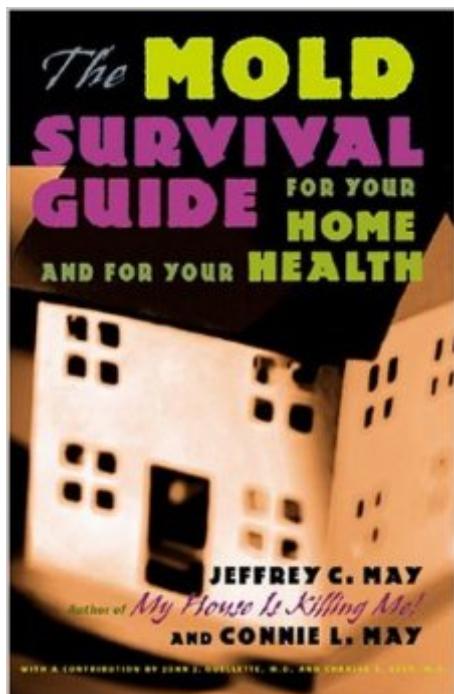


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# The Mold Survival Guide: For Your Home And For Your Health



## Synopsis

The image was shocking: a couple wearing protective suits and masks in their own home! The accompanying USA Weekend story documented the mold-related headaches, fatigue, and respiratory problems that forced Melinda Ballard and Ron Allison to abandon their dream house, leaving all their possessions behind. Another family was so terrified that they had their mold-filled house torn down. Mold growth threatens property managers and builders, as well as home owners and renters. Legal settlements in some mold cases have reached the millions, and home insurance rates are skyrocketing. Some people argue that mold concerns are exaggerated; others are convinced that mold growth is destroying their health. In *The Mold Survival Guide*, a prominent indoor air quality professional teams up with a writing specialist to describe mold, to explain where and why it flourishes in homes, and to offer advice on how to eradicate mold while minimizing health risks. The book includes a chapter by two physicians who explain how exposure to mold can affect health. With clear scientific explanations and expert advice, *The Mold Survival Guide* is a valuable resource for anyone worried about a common household problem that can have serious consequences.

## Book Information

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## Customer Reviews

I think everyone who has a mold allergy should read this book. There is so much misinformation about this subject. Armed with this knowledge, I now know when home inspectors, realtors etc. are telling the truth. I also know what level of moisture and water damage in a basement that I'm willing

to tolerate. Now I can buy a home with confidence that I won't be surprised when I move in. I feel much better able to identify moisture problems as well as assess whether the problems are repairable. The book also connects the home owner with so many resources for testing, remediation etc. I'm not a scientist, but I was able to get the message because there are so many pictures in the book. You will know what you are looking for after reading it.

This book written by long time professional home inspector Jeff May and his writer spouse Connie is a good introduction to mold problems in buildings, particularly homes. It combines an excellent narrative writing style, and unusual for a book that should appeal to many lay readers, a strong scientific understanding of mold, its growth requirements, its effects on human health, its detection in indoor spaces and ultimately its control. Jeff who I have known for over 20 years brings to this book many years (and of course many investigated buildings) of real-world experience with the scientific understanding to match. That is a rare combination. The book is a good read for the lay individual concerned about mold, the parent with a child with asthma, chronic sinusitis, or chronic non-seasonal allergy. It is also a good read for mold professionals of limited experience and those planning to enter the profession. Thad Godish, Ph.D., C.I.H., Professor of Natural Resources/Environmental Management, Ball State University, Muncie, In. 47304 [...]

Despite the name "survival guide" I found this a calm and informative guide to environmental mold issues. It explained in an understandable way the scientific issues around mold such as what mold is, how it can be a health hazard, and more importantly how mold is not some sort of invisible killer, but something that requires certain conditions to become a problem.

Mold growth is a wide-ranging problem only recently receiving recognition in the process: turn to the The Mold Survival Guide For Your Home And For Your Health for significantly more depth and advice than any ordinary newspaper article could offer. Indoor air quality professional teams join a writing specialist to describe different types of molds and how to eradicate them while maintaining health. Tips on prevention are particularly well done.

If you have serious mold allergies, and are motivated to create a relatively mold-free haven in your home, this is a great book. By using this book to track down some minor mold issues, I have been able to noticeably improve my health. Engaging and readable, but detailed enough to address specific situations.

This book provides clear and practical information to help you protect your health and your property from being damaged or destroyed by mold. Mold is not just stinky and ugly. It has adversely affected the health of many people, especially those who are allergic to mold. Mold spores irritate the respiratory system and weaken the immune system's ability to remove particles from the lungs and to kill cancer cells. Mold has made some buildings uninhabitable and uninsurable. Mortgage lenders avoid loaning money for the purchase of any building with significant mold infestations. Some families have already lost their home, including all of their equity, due to mold. Jeffrey and Connie May have succeeded in providing practical wisdom gained from actually solving serious problems in homes and other buildings. I recommend this book to anyone who wishes to solve and/or avoid mold problems.

This book is full of useful information and a good read. I was amazed and pleased to finally find the information I was looking for. Excellent guide for anyone with mold issues trying to find the source of mold in their home and fix it. Very glad I purchased this book. ERMI tests of dust samples from my apartment showed a high burden of mold, including a small amount of the dreaded black mold species (*stachybotrys chartarum*). My Doctors knew a lot about the new, EPA developed ERMI test but none of the local mold experts knew anything about it. One asked me to spell it for him! I couldn't find anyone who could advise me on what to do about my apartment. After reading the book, I was able to get a phone consult with the author, Jeff Mays. He is the only person I found who was knowledgeable of both the ERMI, biological view of mold problems and the remediation, construction side. He was able to tell me how to clean & seal my apartment so I could return. Unfortunately the book was written before the ERMI test came out (2007 I think) so it is not covered in it.

I am a Certified Microbial Consultant (mold inspector) and a board member of the American Indoor Air Quality Council. I have this book in my library as a reference. It's quite comprehensive. Jeffrey has done a god job. It's written for the lay person but also contains a lot of technical information (and technically correct information). The publisher is John Hopkins University. So it's a good read for the academics. A good, comprehensive book for those who need to know about mold.

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