

# TOXIC MOLD: COULD YOU HAVE IT?

**Toxic mold illness is best diagnosed through testing of both home and body. But the following short quiz highlights some common signs and symptoms of a moldy home or body.**

**At the minimum, it can get you thinking about mold as a possible source of chronic health complaints.**

- Chronic asthma, stuffy nose or sore throat
- Chronic anxiety, depression or attention deficit
- Persistent fatigue
- Sudden or inexplicable weight gain
- Multiple food sensitivities
- Chronic loose stool and/or constipation
- Poor sleep quality
- Chronic pain: headaches, muscle pain, etc.
- Sensitivity to fragrances, chemicals
- Low libido, difficult periods or difficult menopause
- Swollen glands or joints
- Foggy brain or poor recall
- Symptoms which started in a new home or after water damage
- Indoor humidity over 50% (or living in humid area)
- Household water damage not addressed with 48 hours
- Visible mold on surfaces of home
- Musty smell in home or poor ventilation
- Known drainage issues in home
- Recurrent water leaks via roof, windows, sinks, etc.
- Finished basement used by family

**Total \_\_\_/20**

## **Answer Key:**

**20-15 Mold is very likely an issue! Get tested!**

**14-10 Learn more: mold could be an issue**

**0-9 Don't rule out mold completely!**

Unfortunately, it's hard for me to tell you for sure what could be going on with your home, but I can get you started with learning!

You owe it yourself to rule mold in or out as a possible cause. Take it from me, someone who suffered from toxic mold illness for 8 years without a diagnosis.

I created this [ebook](#) to get you started, and there are further links to articles on my blog if you want to dig deeper. Click [here](#) to learn more!

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