

A Mold Avoider's Letter to Family and Friends - Why You Should Believe Me **By Bryan Rosner**

Dear family members & friends,

I am writing this letter to tell you my (Bryan's) story, but also for other mold avoiders to give to their own family members. I want to explain to you why mold avoidance is so important. Don't worry, this letter won't be long.

You see, us mold avoiders are people who have felt sick most of our lives. At times, we've been so sick that we've wanted to end it all. And no, we aren't self-pitying hypochondriacs. For most of my own chronic illness, I worked 4 jobs. I've always been a very self-motivated entrepreneur, and I've been very successful in business and in life. The 4 jobs I worked simultaneously were: real estate photographer, real estate agent, alternative medicine publisher and executive assistant.

During those productive years, I made good money, stayed busy raising a family, hiked and mountain biked, and was very social and outgoing, spending dozens of hours per week with friends and at church activities. It wasn't like I was THINKING about being sick. I just was. And it got worse. At the very lowest point, I could hardly get out of bed, I couldn't recognize my kids' faces anymore, and I had no appetite at all, just to name a few symptoms. I won't bore you with the whole list of symptoms, but I will say that I kept on working until I just couldn't work another hour. And then I spent a whole winter in bed, and don't even have any recollection of that entire winter. Even though I've been sick for decades, I kept on working up until the last couple years.

And, oh yes, I tried treatments. Being in the field of alternative medicine myself, I had access to hundreds of treatments. I spent over half a million dollars of my own money trying EVERY treatment, including traveling overseas and visiting other questionable clinics. I felt so sick I didn't care if they killed me.

People say the mold avoidance benefits I experience now are from the placebo effect. But why didn't the placebo effect show up to save the day and make me feel better during those two decades of failed treatments, when I so desperately NEEDED something to work, and believed something WOULD work? Why did the placebo effect show up and save the day now, all of a sudden?

So when I began mold avoidance and noticed that my lifelong health problems just started melting away, I had to pay attention. You would pay attention too, if you'd been sick like this. And the more mold avoidance I did, the more I just kept improving until now I am at the point that, as long as I avoid mold adequately, I can live a pretty normal life. I am back to work, raising my kids, participating in aggressive athletics again, and helping others.

I know it seems like a strange way to treat illness... but new scientific discoveries always seem strange. I don't have all the answers and I can't explain this to you easily. I can say, though, that thousands of people have also discovered mold avoidance, and are experiencing similar benefits now. These are also people who had tried everything else and were still sick. And yes, being in the field of medicine myself, I can say that there ARE some very credible scientific datapoints which explain why this phenomenon occurs.

And, to quell one last objection: some people may discredit this letter because they think a GoFundMe pitch is coming next. Not that there is anything wrong with people asking for help, but no, I don't need your help. I have enough money. What I need is your attention; your empathy, and your open-mindedness.

Ask yourself - if this happened to you (chronic illness your whole life followed by miraculous improvements), what would YOU do?

Thank you for your time.

Bryan Rosner, Author of 5 books on Lyme disease and mold illness, and founder of BioMed Publishing Group (2003).