanglely.blogspot.com/.../how-big-and...>

I then went on to explain how a risk assessment is actually carried out in "Big and Small Numbers in Science Communication Part 4: the Risk Assessment Process.

<http://achemistinlanglely.blogspot.com/.../big-and-small...>

I finished off the series by pointing out the danger of relying on anecdotes in a post titled: Risk Assessment Epilogue: Have a bad case of Anecdotes? Better call an Epidemiologist.

<http://achemistinlanglely.blogspot.com/.../risk-assessment...>

Like · Reply · Nov 5, 2015 7:06pm



**Rocky Vachon**

Blair King What dose of peanuts might be lethal? The answer to that question depends on the individual person and their immune system response.

A lot of people are not relying on anecdotes. Many people have personally experienced illnesses when exposed to moldy environments from water-damaged buildings, including myself earlier this year. I hadn't been to a doctor in 15 years, but, for the past 9 months have been to dozens of doctors who can't seem to find the cause of my illness.

My illness is directly correlated with exposure to a moldy apartment. I understand that correlation doesn't equal causality, but my symptoms are also consistent with what I have read about mycotoxin exposure, for example, here: "Moulds may result in damage to the nervous system as they stimulate neural autoantibodies, peripheral neuropathy, and neurophysiologic abnormalities", and here: <http://www.ncbi.nlm.nih.gov/pubmed/15259425>

This, among other symptoms, is what I personally experienced. Was it an illness due to mold and mycotoxin exposure? I guess I'll never really know. From this experience, I know I don't have HIV. My standard blood tests are normal. My ultrasound, EEG, EKG and MRI came back normal. As you might say, "there is no supportive evidence" that my illness was due to mycotoxin exposure to a water-damaged building, but that's simply because the science was never done to prove or disprove this hypothesis. In my case, as I suspect many others, mycotoxin illness was either never considered or there was no established testing that might determine if exposure to mycotoxins were the causal factor.

As someone else pointed out about the dangers of cigarette smoke, at one point, there was "no supportive evidence to imply that inhaling" cigarette smoke was harmful to human health. This wasn't because smoke from tobacco wasn't harmful. It was simply because the proper science wasn't done.

Like · Reply · 5 · Nov 6, 2015 5:21am



**Sandy Wolfe** · Charleston, South Carolina

Blair King None of those articles you're stating mention mycotoxins. Why post writings that are nowhere near relevant? Nothing you mentioned has been used in warfare.

Like · Reply · 3 · Nov 6, 2015 5:50am



**Gabriel Wilhelm** · Edmonton, Alberta

Rocky Vachon well said.

Like · Reply · 1 · 19 hrs



**Kelcey Wells** · Austin, Texas



Wildly misinformed. Terrible research! People are debilitated & dying from mold toxicity & this is a disservice to anyone with chronic illness. I encourage anyone to look up "CIRS Shoemaker"  
MOLD MAKES PEOPLE SICK!

Like · Reply · 6 · Nov 5, 2015 7:04pm



**Lisa Markley**

I'd like to see your literature review as I believe your article to be completely inaccurate. Did you review either of the following articles found on Pub Med?

Detection of Mycotoxins in Patients with Chronic Fatigue Syndrome  
<http://www.mdpi.com/2072-6651/5/4/605>

Chronic Illness Associated with Mold and Mycotoxins: Is Naso-Sinus Fungal Biofilm the Culprit? <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3920250/>

Like · Reply · 3 · Nov 5, 2015 8:08pm



**Cheryl Wisecup**

This is obviously another marketing piece written by, or for, the insurance industry and their group of defense experts and other naysayers. I'm surprised that Huffington Post would allow an article that is filled with false statements and that relies on antiquated papers written by defense experts. To learn more about the naysayers and their false claims that mold isn't harmful, check out the Global Indoor Health Network. And, please note the recent court ruling that says defendants can be sued for negligence when they tell homeowners that mold is harmless.

Like · Reply · 5 · Nov 5, 2015 4:58pm



**Kelli Kellum Dussault**

<http://realitieswatch.com/study-finds-nearly-all.../>

Like · Reply · 1 · Nov 5, 2015 5:16pm



**Holly LeGros** · U of Minnesota Twin Cities

Obviously, when water or humidity intrudes into a structure where people gather or live, mold will grow & begin to proliferate. Once there, it can cause health effects- serious ones- for many exposed. How" can you dismiss/minimize the term "toxic mold" from the growing, proliferating mold?? The end result is the same!! Mold that produces many toxins....ie..mycotoxins, spores, smelly gases (incl alcohols & petro-like metabolites), voc's, particulates & more.-all released into the air w any attempt to remove/remediate the stuff.. Just inhaling these spores/toxins can cause respiratory & lung damage & infection, besides the known allergic response. Allergies R common knowledg,e but not so damaging as what these toxigenic molds can do to the human body & brain. Why do you think they used it as biological warfare? Add on genetics,& pre-existing conditions & people can die-especially children!! Most of us who've dealt w this are often chronically ill-even 20 yrs later!! Please stop mininmizing my personal nightmare w a 4 BR home I was (minimally) remodeling & weatherizing to sell & downsize my life after the kids left for college. Instead, I lost all my belongings to contamination, got several brain lesions, lung nodules & a nwuro-immune health journey you wouldn't wish on your worst enemy!! You need to study this topic & speak to those who've lived it!! You have dismissed & minimized my journey & have done more harm than good." KNOW OF WHAT YOU SPEAK, PLEASE!!" The truth, research & reality of this very unfortunate health challenge is out there. It was even mentioned in the Bible-start with that Mr. Blair King!! Thank you.

Like · Reply · 1 · Nov 6, 2015 9:04am



**Blair King** · Langley, British Columbia

The difference is mode of action. A whole industry has sprouted up selling "cures" for mycotoxins that are no such thing and that take money from the desperate. Once you understand the correct mode of action you can make informed decisions about your health and will be protected from the scammers who are trying to make a buck on the pains of others.

Like · Reply · Nov 6, 2015 9:17am




**Holly LeGros** · U of Minnesota Twin Cities





I've seen no scammers Mr King. The biggest scammers are the people you work for- in the Housing or the Medical industry?? who need to eliminate all truth about Mold & water-damaged buildings! Secondly, one must avoid the AMA's MD's of course, who have nothing to offer people except their "NAME THAT DISEASE" healthcare using drugs, devices & surgery as treatments for neuro-toxin immune-type illnesses. They are not educated in this health challenge except for blatant fungal infections. We all have learned so much in our journeys, as we have become the PIONEERS in mold-induced illness. We are ma... See More

Like · Reply ·  2 · Nov 6, 2015 10:20am



**Blair King** · Langley, British Columbia

As I write above, living in conditions of high humidity does make people sick. The symptoms are real as are the illnesses. Mold is an indicator that bad conditions exist that should be remediated ASAP. The research on this topic is pretty clear and no one is discounting your pains and illnesses. Science has just advanced far enough to help us understand what is actually causing the illnesses so we can improve everyone's quality of life. It is not mycotoxins, it is living conditions and if you fix the living conditions not only will the mold go away, so will the symptoms and illnesses.

As for asthmatics etc... molds produce spores and those spores get into airways and bronchial tubes just like any other dust-like substance. When you have major infestations of mold even the healthiest person will start suffering from lung problems but once again it is not the mycotoxins it is the dust-like particles. Anyone interested should look into "Baker's asthma" which is believed to eventually induce cancer as well. The culprit in that case? Simple white flour an otherwise harmless compound that when inhaled in large quantities used to be one of the leading causes of death for professional bakers.

Like · Reply · Nov 5, 2015 7:52pm



**Sandy Wolfe** · Charleston, South Carolina

Blair, its called Aspergillus induced asthma. Mycotoxins are a huge issue. After remediation is done, all mold is gone from the home, but people are still reacting to the mycotoxins. They most certainly can be inhaled. They're even porous through the skin.

Like · Reply ·  3 · Nov 5, 2015 8:46pm



**Blair King** · Langley, British Columbia

Sandy Wolfe any hyper-exposure to an allergen can incite asthmatic symptoms. I get it from alder pollen, that does not make alder pollen a mycotoxin.

Like · Reply · Nov 5, 2015 8:49pm



**Kelli Kellum Dussault**

Yes one still reacts to dead mold. That is why everything that you own, has to be tossed.

Like · Reply ·  1 · Nov 5, 2015 8:50pm



**Blair King** · Langley, British Columbia

Kelli Kellum Dussault correct, when water goes away mold goes to spore. That is how spores ensure their continued existence. The spores do not have the mycotoxins but they elicit an allergic response because they are an allergen.

Like · Reply · Nov 5, 2015 10:11pm



**Taylor Burnworth**

Blair King The only problem is that "allergic response" when presented to the medical community is diagnosed improperly 99% of the time. It's next to impossible to find a doctor who can properly treat it as the medical community really hasn't jumped on board with this very prevalent and growing problem.

Like · Reply ·  1 · 21 hrs



**Leah Ayers** · Phoenix, Arizona

If you are chronically sick, and have tried other avenues & still sick, find yourself a "Shoemaker" certified Mold Specialist Doctor. There are less of

yourself a "Shoemaker" certified Mold Specialist Doctor. There are less of these Docs, but they know more how to treat this underlying inflammation. Many people even have BRAIN Inflammation from Mold, seen on NeuroQuant MRI. <https://www.survivingmold.com/.../mary-ackerley-the-brain...>

Like · Reply ·  3 · Nov 5, 2015 4:37pm · Edited



**Leah Ayers** · Phoenix, Arizona

Here's a different side about Toxic Mold and mycotoxins, let Dr Jill explain how Mold Biotoxin Illness is becoming an epidemic illness, causing many underlying health issues (Especially if you have the MOLD GENE, not allowing you to detox it or the mycotoxins). The problem is access to quality testing and Doctors and obviously this author needs to be informed. Find yourself: [https://www.youtube.com/watch?v=4\\_8UOUSM\\_rY&feature=share](https://www.youtube.com/watch?v=4_8UOUSM_rY&feature=share)

Like · Reply ·  3 · Nov 5, 2015 4:38pm · Edited



**Sara Riley Mattson** · Works at Sara Riley Mattson

ThtT

Like · Reply ·  1 · Nov 5, 2015 3:33pm



**Sara Riley Mattson** · Works at Sara Riley Mattson

This is written as a persuasive argument from a fixed mindset about mold. To present the truth it should certainly present this allergen hypothesis, but it is dangerous not to include the ways in which molds have been evolving in response to our increasing number of anti-fungal strategies (paints, fungicides, meds) in addition to the numerous ways our medical practices and building practices have empowered toxin producing molds. In the journal Science to which I am a long time subscriber concerns about toxins have been raised for many decades. Outbreaks of aflatoxins and ochratoxins have shut ... See More

Like · Reply ·  5 · Nov 5, 2015 4:11pm

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