

## The Biotoxin-Related Illnesses in Australia

**June 2018**

Dear Sir/Madam,

### Brief Overview Of My Illness & Journey

I had been very ill for many years (over four) and I spent many years seeing doctors, specialists, going into hospital etc. but not solving my illness. After about four years of extensive medical appointments, tests and research (personal, medical and scientific research) I discovered I was suffering from CIRS (Chronic Inflammatory Response Syndrome) due to mould/mould spores within my home and home environment. Yet I had endured and suffered chronic pain (due to CIRS) for a long period of time with no identification of what the illness was, the root cause of it and what I could do about it. The entire experience was extraordinary, beyond belief, impacted on my physical and mental wellbeing, has prevented me from being able to work and has cost me significant money to get answers to and put in place a corrective action plan.

Why have I had to go to so much effort to get answers and solve the mystery? From my perspective there is a lack of knowledge, understanding and appreciation of what mould can do to people if exposed to it over a long period of time.

Loosing hope and based on a personal (not medical) referral, I visited the National Institute of Integrated Medicine (NIIM's). <https://www.niim.com.au/clinic> After extensive tests and significant costs via NIIM, I discovered I had a MTHFR (Methylenetetrahydrofolate reductase) gene defect that led to developing CIRS due to long term exposure and contact with toxic mould/mould spores in my home and around my home due to water damage and dampness.

Once NIIM's extensive medical tests proved I had MTHFR and CIRS I had to undertake scientific tests in my home/home environment to verify where the toxic mould was, what was the root cause of my illness and what corrective action could be taken?

During the four year ordeal my general Doctor was at a loss to know how to assist and I spent extensive time, money and effort trying to solve the mystery including countless hours of personal research. Over that period of time I got extremely ill, including having to go to hospital due to pneumonia (due to CIRS) etc.

### Causes of My CIRS

- I suffer from a gene defect called MTHFR. If you have this and are exposed to/in contact with toxic mould over a long period of time you develop CIRS. If you have the MTHFR gene defect methylation is not working in your body and you cannot get rid of the mould.

- A hot house I spent a lot of time in had toxic mould in tubs. I was often in the hot house and breathing in/touching mould.
- I have been overwatering the garden and was surrounded by a lot of mouldy conditions. I used to love gardening but this would later make me very ill.
- We had a water feature to the front of our house outside my home office facing South. It gets no direct sunlight and constant overflowing of water caused a build-up of toxic mould in the garden bed. Toxic mould spores had been blowing through opened windows to my home office and through a front door opening/shutting (especially on windy days).
- We had a slow leaking shower base in our house leading to a water damaged building.

### The Cost To Me

- Extensive. I have spent over four years of my life and a very large sum of money trying to identify what my illness was, the cause of my illness and now implement solutions to get well.
- Excessive chronic physical pain and mental health issues.
- Unable to work due to the mould illness.

### Recommendations

- Implement an educational and awareness program for everyone around mould illness, CIRS, MTHFR and seeing Integrated Medical Practitioners.
- Educate General Practitioners about mould illness/CIRS and MTHFR and what action they should take for their patients.
- Encourage people to have a DNA test for MTHFR. If so, then these people (if exposed to mould over a long period of time) will most likely suffer from mould illness (CIIRS).
- Allocate Government funding to NIIM/set up similar medical places like this to help people solve complex medical issues quickly. Also, implement medical centres giving the general public access to affordable medical care.
- Implementing laboratory testing facilities in Australia to test for MTHFR, CIIRS and test within a home environment. Note: some of the tests I had to undertake went overseas and were very expensive. The scientific tests performed at my home were very expensive.
- Enforce builders to be held responsible and accountable to implement correct water proofing into homes, buildings etc. Currently the builders are not. There is an Australian Standard in place but if builders don't follow it/do the right thing then a consumer has limited rights other than taking the builder to court (through a long drawn out and expensive exercise) which the majority of consumers cannot afford to do so nor want to.

Note: I am willing to provide a lot more detail/supporting evidence (medical and scientific).

I trust the above information will be helpful with the inquiry and implementing solutions for the benefit of all Australians.

Regards,