



Mold Health Impacts: Immune System

Many types of mycotoxins are also called immunotoxins. That means they are harmful to the immune system in a variety of ways.

Immunosuppressive: Mycotoxins can suppress the immune response, resulting in decreased resistance to infections. They can also enhance the immune response, leading to the production of autoimmune cells and autoantibodies that cause damage to tissues.⁽¹⁾ Mycotoxins can also disrupt one's gut flora where the majority of immune cells are located.⁽²⁾

Carcinogenic: Several mycotoxins are known carcinogens. In fact, according to the WHO, aflatoxins (mycotoxins produced by *Aspergillus* mold) have been shown to be genotoxic, meaning they can damage DNA and cause cancer.⁽³⁾

Allergic/Immune Symptoms:

Mold exposure can cause allergy symptoms like:

- Coughing
- Sneezing
- Watery eyes
- Itchy eyes, nose, and throat
- Runny nose
- Dry, scaly skin
- Post-nasal drip

Those Most At-Risk

Lyme Disease: Mold can also weaken the immune system and make it difficult to remove toxins, causing you to be more susceptible to other health issues. For example, people with Lyme Disease may experience worse or recurring symptoms after mold exposure mold.

- Many unresolved cases of Lyme Disease are due to mold exposure.
- Someone with a weakened immune system from mold may be unable to recover from Lyme Disease, or vice versa.

For more on Lyme disease [visit our blog here.](#)

References

- (1) <https://www.sciencedirect.com/science/article/abs/pii/S027869152200093X#:~:text=Generally%2C%20the%20immunotoxicity%20of%20mycotoxins,result%20from%20exposure%20to%20mycotoxins.>
- (2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5834427/>
- (3) <https://www.who.int/news-room/fact-sheets/detail/mycotoxins>