

Your Free Home Inspection Checklist for Mold



**Is Mold Lurking
in Your Home?**



Have you or your family members had symptoms that just don't seem to add up? Every doctor has referred you to another specialist, which has just ended in them telling you that all your diagnostic tests are normal. Do you feel like you're on a merry-go-round and can't seem to get off?

Mold is poison to your body and may be impacting you and your family's health. It's scary knowing something can be growing in your family's home that most of the time you can't see or smell.

Sometimes you can be the only one out of your family experiencing these symptoms. Therefore, you don't think the common denominator, your home, could be the culprit of your tiresome symptoms.

It is estimated that about 25% of Americans have a genetic predisposition to be affected by mold due to their immune response genes (HLA-DR). This makes them more sensitive to biotoxins because their bodies don't eliminate mold or environmental toxins as well.

Even though you may not have the classic genetic predisposition of the immune response genes making you susceptible to mold or environmental illnesses, those with substantial environmental exposures can still present with similar symptoms. Fortunately, these individuals are generally quicker to respond to treatment and improve their health status.



What is Mold?

Molds are different types of fungi that can form both indoors and outdoors – they thrive in damp, warm, humid environments.¹ Mold reproduces by sprouting tiny spores, not seen with the naked eye, that are released into the air and can attach to any surface the spores come in contact with.

There are over 100,000 different types of molds out there. Fortunately, not all of them produce mycotoxins, which are mostly responsible for causing your toxic mold symptoms. But, it's still important to remove any type of mold growing in your home as they can cause allergic reactions and worsen acute and chronic illnesses.

The following are just a few ways mold mycotoxins can cause detrimental effects to your health if exposed for too long:

- Cancer
- Mast Cell Activation Syndrome
- Pulmonary fibrosis, pulmonary hemosiderosis (bleeding)
- Hypersensitivity pneumonitis²
- Neurotoxicity
- Vital organ toxicity
- Infertility
- Digestive issues
- Chronic inflammatory response syndrome
- Chronic fatigue syndrome



Mold Exposure Symptoms

As I'm sure someone has told you once before – you are unique. And It's true, everyone has their own genetic code. The severity of your symptoms depends on your general health, type of mold(s) present, mold exposure time, sensitivities, allergies, and genes – your unique characteristics.

Common toxic mold illness symptoms:

- Chronic fatigue
- Memory issues, difficulty focusing
- Insomnia, night sweats
- Headache
- Anxiety, depression, OCD, anger, panic attacks, ADHD
- Brain fog
- Chronic cough
- Weakness
- Respiratory issues
- Sinus problems
- Muscle cramping, numbness/tingling
- Tremors
- Vertigo
- Metallic taste
- Stomach issues
- Light sensitivity
- Aches and pain

I could actually add more to this list, but it'd probably take up the entire page so I'll stop there for now. Your symptoms will be unique to you, which is part of the reason doctors are having a hard time diagnosing mold illness.

You can see that mold doesn't affect just one area of the body. It affects multiple systems causing a wide variety of symptoms. This is why mold illness can be difficult to diagnose. If you think you have mold exposure or illness you should find a doctor who is experienced in mold treatments.



Where does Mold Grow?

First, remember to keep an open mind. Mold can grow anywhere. It can remain well hidden in your environment and be contributing to unexplained health issues.

If you believe you and your family are being exposed to mold you need to first locate the culprit and remove it immediately. This is your first and by far the most important step in curing mold illness – you won't be able to heal if you don't remove the toxins from your home. Or you can remove yourself from the home and stay with a family member if possible while your home is under remediation.

In the right environment, mold can start growing in your house in as quickly as 24 hours.³ Molds prime environment to grow is in damp, warm, and humid environments, especially where there is poor air ventilation. The most common places to find mold growing in your home are your kitchen, basement, attic, bathroom, crawl spaces, walls, and carpets. Basically anywhere there is moisture, humidity, and material to grow on – you can find mold!

Mold inspection of your home may seem like a big task to take on since it seems that mold grows anywhere. But, you don't have to be a professional mold inspector to protect your family. I will take you through every place in your home, inside and out, where there's a possibility to find mold. With your free home inspection checklist for mold, you can bet you'll be able to spot mold if it's lurking.

Let's kick mold out for good!



Did you know: When buying a home, most home inspections don't include a thorough mold inspection?

This mold checklist is not only beneficial for those affected by mold toxins but also beneficial in preventing potential homeowners from purchasing a mold-infested house.

CAUTION: Before you start your home inspection – protect you and your family members.

- Due to the possibility of upsetting mold spores into the air, have any children, elderly, and those sensitive to mold leave the house during the inspection.
- Use personal protective equipment like a Tyvek suit, N-95 mask, and gloves to prevent inhaling or spreading any mold spores. You can find this equipment at any local hardware store or Amazon.

**DON'T FORGET YOUR FLASHLIGHT!
REMEMBER, MOLD LIKES TO
GROW IN DARK PLACES.**

Home Exterior:

- Roof – Are there any missing or curling shingles? Any leaks coming from the roof?
- Plumbing – Any leaks or sewage overflow?
- Incorrect grading – To drain water properly your landscape should slope away from your home.
- Foundation – Are there any visible cracks or recent patches in your foundation?
- Trees, gardens, and bushes – Are there any close to the home? Large roots underground can cause pipe damage or cracks in your foundation.
- Siding, trim, gutters and paint – Any visible damage, peeling, bubbling or dislodging of these? Are your gutters impacted with leaves? Make sure to always clean your gutters to remain free and clear of debris
- Central air conditioning unit – Check for any visible mold or leaks.
- Faucets, sprinklers and other hose attachments – Is the water directed away from the home? Are there any leaks from these water sources?
- Crawl spaces – Is there any water pooling in these areas? Any visible signs of mold? Does it smell musty?



Home Interior:

- Ceilings – Are there any patches, stains, or water spots?
- Windows and doors – Do you see signs of wood rot or decay? Are there any water stains or any other signs of moisture? Are the seals broken?
- Carpet – Are there any discolored patches or damp spots? Is the carpet rippling? Make sure you check the underside of the carpet as well.
- Drywalls – Do you see any discolorations, peeling, or bubbling?
- Living areas – Any water damage or moisture in or around the fireplace? Do you have any stains around the edges of the room? Check your baseboards for any rot or discoloration.
- Bathrooms and laundry room – Are there any leaks coming from the toilet, sink, shower, washer or dryer? Does the humidity in the room seem high? Examine your showers and curtains for any visible mold. Check the caulking, grout, and tiles for any cracks. Are there any musty smells?
- Kitchen – Any leaks or water stains under the sink, refrigerator, or dishwasher? Any visible mold in your cabinets? Check the caulking, grout, and tiles for any cracks. Are there any musty smells?
- Attic – Examine any visible signs of mold. Are there any musty odors? Do you see leaks from the room? Is your attic properly insulated?
- Basement – Any leaks around appliances like your water heater? Is your basement properly insulated? Any musty odors? Any cracks in the walls or windows? Have there been any recent floods in your basement? Don't forget to check the walls, ceilings, windows, and carpets of this room.
- HVAC – Is there a routine maintenance program in place? Are there any signs of rust, dust, or mold in the supply air vents? Any condensation or water in the supply air vents? Don't forget to check the fan coil units too.



Follow these tips to prevent and eliminate any toxin build up:

- The EPA recommends keeping your home's humidity less than 60%.⁴ Don't run your AC over 78 degrees when going on vacation.
- If there are any water leaks or spills in your home, it needs to be cleaned and dried immediately. If your drywall gets wet – it needs to be removed.
- Now that you are a mold expert inspector you can assess your house for mold regularly – just refer back to your mold checklist form. It won't take long once you learn where the perfect breeding grounds are for mold.
- Minimize your exposure to other possible toxic environmental factors – certain household products, certain foods, and personal care products.
- Infrared saunas and binders like charcoal are a great way to detox your body from toxins.

If you've found mold in your home – Click here to check out Mold Control on a Budget before trying to remove these tricky spores. Also, make sure you test the mold before remediation. You want to know what kind of mold you're dealing with first.

References:

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<https://www.epa.gov/mold>

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