

Ten facts everyone should know about mould

1. Old dead and dried out mould is more hazardous than live growth because desiccated spores fragments by pass human defences to enter blood stream through alveoli
2. Mould removal treatments that don't include very intensive post treatment cleaning of air and surfaces usually fail clearance criteria
3. The biggest health risk from mould is inhalation and air cleaning is imperative after remediation
4. Killing mould can increase health risk by factor of 40 (ref WHO)
5. Mould sampling and assessments by settle plates and culture techniques have serious limitations (ref WHO) and
6. The Housing Health and Safety Rating Systems often used by Environmental Health Officers CANNOT be used to assess biological contamination (mould spores and bacteria)
7. The WHO state 20% of the world's population are genetically more likely to suffer health effects
8. People with specific HLA genetics are more likely to suffer CIRS (Chronic Inflammatory Response Syndrome) See appendix*
9. Medication and treatments are unlikely to be successful if the patient is living or exposed to mould and biological contamination and remediation should be undertaken to remove tiggers
10. Mould is unlikely to be the only trigger for CIRS and or typical illness and a variety of other biological factors including bacteria are likely to be present

*Appendix symptoms (a short not inclusive list)

- Chronic fatigue
- Gynaecological issues, early menopause, irregular menstrual cycle
- Gut problems
- Ice pick headaches
- Creeping insects under skin, balance, vertigo, electric shock
- Brain fog, memory issues
- Weight gain, skin issues and hair loss