



# THE REAL PANDEMIC

How Water-Damaged Buildings and Poor  
Indoor Air Quality Destroy Your Health

NATURAL  
HEART  
DOCTOR

# THE REAL PANDEMIC: HOW WATER-DAMAGED BUILDINGS AND POOR INDOOR AIR QUALITY DESTROY YOUR HEALTH

**Millions of people struggle with their health, while millions more are at disease risk and don't even know it.**

Don't rely on your conventional medical doctor because health care is not their niche. Sick care is how the typical doctor is trained with a focus on pharmaceuticals and surgeries.

This is what doctors don't understand.

There is a cause of illness.

Yes, all diseases have a cause. And if we reverse the cause, we have the cure.

And when it comes to the cause of illness, NOTHING is a bigger factor than water-damaged buildings (WDB) and subsequent poor indoor air quality (IAQ).

WDB leads to poor IAQ loaded with mold mycotoxins, other biotoxins, and building material pollutants.

On the next few pages, you will read about:

1. The symptoms related to WDB/IAQ
2. The illnesses linked to WDB/IAQ
3. How to tests if you are exposed
4. Strategies to conquer WDB/IAQ related illness





# SYMPTOMS RELATED TO WDB AND POOR IAQ

From brain fog to fatigue, weight gain to insomnia, people are struggling. The list of health complaints from people is almost endless.

But the answer is not a pharmaceutical. The answer is to find the cause of the symptoms.

The following represents the most common complaints of people in WDB/IAQ situations.

The most common complaints of people in **WDB/IAQ** situations.



- Fatigue
- Weight gain
- Headache
- Brain Fog
- Confusion
- Mood swings
- Difficulty learning
- Tremors
- Dizziness

- Insomnia
- Infections
- Diarrhea
- Constipation
- Skin rash
- Chest pain
- Palpitations
- Shortness of breath
- Cough

- Static shocks
- Sinus congestion
- Night sweats
- Muscle cramps
- Hormone imbalance
- Red eyes
- Blurred vision
- Skin sensitivity
- Poor temperature regulation
- Sugar cravings

# DISEASES RELATED TO WDB AND POOR IAQ

There are thousands of medical diagnoses described by doctors. Again, these are just labels to describe symptoms and signs of sickness in your body. None of these help to determine cause. Has your doctor labeled you with:

## Diseases related to WDB and poor IAQ

### Cardiovascular

- Atrial fibrillation
- High blood pressure
- High cholesterol
- Coronary Disease
- Heart attack
- Stroke
- Heart Failure

### Neurologic

- Dementia
- Alzheimers
- Parkinson's
- MS
- ALS
- ADD/ADHD
- Depression/Anxiety
- Autism

### Cancer

- Esophageal cancer
- Hepatocellular carcinoma
- Gastrointestinal
- Breast
- Thyroid

### GI

- Gastro-esophageal Reflux
- Colitis
- Hepatitis
- Irritable bowel syndrome

### Pulmonary

- Asthma
- COPD/emphysema
- Bronchitis
- Pulmonary fibrosis
- Allergies
- Sleep apnea

### Autoimmune

- Hashimoto's / Graves' thyroid disease
- Lupus
- Rheumatoid arthritis

### Skin

- Eczema
- Psoriasis
- Rosacea

### Other Conditions

- Diabetes
- Obesity
- Infertility





# 14 WAYS

## MOLD MYCOTOXINS IMPACT THE CARDIOVASCULAR SYSTEM

- 1 Alterations to the gut microbiome
- 2 Intestinal hyperpermeability (leaky gut)
- 3 Inflammation
- 4 Oxidative stress- lipid peroxidation
- 5 Immune dysregulation
- 6 Endothelial dysfunction
- 7 LDL receptor dysfunction
- 8 Decreased nitric oxide production
- 9 Decreased glutathione
- 10 Mitochondrial dysfunction
- 11 Autonomic dysfunction
- 12 Coagulation abnormalities
- 13 Protein/RNA/DNA synthesis inhibition and mutations
- 14 Apoptosis



# HOW WDB AND POOR IAQ LEAD TO DISEASE

It is [estimated that up to 50%](#), possibly even greater, of buildings such as your home, workplace or children's school is suffering from water damage. You do not have to see nor smell it to have a problem lurking behind a wall or beneath your crawl space. We spend approximately 90% of our time indoors.

Indoor environments contain a complex mixture of live and dead microorganisms, fragments of dead organisms, toxins, allergens, volatile microbial organic compounds (mVOCs), and other chemicals. Poor indoor air quality is ranked #6 as a contributing factor to early death.



## Are You In a WDB?

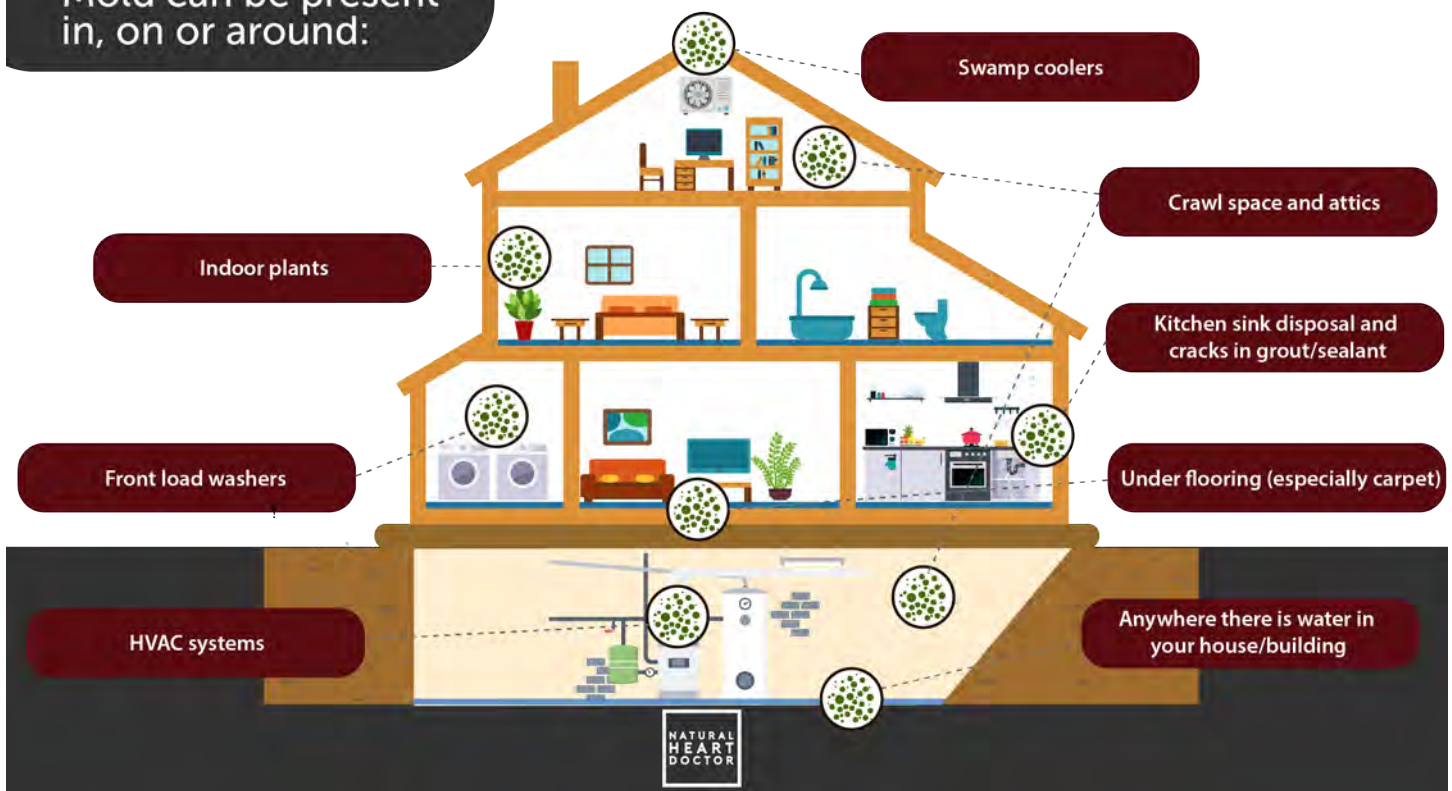
A house or office building with water damage can contaminate furniture, beds, carpets, inside walls, base flooring, books, etc.

The damage may come from rain and a roof leaky or a flood, but ANY building with running water is at risk.

The [Occupational Safety and Health Administration \(OSHA\)](#) tells us that more than a quarter of U.S. buildings are water damaged with mold issues.

We think that number is much higher.

Mold can be present in, on or around:



## MOLD CAN ALSO BE CONTAMINATING YOUR FOOD

Several factors contribute to the presence of mycotoxins in food, such as climatic conditions, pest infestation, and poor harvest and storage practices. Exposure to mycotoxins, which occurs by ingestion, leads to various health challenges Check your:

- Coffee ([try our mold-free brand!](#))
- Corn chips
- Wheat
- Maize
- Barley
- Rye
- Oats
- Rice
- Fruits/Berries
- Beer wine and liquor
- Dried fruits
- Nuts & seeds



# Next Steps

- 1 If you are being exposed to a WDB, ...
- 2 If you are not sure, ...
- 3 If you know that you are in a water-damaged building, we suggest:

## Get out of the physical location asap

[Schedule a call with one of our Natural Heart Doctor health coaches](#) to guide you through the appropriate steps to recover from WDB illness.



NATURAL **NHD** HEART DOCTOR

Get one on one expert guidance on environmental toxicity and other health concerns with a NHD certified health coach.

 VIRTUAL CALL WITH A **HEALTH COACH**

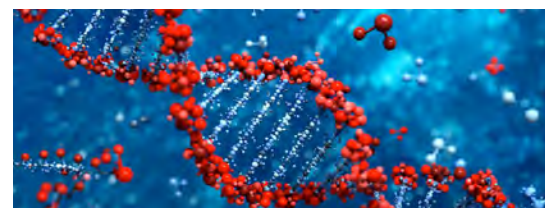
**SCHEDULE HERE**

If you are not sure if you are exposed, we suggest:

- 1 Order the [Triple Toxin test from Vibrant Wellness](#). The test panel comes with a free review call with one of our Natural Heart Doctor health coaches.



- 2 Order and complete the [#8 Swiffer](#) test to assess your home for water damage mold, common indoor molds and bacterial endo and exotoxins.



We sincerely hope you found this article helpful. At Natural Heart Doctor, we are committed to ending heart disease. Please email us at [health@naturalheartdoctor.com](mailto:health@naturalheartdoctor.com) to find out more information on how we can help you or someone you love.