



# TEXAS EMERGENCY

WellnessPlus

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# TEXAS EMERGENCY HOME



## Busted pipes and water in the home?

MY FRIENDS, MOLD CAUSES CHRONIC DISEASE. IT HANGS IN THE AIR AS SPORES OR HYPHAE AND CAN BE INHALED INTO MUCOUS MEMBRANES AND FAT TISSUE WHERE IT STAYS. CIRRS, OR MYCOTOXICOISS FROM MOLD HAS BEEN LINKED TO NEURODEGENERATIVE CONDITIONS LIKE ALZHEIMERS, AUTISM, AS WELL AS AUTOIMMUNITY LIKE LUPUS OR SARCOIDOSIS, AND CANCER. IT IS NOT JUST AN ALLERGY!

YOU HAVE LIMITED TIME TO HELP YOUR HOUSE SO WE NEED YOU TO ACT NOW

## ACT NOW

### Burst pipes, water leaks and mold:

You have ~24-48 hours to remove wet, damp, and porous materials to prevent mold growth. Remove all wet drywall, insulation, carpet, baseboards, and furniture from the home as soon as possible. Bagging the material in contractor garbage bags is preferable to prevent additional exposures to spores. WEAR MASKS!

Wet or damp wood can still breed mold even though it is unseen. **THIS IS WHY WE ARE BUILDING HOME WRONG-WE EXPOSE WOOD TO THE ELEMENTS AND IT NEVER DRIES.**

Removing all materials that are wet will allow for some airflow to the underlying wood studs, which are \*somewhat\* less susceptible than the plywood and particle board sheathing used in walls and flooring. But it is still possible to have mold growth on ANY porous material, even concrete can breed mold in some circumstances. Getting the home dry and free of wet or damp materials is priority number one. Once mold spores are in the air in the home, they settle in all porous things such as furniture, which you risk getting compromised in this situation as well. I always have my clients throw out all furniture if they move from a moldy house as it can contaminate the new home.

Vacuuming, sweeping, and using fans on wet or damp areas will help some, but it is too slow of a process to reduce the potential for mold. These materials have to be removed ASAP! If you get an air filter, it will help some, but if you are the 25% of the population sensitive to mold (HLA-DR), then it will not be enough. Look for an air filter with a HEPA + and a charcoal or carbon filter as a plain HEPA will not remove mycotoxins which are volatile organic compounds (and used in chemical warfare). There are a number of air filtration products that can help to reduce the number of spores in the air, but these will not correct the underlying issues or stop the spread of mold. They are merely a support tool while proper remediation is underway.  
<https://www.airdoctorpro.com/>

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Unfortunately, a large number of lousy contractors and storm chasers will soon blanket the region looking to capitalize on insurance payouts. These companies typically have no real understanding of mold or proper remediation. Many will use bleach to remove visible signs of mold, while actually spreading the spores and making them harder to eradicate. **DO NOT USE BLEACH TO CLEAN UP MOLD. We recommend Borax, EC3 or vinegar**, but again, if you are not experienced, do not go after this as usually mold is only partially visible and the real damage is once it has sunken into baseboards and porous materials under the floors or in the walls. If you see it, it is MUCH worse behind walls where you cannot see!

Educating yourself is the best way to aid in finding the contractor support that you need. Repairing the damages is important, but not if the underlying moisture and wet materials have not been thoroughly eradicated. Otherwise you are putting nice packaging on toxic substrates.

If possible, seal off the areas of the home with water damage while remediating. Contractors plastic and tape are typically used for this purpose. Sealing off air ducts to these areas may be needed - especially air intakes. Look into Mold Finders or We Inspect who are national. Check out Mold Finders FREE RESOURCES FOR YOU TOO! ERMI or EMMA test is recommended to test the home.

We will be sharing additional mold education as soon as possible to aid in the understanding, prevention, and remediation of the many homes affected.



# TEXAS EMERGENCY BODY



## What can you do if you feel you have been exposed to mold or lived in mold or in a water damaged building?

### Ways to test the body:

- Great Plains Lab Mycotox test (urine test)
- Vibrant Mycotox test (urine test)
- Shoemaker labs-ADH, MSH, MMP-9, c4a, MARCONS nasal swab, TGB-1, VEGF, VIP, leptin, osmolality, anti gliadin antibodies

### Ways to eradicate mold from the body:

- Opening drainage pathways so you can dump mold properly and it will usually make someone living in mold feel better
- Liver and mitochondrial support
- Phase one and two (at minimum) by Cellcore Biosciences or Microbe Formulas
- Binders, sweating and proper bowel movements are necessary
- Carboxy by Cellcore biosciences is THE MOLD binder and it crosses the blood brain barrier and goes elsewhere besides the gut
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Join my app,



for a plethora of mold information on how to heal!

<https://app.drjessmd.com>