LIFE HACKS

Why Is Black Mold Dangerous & 5 Useful Natural Remedies

By bestfolkmedicine · 10/06/2020 · 2 min read



Black mold is silently harming your health- it thrives in humid and moist areas and it's therefore common in basements, cabinets, and crawl spaces.

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Kitchens and bathrooms are also ideal places for it since there's regular use of water and low ventilation.

Mold growth also leads to a gram negative and gram positive bacteria. This can lead to inflammatory conditions more than solely mold.

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Mold itself produces toxic elements known as mycotoxins-they mutate fast and make chemicals that impede the immunity.

This can be really damaging for people with an already weaker immunity, like those with autoimmune condition or sensitive individuals who'll be more sensitive to mold than the average individual.

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What Are the Signs of Mold Toxicity?

- Runny nose
- Sneezing
- Coughing
- Itchy eyes
- Skin rashes
- Headaches

If the problem isn't addressed, mold will begin to set in the body and colonize the respiratory tract and lungs.

Consequently, it may lead to chronic health problems like depression, anxiousness, loss of memory, nerve issues, chronic cough, etc.

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How to Cleanse the Home from Black Mold, 5 Ways

- **Find the source**

In most situations, you can remove it from hard surfaces using soap and water or specialized commercial products or with bleach.

However, carpets, drywalls, and ceiling tiles may need to be thrown away. Also, in cases of excessive mold infestation, contacting a professional may be the best solution.

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Since there are several mold types, check for black mold using a kit-you collect samples and then send them to a professional to learn more.

- **Buy an air purifier**

Your home or office needs to be free of spores and a quality purifier is an effective way to achieve this.

5 Natural Remedies for Black Mold

Garlic

This amazing antifungal will fight off mold-if you've been exposed to mold, take 2 to 4 grams of fresh garlic on the daily or 600 to 900 mg of garlic supplements.

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Chlorophyll

This substance keeps the DNA safe from damage by mycotoxins because it has antifungal and antibacterial benefits. Get it from green and leafy veggies and chlorophyll supplements.

Probiotics

The immunity begins in the gut so if there's not enough support, the immunity will weaken. If you have a strong immunity, mycotoxins will find it difficult to colonize the body.

This is why probiotics can be effective-find them naturally in foods like kimchi, kefir, kombucha, etc. or a quality probiotic supplement.

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Activated charcoal

Since it has adsorbent properties, activated charcoal will trap the toxins and ease their removal from the body. Opt for quality supplements made from shells of coconut or other sources that are natural.

Glutathione

This antioxidant will keep the mitochondria safe from oxidative stress and prevent damage by mycotoxins.

Opt for quality glutathione supplement, 200 mg per day and gradually elevate it to 500 mg on the daily.

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