



Mold Health Impacts: Body Pain

NERVES:

Mycotoxins can interfere with the body's sensory nerves, which could make extremities feel like they're "asleep" but with no evident cause. You may also experience muscle pain despite no corresponding increase in physical activity.

INFLAMMATION:

Mycotoxins can cause or worsen inflammation which can result in stiffness, aches, and pains. In fact, it is not uncommon for fibromyalgia or chronic fatigue syndrome,⁽¹⁾ both of which are associated with symptoms of intense pain.

THE MOLD-PAIN CONNECTION:

In 2013, Dr. Joseph Brewer, an Infectious Disease specialist from Kansas City, published his research showing that of 112 patients with fibromyalgia and chronic fatigue syndrome who had not responded to his usual treatment program, 92% of them tested positive in a urine test for mycotoxins (mold toxins). Happily, he then demonstrated in two subsequent papers using 100 consecutive patients for each, that 89% and 94% of those patients were markedly improved or cured by treating their mold toxicity.

Mold exposure can cause other musculoskeletal symptoms such as:

- Muscle aches
- Joint pain
- Morning stiffness
- Sharp, shooting pain
- Tremors
- Numbness or tingling

References

(1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3705282/>