



Mold Health Impacts: Mold Brain

According to Dr Suzanne Gazda, M.D., every neurodegenerative disease -- from autism and multiple sclerosis to Alzheimer's and ALS -- has studies that show evidence of fungi in the brain. That's because mold toxins can destroy myelin and axons, cause neurodegeneration, kill olfactory neurons, and damage cell membranes and mitochondria.⁽¹⁾

Mycotoxins are very tiny toxic substances produced by mold. They are so small that they can move through the nasal cavity and olfactory sensory neurons, and then can cross the blood-brain barrier (BBB) causing cognitive issues.

How Mold Affects the Brain:

Brain inflammation often occurs in the hippocampus, which governs functions such as:

- Memory
- Learning
- Sleep-wake cycle

Mold Brain can also lead to:

- Depression
- Anxiety
- Mood swings
- Behavioral changes
- Decreased neurogenesis (the formation of new brain cells)
- Increased sensitivity to pain
- Brain fog

References

(1) <https://www.suzannegazdamd.com/blog/mold-mycotoxin-and-what-it-means-for-your-brain-health>