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Surviving Toxic Black Mold Syndrome

Mary Beth Short-Ray M.S. D.O.

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Indoor toxic black mold that can be present in homes, schools and workplaces can make you sick! Symptoms can vary depending on the individual and the type of mold exposure. Most commonly symptoms range from headaches, cough and muscle aches, to severe fatigue, shortness of breath, flu-like symptoms, anxiety and neurological (multiple sclerosis-like) symptoms. Surviving Toxic Black Mold Syndrome is a chilling account of a doctor’s personal encounter with toxic black mold and its devastating effects. Based on her own personal experience and much research, Dr. Short-Ray gives valuable step-by-step advice on how to recognize the symptoms of toxic black mold syndrome, what tests can be used to diagnose this syndrome, how to test a building for toxic black mold, how to successfully treat toxic black mold syndrome, and how to fix toxic mold problems in the home. The author’s hope is that advice in this book will help to lessen the devastating effects of this syndrome.

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