

Are you **FEELING OLD** or simply getting **FILLED** with **MOLD**? ©

Quiz: How much toxic waste is in you?

Circle a, b or c Three or more b or c's indicates mold is very likely living inside you.

Sick Building Syndrome Pollutants include: Mold, mildew, pollen, bacteria, bad odors, dust, pet accidents, pet dander, bug droppings, decaying bug carcasses, pesticide residue, dust mites, decomposition, sewage back up, viruses, musty odors, formaldehyde (in building materials), off gassing / Benzene / Petroleum (in household items), volatile organic compounds, smoke, Sulphur, and nitrogen oxides (in some UV lights & air purifiers.)

1. An average person has 20 lbs. of unwanted living organisms in their body.

- a. Not you, you are in tip top shape!
- b. You can see this may apply to you
- c. Wow, this can explain your weight and/or health problems

* Mold, mildew, fungus, bacteria, infection, yeast and other internal toxic organisms can settle in any part of your body, mutate and turn healthy cells into disease or growths. Mold/Fungus is often the starting point of most health and weight issues. (Antibiotics [anti-bacterial] may not be the answer for a mold infection.) **Are you simply Sick & Tired of being Sick & Tired?** (Did you know when labs want to do research on some diseases [like Cancer & Diabetes] they inject lab rats with fungus/mold?) A small amount of microscopic (invisible) mold can affect you. It does not leave your body. Childhood exposure is capable of producing a lifetime of rotating symptoms.

2. Mentally, how do you feel...

- a. Sharp as a tack
- b. Becoming foggy and have some difficulty with focus and memory
- c. You know your mind is not the same as it used to be

* Does concentrating or conversing with others seem to be a struggle? Sick Building Syndrome (**SBS**) is a building that makes you sick. Inhaling SBS's Mycotoxins can cross directly from your sinuses into your brain. It can even make you more irritable, moody, depressed or anxious.

3. How is your breathing and sleeping?

- a. Clear breathing - you sleep quietly through out the night
- b. Some congestion in the nose and/or throat or snoring
- c. Your lungs feel congestion – you deal with loss of sleep, Bronchitis, Pneumonia, sleep apnea, etc.

* Look at your A/C filter and see what is infiltrating your Body. Lungs can house so much fungal filled mucous (from mold) in your lungs to the point they feel congested. When mucous is removed from the lungs, breathing feels lighter, you have more energy and respiratory issues can ease up. It is an awesome feeling!

4. How is your weight?

- a. You can maintain it pretty well
- b. It is a bit of a struggle but manageable
- c. There is a force more powerful than you controlling your weight and you do not know why.

* Mold and mucous in your system interferes with your body absorbing vital nutrients. Fungus, yeast and Candida controls your appetite! It loves to eat white foods like breads, sugars and pastas. It can make you hungrier causing weight gain and becoming less motivated. It can wreak havoc on your digestive system. Eventually, mold can overwhelm your systems and cause your body to waste away.

5. How is your skin from the top of your head to the tips of your toes?

- a. Everything looks normal
- b. Wondering why you have developed disorders or discolorations in your nails, on your skin, or tongue.
- c. You have swelling, wounds, inflammation, itching, blemishes, peeling, flaking or deterioration of the skin, in your mouth, or nail fungus

* Toxic waste can ferment inside you like bread rising and accelerates aging.

6. Feel like you get enough sleep?

- a. With 6 – 8 hours of sleep, you feel good
- b. With 8 – 10 hours, you can function
- c. Even with 10+ hours, you want to know why you still feel tired

* Your loved ones wonder what is wrong with you – like you chose these circumstances. Women are often more susceptible to the harmful effects of mold due to taking hormones / birth-control, cleaning (stirring up dust that is quite often mold), and are commonly inside the home more resulting in increased exposure. The years of exposure hits everyone differently. *Women usually get sick a little a lot.* When SBS does finally effect a man, it hits them hard and can negatively change their life!

7. How is your face?

- a. Nice, even and smooth
- b. Puffy eyes or uneven skin from mold entering your sinuses
- c. Lumpy face, acne, redness or other changes. Compare pictures of yourself from 10 years ago and today.

* Mold ages you. SBS (sick building syndrome) affects your energy, mood, and most importantly, lowers your immune system allowing you to stay on the edge of sickness.

8. How does your body feel?

- a. You can move around easily
- b. Sometimes you feel a little stiff, nauseous or dizzy
- c. “Got a crane to get me up?”

* Pain, inflammation, infections, nausea, loss of strength / function, arthritis, swollen glands, auto-immune disorders, headaches, thinning hair, easily chilled, pus, imbalance, or unexplained aches are often from SBS attacking your body. Those colds or flus you experienced over the years may have been mold attacking your system. It accumulates and clogs up inside you.

9. How well does your body process food? Do you have...

- a. No gastric problems
- b. A need for antacids or digestive enzymes for food sensitivities
- c. Developed severe food reactions like acid reflux, Diabetes and more serious digestive or elimination issues (constipation or diarrhea)

* Long term exposure and a compromised immune system causes system overload.

10. Do you have allergies, asthma or sensitivities to odors, toxic chemicals or scented products?

- a. No, not really
- b. You have some, but they are manageable
- c. These issues cause problems or reactions in your life

* 1/3 of people (unknowingly) develops reaction to many products, medications, or environmental contaminants.. Mold and toxic waste wharfs into other problems and are capable of causing Cancer, central nervous system disorders, arrhythmia, heart / blood issue, organ damage, respiratory failure, M.S., Alzheimer's, birth defects and so much more.

11. After reading ‘How You Got Mold’ in your home at AirRestorationTech.com, have you ever lived in an environment where some of those situations have applied to your life?

- a. No, can't think of any
- b. Maybe a short time
- c. I believe I've lived in a sick environment for too many years

12. After reviewing ‘200 Mold Illness’ at AirRestorationTech.com

- a. 1 – 5 apply to my life
- b. 6 – 10 apply
- c. 10 + apply

* How often do you hear of mold or fungus being discussed by medical professionals? The medical education has limited coverage. Finding Doctors that take the time for self-education can be beneficial to your improvement.

In Closing...

No pills fix poor indoor air quality. 3 or more **b** or **c**'s indicates SBS is very likely living inside you. God designed your body to heal... But how? Your body needs plenty of clean oxygen to heal. Ask us for details.

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Free evaluation to local home owners