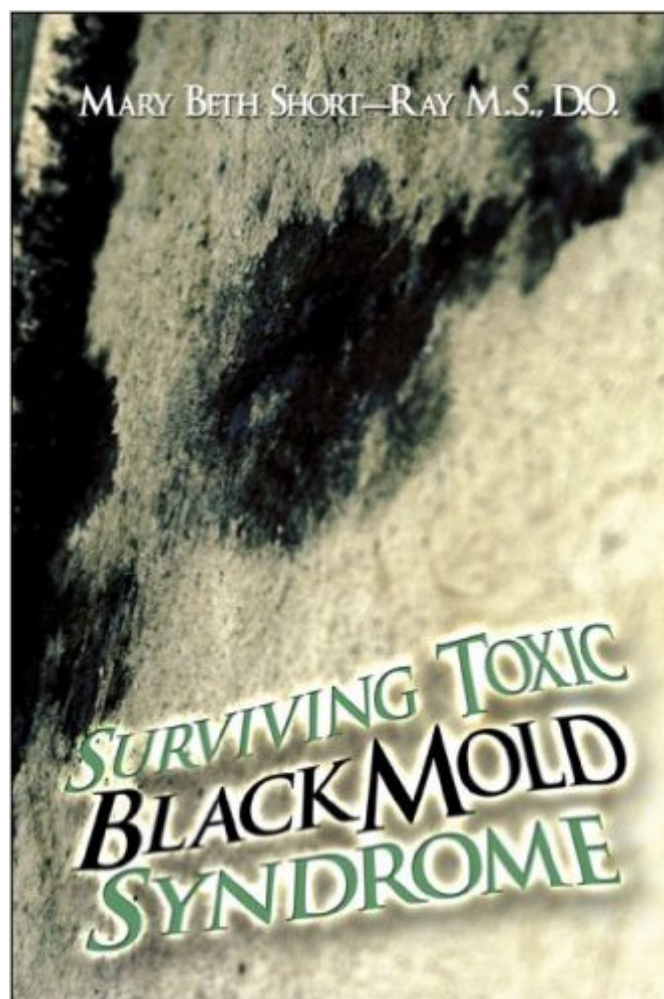


The book was found

# Surviving Toxic Black Mold Syndrome



## Synopsis

Indoor toxic black mold that can be present in homes, schools and workplaces can make you sick! Symptoms can vary depending on the individual and the type of mold exposure. Most commonly symptoms range from headaches, cough and muscle aches, to severe fatigue, shortness of breath, flu-like symptoms, anxiety and neurological (multiple sclerosis-like) symptoms. *Surviving Toxic Black Mold Syndrome* is a chilling account of a doctor's personal encounter with toxic black mold and its devastating effects. Based on her own personal experience and much research, Dr. Short-Ray gives valuable step-by-step advice on how to recognize the symptoms of toxic black mold syndrome, what tests can be used to diagnose this syndrome, how to test a building for toxic black mold, how to successfully treat toxic black mold syndrome, and how to fix toxic mold problems in the home. The author's hope is that advice in this book will help to lessen the devastating effects of this syndrome.

## Book Information

Paperback: 92 pages

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (6 customer reviews)

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## Customer Reviews

*Surviving Toxic Black Mold Syndrome* describes how a Physician became disabled by exposure to toxic indoor molds, including *Stachybotrys*, how she discovered and identified the problem and more importantly, the treatments she used to recover. Since Mary Beth Short-Ray is an Osteopathic Physician, the book contains more accurate descriptions of her symptoms, than most books written by laymen. In addition to using testing and treatment protocols developed by Ritchie Shoemaker, MD, the author discusses herbals and nutrients which she incorporated into her treatment. She also includes the best discussion of infrared saunas, which I have found. If you only want to read one

easily readable toxic mold book or want a briefer one to give to a busy Physician, this is the one I would recommend.

Although I have found other books to be more informative - some have been tiringly long, however - this one covers basic information about the hazards of and how to survive toxic black mold. I have found it to be a good paperback to loan to friends and family members whom I did not believe would read a "War and Peace" edition on the subject, and most have handed it back saying that they learned a lot from it.

This is a must read book for someone who has been or believes that they have been exposed to toxic black mold. This doctor, herself suffers from the effect of Toxic black mold. This book is a good help. Please pay attention to her reference to Dr. Shoemaker and seek out his resources as well, such as "Mold Warriors".

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Surviving Toxic Black Mold Syndrome The Mold Cure: Natural and Effective Solutions to Mold Growth, Allergies, and Mycotoxins Toxic Mold Litigation Second Edition Eco-Friendly Cleaning: Money Saving Solutions for a Clean, Green, All-Natural, Non-Toxic, Eco-Friendly Home (eco-friendly, sustainability, homesteading, ... natural cleaning, green home, non-toxic) Surviving Toxic Terrorism Injection Mold Design Engineering A Beginner's Guide to Mold Avoidance: Techniques Used by Hundreds of Chronic Multisystem Illness Sufferers to Improve Their Health Microstructure and Properties of Ductile Iron and Compacted Graphite Iron Castings: The Effects of Mold Sand/Metal Interface Phenomena (SpringerBriefs in Materials) The Respiratory Solution: How to Use Natural Cures to Reverse Respiratory Ailments : Finally, Relief from Asthma, Bronchitis, Mold, Sinus Attacks, Allergies, Sore Throats, cold Mold & Mycotoxins: Current Evaluation and Treatment 2016 Women Who Don't Wait in Line: Break the Mold, Lead the Way Black Magic Spells: Black Magic Spells for Beginners (Black Magick) The IBS Diet: Overcome Irritable Bowel Syndrome With the Low FODMAP Diet (Food Allergies and Intolerances) (Irritable Bowel Syndrome Treatment Book 1) Low FODMAP: The Low FODMAP Diet Slow Cooker Cookbook (IBS, Irritable Bowel Syndrome, Crock Pot Recipes) (Managing Irritable Bowel Syndrome Cookbooks 2) Asperger's: The Asperger Syndrome Revealed! The Ultimate Information Book (Asperger Disorder, Asperger Syndrome, Aspergers, AS, AD, ASD) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet) Self-help Treatment for Chronic Fatigue Syndrome, M.E, Fibromyalgia and

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