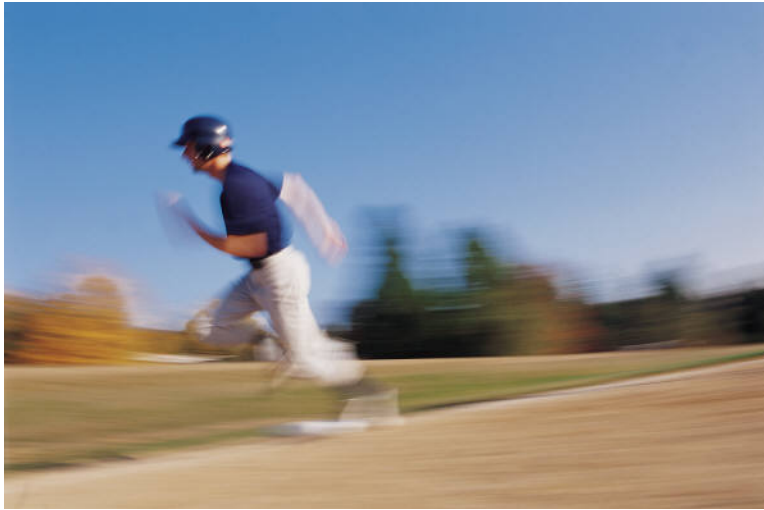


**Is “The Sports Ticket” In Your Child’s Future?
Will Your Child
Be Featured In Sports Illustrated?**



To Be A Star Athlete

© Dr GW Graham 2005
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Disclaimer: This is not a substitute for good Medical care. There are no promises, just hope.

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Your author is Dr GW Graham. Dr Graham has spent the last 30 years helping people improve their health and performance by removing toxic materials from their lives.

People call on him to help with :

- Skin problems
- Lupus
- Chronic Fatigue Syndrome
- Allergies
- Sinus infections
- Chronic Headaches
- ADHD
- AND SPORTS PERFORMANCE

And none of this involves actually treating the person in a medical manner.

Just cleaning up the environment around the individual.

Sports Performance

I saw a horse race once where the winner was not declared until the race people had a chance to look at the "photo finish."

Boy was it close. There was a bout 3 inches difference between first and second place.

What could that second place horse have done in that mile or so of endeavor? What little bit extra could have won that race? How much extra energy or endurance did that horse need? 5%, 10%??

For three inches in a mile race, the horse needed less than 5% more performance to win.

What about a high school track star? How much extra do they need to go to the Olympics?

Probably about 5% more energy; 5% more mental clarity.

Let's back up in time.

When the high school student [or professional athlete] sat in the dressing room, what were they breathing?

When they were at home in their bedroom, what were they touching?

Most people exposed to mold or some pollutants will show somewhere between 5-10% performance loss.

<http://www.canarycoalition.org/abby.html>

This is due to:

1. Slightly impaired oxygen uptake
2. Scrambled neurotransmitters that confuse muscle tissue
3. Interference with chemical cycles in the production of energy
4. Mental acuity interference

Mold

Molds give off chemicals that mimic natural signal chemicals in the body. These chemicals can cause confusion inside the body. An athlete needs focus not confusion.

<http://www.themoldlab.com/mytcotoxins.htm>

Mold loves moist buildings. Can you think of anything wetter than a high school dressing room? And many homes have wet basements or attics.

So if you get rid of the mold in the athletes dressing room and home you can gain 5-10% extra performance, right? Well almost.

Store cleansers

We also have to think about regular chemicals in the home that can also interfere with nerve/muscle junctions.

Most high schools try to get rid of mold and bacteria with bleach. Well, bleach won't kill mold. But that's the subject of another chapter. Bleach will burn the lungs and mess up vision and cause disorientation. [How many athletes want that?](#)

<http://www.nlm.nih.gov/medlineplus/ency/article/002761.htm>

Some of the things you buy at the store contain phenols and formaldehyde. Like bleach these cleaners scar the lungs and decrease the person's ability to breathe efficiently.

http://www.parish-supply.com/chemicals_in_your_closet.htm

Does this contribute to an Olympic destiny? Hardly.

Ozone machines

Some people use ozone machines to disinfect the air in locker rooms. The logic is that ozone is all natural.

Well, so is arsenic.

<http://www.2bangkok.com/2bangkok/Scams/Ozone.shtml>

<http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=44567>

Ozone has been traced to lowered lung efficiency. The lungs become less elastic and so the amount of air sucked in is less. Now there is something that will decrease athletic ability. Probably more than the 5-10% we have been talking about.

Conclusion

Okay what will clean the environment and not harm the potential sports hero?

Go to your health food store and look for cleaners with tea tree oil [Melaleuca oil] or Grapefruit Seed Extract. They kill mold and bacteria but don't cause changes in the body's ability to function at peak efficiency. Our company motto is, "If You Can't Drink It, Don't Spray It."

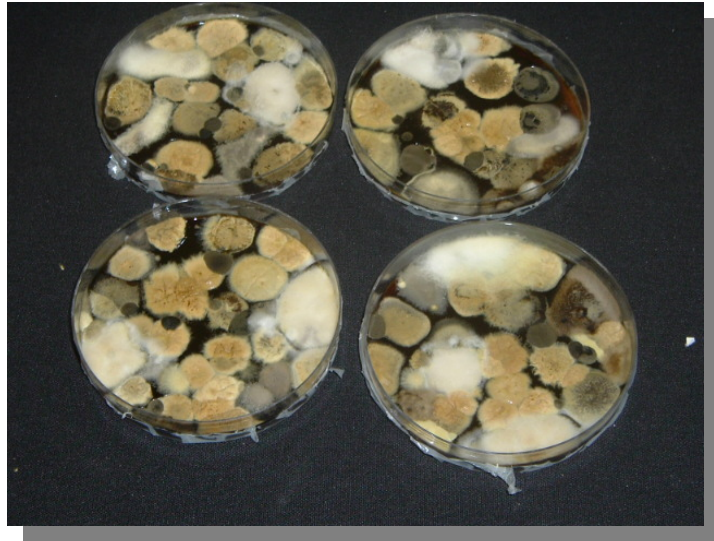
Just changing your cleaning products and cleaning up mold can add that 5-10% performance to an athlete.

And that, my friend, is the topic of this ebook.

Introduction

Mold is a HOT topic today. It is sweeping the country as the most important health issue since tobacco or asbestos. Many people will be affected by events surrounding mold.

Even Forbes Magazine, NBC, CBS, ABC, Readers Digest and USA Today are digging into the subject.



Mold infections are a fairly new problem in medicine. For 1000's of years we have lived with mold and had few problems.

In 1972, America was hit by the Arab Oil Embargo. The oil rich countries of the MidEast began to use the oil under their feet as a weapon against the USA for political reasons.

Americans always respond by going to extremes. We feared freezing to death in our homes when the oil ran out. So we began to tighten our homes to hold the heat inside. The problem is that we also held in any moisture or pesticides. So the air pollution inside our homes became a real health problem.

We have made a problem where there wasn't one and now we have to fix the problem.

What is mold?

Molds are common life forms. Mold is one of the more simple life forms. They can be found in areas where everything freezes as well as in the tropics where everything is burning hot.

They are found in homes and schools and office buildings.

They resemble plants in many ways ... they branch; they have root like structures and produce parts that look like flowers. But unlike plants, molds cannot use sunlight to produce their own food.

Plants take minerals in the soil and carbon dioxide from the air. They take water from the soil and air.

Then plants use the energy of the sun to chemically combine all these materials to produce food.

Therefore, plants can grow anyplace that has all of these ingredients.

Mold can't use sunlight to combine minerals and water to make food. Just like humans can't. So like us, mold has to find its food and consume it. And like us, it can live in the dark (since it can't use the sun anyway, why avoid the dark).

We eat with our mouths. Mold eats by sending little root-like structures into a food source.

And like a plant root, it sucks up what it needs.

So like plants, mold needs moisture. That is why we always find mold in damp areas.

Mold releases chemicals into the surrounding moisture that break down the food source into smaller particles.

The food particles mix with the water/juice mixture so the mold can suck it up.

One example of how all these things come together for the mold creature is in a forest.

Mold grows on dead trees lying in the dark, damp forest. The tree (when it was alive) used the sun to create food and then stored that food.

When the mold grows on the dead tree it uses the natural moisture of the forest. It burrows into the tree and secretes its juices. These juices eat away the stored food in the tree. [After all, the tree no longer needs it.]

The mold absorbs this food for its own use.

The mold is actually doing us a favor. If it didn't eat away the dead creatures around us (trees, leaves and bugs), we would be drowned in debris.

Mold is nature's little garbage disposal.

Unfortunately, mold doesn't know the difference between a dead tree and the expensive antique sofa in your living room.

What mold considers “doing its job”, we consider destruction inside our home.

They can eat away the leather in your shoes. They can eat away wood and wood products. They can invade your body and cause diseases, including allergic reactions, dizziness, sleeplessness and irritability.

Why is mold a problem?

The biggest health problems occur from what mold "gives off". There are chemicals called VOCs (Volatile Organic Compounds) and microscopic spores (seeds) that enter the air and cause various kinds of problems.

If you breathe them in, they can cause problems inside your nose. The chemicals can irritate soft mucous membranes inside the nose leading to **sneezing** and **runny nose**. If you believe you have a cold, you will probably treat it incorrectly.

According to the Mayo Clinic mold accounts for 93% of sinus infections. That means 7% are caused by bacteria. If you go to your doctor, they tend to treat everyone like they are in the second group (7%). They give the patient an antibiotic and an antihistamine.

Nervous conditions Many of the toxins created by mold (called neurotoxins) can cause a multitude of nerve related problems from tremors to depression. We tend to find that kids diagnosed with ADHD get better if the molds giving off neurotoxins are eliminated from the home.

Some toxins can even cause **CANCER**. They do this by messing around with your genetics [DNA]. The most powerful naturally occurring carcinogen (something that causes cancer) is an Aflatoxin which is produced by mold.

Birth Defects and Miscarriages Messing around with a mother's DNA or the DNA of her baby is one of the things that can lead to a miscarriage. DNA tells the baby AND the mother "when to do what". Need a leg? Then you need some specific event at some specific time. If the part of the DNA that controls legs is either damaged or inhibited by some environmental chemical, the leg won't be there. And you can't add it later. It can only develop at one very specific time.

Why is mold a problem NOW?

Many people make the comment "Grandma's house had mold and she lived to be 93."

Yes but Grandma's house leaked like a sieve and the toxins leaked out of the house and didn't have the high concentration in the air that we have today.

The fact is that homes are built differently today.

To save energy, homes have been built tighter. Indoor air takes 5 times longer to exchange itself with the air outdoors than it did 50 years ago. So toxins and mold products are trapped and concentrated in the home.

Add to that the chemicals we spray into our homes that can cause all kind's of diseases. We have created a pollution problem in our homes that rivals the most polluted cities in the USA.

As a matter-of-fact, many people who are bothered by mold and toxic chemicals prefer to sleep in their car or in tree houses than sleep in their

moldy bedroom. We had one client who built a log cabin in the front yard for his wife to sleep in.

Everyone suffers from some kind of mold related problem. Many times, however, the effects are mistaken for something else.

You come home from a hard day at the office and find yourself with a headache. The first thought is ... "boy, today was more stressful than I thought. I've got a tension headache."

Is it a stress headache or did walking into a moldy home give you the headache?

How can I tell if I have a mold problem?

You can't always see mold so we have to use our other senses.

1) Smell

Many people can smell mold. However, after long exposure some can't. The mold tends to affect the nerves in the nose in some people. Usually it takes someone visiting the home to comment on the smell.

The smell is caused by the chemicals given off by the mold. These chemicals are the same ones that cause illnesses in some people.

2) Water spots contain mold even if you can't see the mold.



3) **Family illness:** Can't see the mold, look for the effects.

- Headaches
- Sneezing
- Sinus infections
- Fatigue
- Sore joints
- ADHD
- Lupus

4) **Can I see it?** Most of the time, no. It tends to hide. If you can see mold, then you have a problem. It means the hiding places are full.



How Not to Kill Mold

The most common approach to killing mold is to use bleach.

Unfortunately, bleach doesn't kill mold. It just bleaches it. It takes the color out. The mold is still alive and producing its poisons but we cannot see it. The EPA, at one point, said to use bleach to get rid of mold on glass and tile surfaces only. However, as of 2002, the **EPA**

does not recommend the use of chlorine bleach.
(<http://www.epa.gov/iaq/molds/i-e-r.html>)

Many chemicals that do kill mold will burn people's lungs. This is particularly true for small children. Even EPA approved mold killers do this.

In schools, moldy carpets are cleaned with shampoos containing Sodium Laureth Sulfate. After shampooing, absenteeism goes up because of respiratory problems. Many schools no longer allow carpets because they are so unsanitary.

Most, if not all, companies that eliminate mold use chemicals that are very toxic to people with asthma (3 of 7 people according to The American Lung Association). Many people with asthma cannot reenter their own houses if they have been sprayed with commercial fungicides (mold killers). And to add insult to injury, most fungicides are not applied properly so they do not even kill the mold.

There are 100,000's of different molds. Each causes it own problems; each has its own needs. The trick to killing mold is to know what molds you have and deny them their basic needs. This gets rid of the mold but does not poison the residents.

If you can't drink it, don't spray it.

Anything you put into the air, you WILL breathe and swallow. Do you really want these toxic chemicals inside you?

My EPA law instructor said once that EPA approval on a mold killer means that it won't kill most people. But somewhere between 15-25 % of the people in America will get sick and possibly die if exposed to the chemicals most mold companies use.

What To Do Now

So you can see that mold can be a real problem for athletes and would-be athletes. But it a problem that can be fixed easily and a lot cheaper than you have been led to believe.

If you aren't sure about what to do or need extra help with a mold problem give us a call. We can walk you through by phone or email.

The process involves:

- Getting environmental poisons out of the home and body
- Changing some household products that are very toxic, like shampoos and laundry detergents.
- Getting rid of the mold in your home
- Eating a poison free diet. Have you seen what is in canned foods?

865-558-9772 or DrGraham@themoldlab.com

WARNING: Whatever you do, don't let anyone near your home with a chemical that they won't drink in front of you. You want a baby not more chemicals in your system.

Glossary

Air Sample - A sample of air borne mold taken by exposing a mold plate to the air for a set length of time. The spores from the air grow in the mold plate. When the mold reaches a planned maturity the identity and relative abundance of the mold in the air can be determined.

Anderson Sampler - A test for mold spores in the air. It uses a vacuum pump to pull air into the collection area.

Carcinogen - A material that can cause CANCER.

Colony - An adult organism grown from one or one cluster of mold spores.

Dehumidification - The act of removing excess moisture from the air.

EIFS - A fake stucco covering on the outside of a house. They leak badly and hold moisture. If not installed properly they can cause a lot of health problems.

Electric plate - The cover that hides the wires on electric plugs and light switches.

Foundation vent - these are little windows cut into the wall of your crawlspace. Their purpose is to allow the crawlspace to breathe. Breathing keeps the moisture level in the crawlspace low. The vents come in different styles but serve the same function.

Fungicide - A material that will kill fungi (mold). Most are more dangerous than the mold. Plus if they aren't used properly they don't kill mold.

Gravity Plates - A test for mold spores in the air. This test is less expensive and easier for a non-professional to use. See Mold Plates.

GSE - A solution made from Grapefruit Seed. It kills mold but is harmless to people.

H.E.P.A. - A filtration system that removes extremely small particles from the air.

Melaleuca Oil - See Tea Tree Oil.

Mold - A group of life forms in the Kingdom Fungi. These life forms produce toxins that can be harmful to humans.

- Just like all snakes are not poisonous, not all molds are toxic. The only way to know whether a mold will cause disease or not, is to identify the mold.

Mold Plates - Testing device composed of a plastic or glass container and a nutrient gel. Mold spores landing/placed on the gel will grow into mature mold colonies suitable for identification.

Nail Pop - The head of a wall nail extending out from the stud because of excess moisture in the wall.

Ozone - A naturally occurring material which can also be created artificially by electrical discharging inside electrical appliances.

- Ozone can be used to kill thin layers of mold. It is hazardous to the lungs of air breathing creatures, like people. It must be used carefully.

Physical Sample - A piece of a solid object taken to the lab. It is ground and placed into a mold growth medium. Physical samples are taken to determine if the air mold spores are coming from the building material or from the outside air.

Plate - A Petri dish used to test for mold spores in the air.

Ridge Vent - A hooded vent that runs across the top edge of a roof. It allows stale musty air to escape from the attic. It will not work properly without properly working Soffitt Vents.

Soffit Vent - Vents up under the outside edge or overhang of the roof. These vents allow new fresh air to enter the attic.

Sol-U-Mel - A mold killing product with Tea Tree Oil as it's active ingredient.

Spore - The reproductive part of a mold. It is basically the same as a seed.

Sump Pump - A suction device that removes excess water from a basement.

Tea Tree Oil - A naturally occurring essential oil that kills mold and bacteria, but doesn't harm people. It derived its name from its original function; it was used to make tea.

Total Colony Count - The number of total mold colonies in a test plate. The higher the number, the more likely the residents will become ill.

Tough-N-Tender - A cleaning product with Tea Tree Oil as its main ingredient. It is an excellent organic solvent that breaks down the glue that holds mold together.

Toxin - A poisonous substance produced by metabolic activity of a living organism. i.e. a substance produced by a living organism like mold that harms people.

Vapor Barrier - A layer of plastic placed over the dirt in a crawlspace. It keeps moisture from coming up through the soil into the crawlspace where it would feed mold. It should

have a layer of lime under it to change the pH of the soil so mold can't grow very well.

Wall Cavity - The space between the inside wall and the outside wall. Or, inside the house, the space between the wall in one room and the wall in an adjacent room.

Window Well - The half round area cut into the ground around a basement window that extends below the ground.

Appendix

Who to see for solutions

Who	Email	Phone	State
AllergyEar,Nose and Throat	schymaniallergyent@onlineok.com	580-536-8844	OK
Dr. CL Anderson	Valleydayandnite@aol.com	956-982-2517	Tx
Dr. Ronald Black	rblack@roge.mercy.net		AR
CastleRock Family Physicians	cowboylbk@aol.com	303-688-8989	CO
Dr. Kingsley Chin	drknchin@mindspring.com	404-351-5045	GA
Dr. John Coleman		404-355-1312	GA
Dr. Scott Curry	theentgroup@cs.com	317-745-3749	IN
Dr. Donald Dennis	ddennis@mindspring.com	404-355-1312	GA
Dr. Wallace Duff	wallaceduf@aol.com	402-393-1454	NE
Dr. Leandra Even	dr_leandra_even@yahoo.com	702-258-7860	NV
Hoffman Center	jogelf@aol.com	212-779-1744	NY
Dr. John Hohengarten	cohohs@aol.com	719-867-7800	CO
Dr. Klug	jenwardent@bellsouth.net	901-755-5300	TN
Dr. Russell McDougal	RTMAUSPEC@hotmail.com	404-843-8592	GA
Dr. Dennis Occhipinti	dennisocchi@yahoo.com	504-454-3277	LA
Dr. Timothy Pingree	mzdaisy38@hotmail.com	303-662-1616	CO

Dr. Manrin Rains	manrinrains@msn.com	800-742-1335	TN
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