

Building Forensics

www.buildingforensics.co.uk

info@buildingforensics.co.uk

Written by Jeff Charlton MCIEH-CIEC-CR-WLS-CMH- Hon fellow BDMA

Rev1 2020

Why most mould treatments do not work!



After 30 years of assessing health impact and mould in homes, I have some knowledge of people's setbacks in treatment and recovery. More to the point when I was affected with mould illness, in 2019 I travelled the same routes as my clients and did not get better either. I should clearly state I have no medical knowledge or training.

When I got sick and couldn't get out of bed, I bought the pills and potions, EMF mats, saunas and spent a small fortune going around the world meeting up with the experts I have worked with in my career. My treatment from NHS nearly killed me and the full story can be seen on the www.Buildingforensics.co.uk home page. My route to recovery was very simple.

Building Forensics

www.buildingforensics.co.uk

info@buildingforensics.co.uk

Written by Jeff Charlton MCIEH-CIEC-CR-WLS-CMH- Hon fellow BDMA

Rev1 2020

Recovering from mould illness is not a mystery and should follow logical steps, based on common sense and I might say supported by leading doctors and nutritionists /functional medicine practitioners.

Logically, once you have been sensitised to a substance or have become immune compromised, you must avoid further exposure.

You would not go to hospital for treatment of a burn and come home and put your hand in the fire and expect it to heal, would you?

In this paper I will refer to “mould illness” but in reality, the health effects can be from a variety of other contaminants, such as mVOCs- VOCs, Chemicals, Hyphae, gram positive bacteria, gram negative bacteria, Actino’s etc etc.

In all cases, moisture is the trigger for bio amplification.

The following table shows typical response to our debilitating mould illness

Typical treatment & failures		Common sense approach
Recognise possible building related illness		Recognise possible building related illness
Do nothing and wait until symptoms are unbearable		Identify possible water or moisture damage (current or historic)
Seek help from NHS and doctors but find advice or treatment worthless		Investigate biological amplification in air or surfaces, (mould etc)
Suspect mould is the trigger and GOOGLE		Remediate damage and causation
Visit specialist doctor and purchase £1000 of pills to alleviate symptoms		Decontaminate home to reduce and or eliminate exposure
Realise symptoms persist		Visit doctor to improve health and immune system
Buy more pills and treatment		Dilute or eradicate residual toxins from historic exposure
Buy sauna, go Vegan		Feel better
Continue exposure to mould and bio contaminants in the home		
Get divorced or alienate family members lose job.		
Loose hope		
Buy more treatment		
Join mould discussion groups		
Throw everything away		
Develop worse symptoms		
Loose job or go bust		
Wonder why treatment doesn’t work and harbour concerns if you will ever get better		

Building Forensics

www.buildingforensics.co.uk

info@buildingforensics.co.uk

Written by Jeff Charlton MCIEH-CIEC-CR-WLS-CMH- Hon fellow BDMA

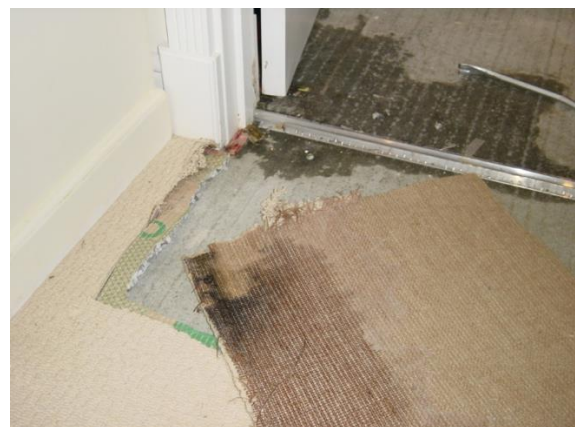
Rev1 2020

- There is a remarkably simple logic here, identify a possible contaminate and remove it.
- You cannot get better if you are constantly exposed to the trigger
- Any form of water damage, current or historic will result in mould growth and bio amplification, which can affect your health today or in ten years' time.

Source of contamination

I have yet to meet anyone who licks mould off walls or eats it, so the first question is what is the route of exposure? The answer is inhalation. A cubic inch of mould could be a billion spores so when we typically count mould spores during investigation in hundreds or low thousands per cubic meter of air, we should recognise the source may be some distance away and probably very small or hidden but obviously an inhalation issue.

Inhalation however is probably not from spores but of fragments from hyphae and spores usually from dead or dried out mould growth or bacteria. Mould or building related illness may also be a misnomer and it is now generally known that other factors and water damage related contaminants may also be involved, including bacteria, VOCs and chemicals.

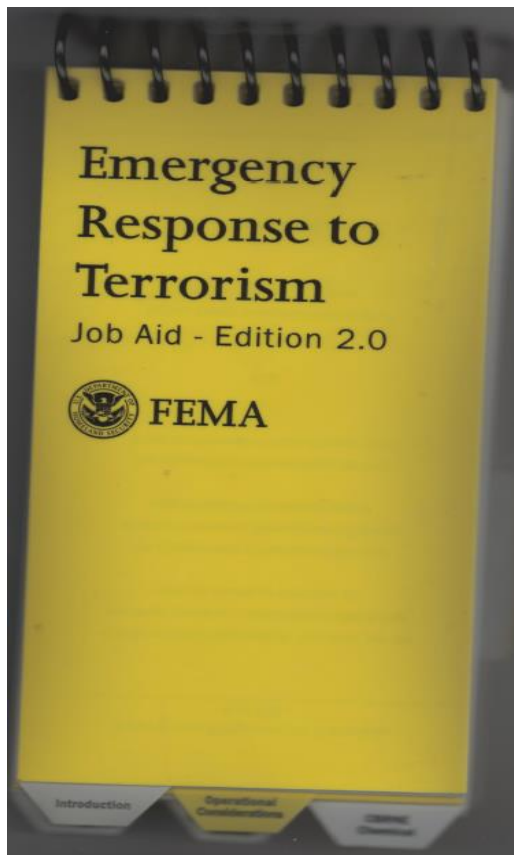
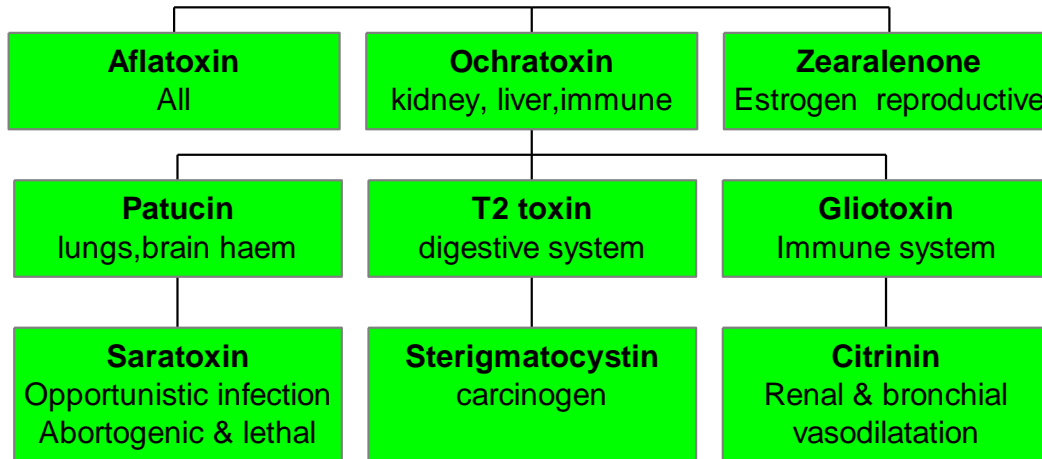


In the photos above, you could be fooled by thinking the walls covered in *Stachybotrys* was a health hazard but the reality was the family who lived there were extremely healthy. The *Stachybotrys* was not under threat and had ample moisture and food (plasterboard and wallpaper) and didn't produce mycotoxins. The right hand photo caused my daughter to be diagnosed with leukaemia and she was about to undergo radio therapy when I discovered T2 toxins present, (in her new house) which turned off her immune system. The following chart shows some of the nastier effects from specific mycotoxins.

Building Forensics

www.buildingforensics.co.uk
info@buildingforensics.co.uk

Written by Jeff Charlton MCIEH-CIEC-CR-WLS-CMH- Hon fellow BDMA
Rev1 2020



Agent	Dissemination	Transmission (person to person)	Incubation	Lethality
Anthrax	Spores in aerosol	No (except cutaneous)	1 to 5 days	High
Cholera	Ingestion and aerosol	Rare	12 hours to 6 days	Low with treatment
Plague	Aerosol	High	1 to 3 days	High if untreated
Tularemia	Aerosol	No	1 to 10 days	Moderate if untreated
Q Fever	Ingestion and aerosol	Rare	14 to 16 days	Very low
Smallpox	Aerosol	High	10 to 12 days	Low
VEE	Aerosol and infected vectors	Low	1 to 6 days	Low
Ebola	Contact and aerosol	Moderate	4 to 16 days	Moderate to high
Botulinum Toxin	Ingestion and aerosol	No	Hours to days	High
T-2 Mycotoxins	Ingestion and aerosol	No	2 to 4 hours	Moderate

Note This handbook was received during my Homeland Defence training in USA. The USA government recognises T2 toxin as a weapon of mass destruction

Building Forensics

www.buildingforensics.co.uk
info@buildingforensics.co.uk

Written by Jeff Charlton MCIEH-CIEC-CR-WLS-CMH- Hon fellow BDMA
Rev1 2020

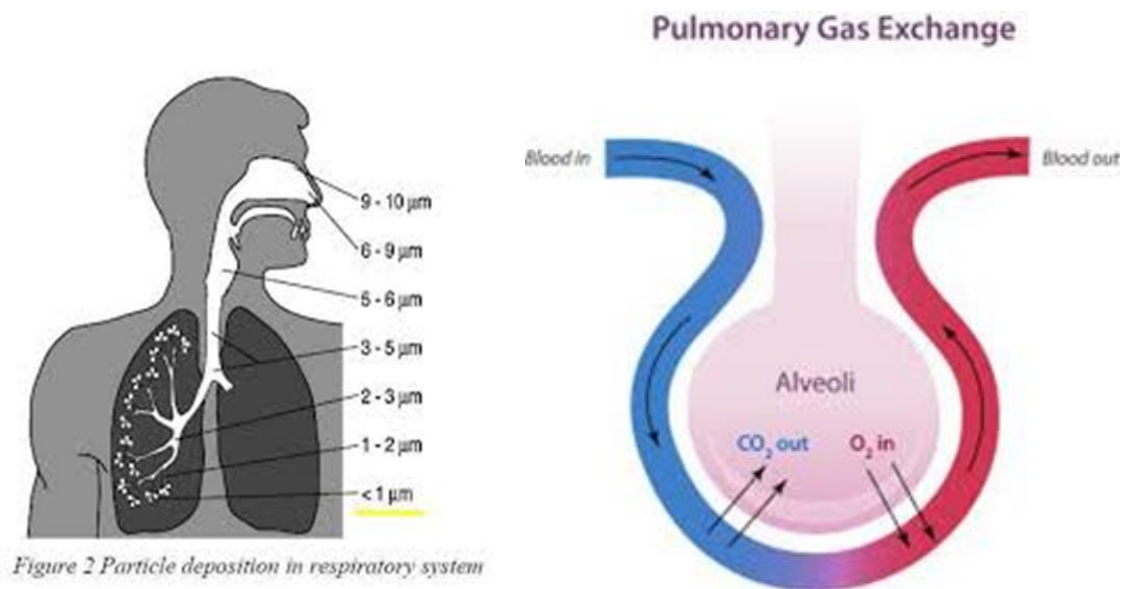
I will set out the important issues and reasoning for a different approach to mould illness

Most recognise that killing mould is impossible and there are various papers that show this, unfortunately many companies offer fogging and chemical treatments which cleverly avoid accurate wording and typically are seen as a waste of money and sometimes actually making contamination worse.

Why does the attempt of killing mould make contamination and health issues worse?

When whole or alive, most mould spores' range in size from 10 to 20 microns. When bleach or fungicides are applied or when moisture is removed (dried out) the spore can fracture and disintegrate into minute fragments less than 5 micron. Under stress or duress spores are also more likely to produce defence mycotoxins

The WHO estimate dead mould fragments may be 40 times more harmful than whole spores and the diagram below shows why. The human body has no defences against particles less than 5 microns. This allows the spore fragment containing the mycotoxins or inflammagens to enter the blood stream via the alveoli.



You should by now be convinced the advice from NHS of "Don't kill mould" but remove it, as sensible.

Setting about investigation

- If you can see mould you have a problem and you need to eliminate the moisture source and remove the contamination. There is no need for experts.

Building Forensics

www.buildingforensics.co.uk

info@buildingforensics.co.uk

Written by Jeff Charlton MCIEH-CIEC-CR-WLS-CMH- Hon fellow BDMA

Rev1 2020

- If there is less than 10 square feet of mould most people are quite capable of removing it wearing suitable PPE
- The highest risk is from hidden or camouflaged water damage, and or failed remediation
- Water damage can include current and historic damage in the form of :
 - Leaks and flooding
 - Dew point condensation
 - Rising and penetrating damp
 - Ventilation issues of loft and sub floor
 - Ventilation issues generally
 - Thermal bridging
 - Thermal insulation
- Remediation
 - Is where the causation of the water damage is resolved and surfaces dried
- **Decontamination**
 - This is the removal of the infallmogens from surfaces and the air
 - Decontamination is the process of returning the property to typical natural environmental levels of mould and contaminants.
 - You cannot remove all mould because its naturally occurring. What isn't natural, in the living (built environment) are the potentially toxic moulds which are usually below detection levels in outside air.
- **Indoor Environmental Professional (IEP) or Indoor Environmental Hygienist (IEH)**
 - These are professionally qualified and certified experts who investigate buildings to assess cause, effect and presence of varying contaminants.
 - They should be considered where sampling and camouflaged or hidden issues may exist.
 - They will offer detailed scientific measurement and lab analysis
 - They may also provide solutions and remediation/decontamination advice
 - They may also verify decontamination by sampling techniques
 - See www.buildingforensics.co.uk
- **Fraud and misrepresentation**
 - Unfortunately many contractors and business's promote professional mould removal and decontamination services. They offer technology that they claim works but the reality is none I have encountered, have training or certification and all use protocols and technology known to be harmful.
 - Always check out companies certifications, training and request evidence of likely scientific results.
 - If in doubt tell them you will be using a company to verify their results and see if they proceed.

Building Forensics

www.buildingforensics.co.uk

info@buildingforensics.co.uk

Written by Jeff Charlton MCIEH-CIEC-CR-WLS-CMH- Hon fellow BDMA

Rev1 2020

,My medical treatment

After 30 years of working and surveying toxic surroundings , I was entitled to get sick and was diagnosed with two horror HLA genes and Chronic Inflammatory Response (CIRS) with 5 areas of brain atrophe. I made little progress on binders and drugs while still exposed to bio hazards, but once I removed mould exposure my recovery was almost instantaneous. This isnt unusual nor should it be a surprise.Remove exposure while considering medical treatment.

Jeff Charlton

Copyright but may be reproduced in whole with reference to author.