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Foreword

By Daniel Cagua-Koo, PMA, MD, MPH

Bryan Rosner has written a phenomenally informative and entertaining book detailing his mold avoidance journey. The message in the book is important for EVERYONE who struggles with chronic illness and who has been given a diagnosis of various idiopathic (unknown cause) diseases, like CFS (Chronic Fatigue Syndrome), ME, MCAD, Chronic Lyme, and others.

Through sharing his mold avoidance journey, Bryan is highlighting the impact of biological mold toxins, both indoors and outdoors. Exposures to mold toxins, both indoors and outdoors, are often the main unrecognized cause of chronic illness. Avoiding both indoor toxins and outdoor biological toxins is part of the mold avoidance journey. Unfortunately, understanding of outdoor biological toxin exposure is not widely recognized by the integrative health care community.

Bryan Rosner's journey is particularly insightful, because of his expertise in Lyme and co-infections. He describes treatments for Lyme and co-infections and heavy metal chelation in the context of mold avoidance. He masterfully describes the dynamic interaction between mold toxicity and chronic infections and demonstrates the far superior outcomes when he combines mold avoidance with the various Lyme and co-infections therapies that he has written about in his prior books.

Lyme Disease Supercharge

The most powerful therapeutic treatment for a wide variety of illnesses is removing yourself from toxic mold exposures (both indoors and outdoors) and planting yourself in a good location. I have personally been made seriously ill by these toxins and have recovered most of my health by doing mold avoidance (again, both indoor and outdoor biological toxins) as well as incorporating supportive therapies. Basically, locations matter. They matter a lot. These are the incredible insights we have learned from Erik Johnson, a pioneer in mold avoidance who you will read about in Bryan's book.

*Daniel Cagua-Koo, PMA, MD, MPH
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Part I:

ANOTHER CHANCE
AT LIFE



Chapter 1

A RADICAL NEW APPROACH

The approach described in this book has helped many super-sick people to recover some or all of their health, when all else has failed. You may be skeptical of this claim, and wonder why more people aren't using this supposed amazing treatment. After all, if it works so well, why aren't more people talking about it online? How could it possibly be a secret? The answer is that understanding this approach requires a very open mind, and a new paradigm.

This is a book about mold and how it keeps Lyme disease patients sick. However, I did not want to include the word "mold" in the title of the book. Why not? Because most of you wouldn't read it if I did.

Most people feel that mold is old news in the Lyme disease world. It is already well-established that mold is a huge factor in the Lyme disease recovery process. Many people are already aware of this, and feel that they have already dealt with mold. Or, they think that mold isn't that big of an issue for them. Personally I made both of these false assumptions. And it wasn't even my fault. The mold information distributed by modern Lyme disease experts is, in many cases, flat-out wrong, or at least inadequate,

and can lead people into a false sense of comfort and make them think that mold isn't really their issue or that they have already dealt with their mold. In this book, I am going to introduce you to a new paradigm that is so radical and so non-conventional that it usually takes people being on their deathbeds before they consider it. That was the case with me: I was literally on my deathbed. I thought I had dealt with mold. It is my hope that you will consider this paradigm before you get as sick as I was. And remember, I am a full-time Lyme disease researcher and journalist. So if I can miss this information, so can you!

This book is based on a little-known, radical view of mold that completely changed my life and rescued me from being a dying person. The approach this book describes is commonly known as "extreme mold avoidance," but as you'll see, it is more nuanced than you might guess. The mold information I found in normal sources didn't help me; it lulled me to sleep so that I believed mold wasn't my issue, because I had "already tried that." Ask yourself how many Lyme disease sufferers you know who are still sick but have "already dealt with mold." I bet it's a lot. The truth is that if you know how to look, you might find that mold is the root cause of a lot more of your health problems than you realize. Extreme mold avoidance isn't just a closer look at mold and how it can keep us sick. It is an entirely *different* paradigm than the normal mold treatment procedures that dominate medicine today.

But most of my readers are Lyme disease patients, so they may be wondering why I am talking to them about mold. They may think that mold is *part* of their problem, but that Lyme disease is a bigger part. Well, I titled this book "Lyme Disease Supercharge" because people who follow the approach described in this book gain the ability to supercharge their Lyme healing process. The approach in and of itself can provide an incredible level of healing, but what's more, it also allows the other therapies you are using to work much, much better. Exponentially better.

When I began following the approach in this book, my "Lyme disease" went from being a huge monster that didn't want to stay in its cage

at all, no matter what I did, to being a tame little wimpy mouse, who would sit down and be quiet if I just took a few drops of a simple herb. Extreme mold avoidance has been the secret weapon that has made this possible.

The approach discussed in this book treats mold toxins as the “master” toxin. The earth is a polluted, toxic place, and we can’t avoid all toxins, so we have to pick and choose which ones are most important to avoid. By avoiding the master toxin (mold), many people, including myself, have noticed that our reactivity and the harm that results from exposure to other toxins, foods, or allergens, radically decreases. Our infections dissipate, our brain starts working again, and we get healthy and strong...all by putting the most focus on the master toxin and doing whatever it takes to avoid it. How do we know which mold to avoid, and how much of it we can tolerate? Keep reading to find out.

So, buckle your seatbelt, open your mind, and get ready to discover a whole new paradigm. It is as strange as it is powerful, and it is a secret weapon to regaining health when all else fails.



Chapter 2

LYME'S DIRTY SECRET

I almost titled this book “Lyme’s Dirty Secret.” Because I really do believe this information is a secret. I’ve been researching this stuff full-time for decades, and even I didn’t know about this. Not because the information itself is so hard to find, but because a massive paradigm shift is necessary in order to accept the information. The fact that mold is already so well-known in the Lyme disease world further adds to the obscurity of the approach described in this book, because people feel that they have already read about or addressed their mold issues.

Before talking more about the approach, I want to share a few more examples of how the typical mold information is inadequate:

- ❖ Many people are told they have Lyme disease and mold toxicity, and they are instructed to take a drug called cholestyramine to detox. Yet, many of these people are unable to tolerate this drug, due to factors that some doctors aren’t willing to face. This is what happened to me. Or, they can tolerate the drug, but still don’t get better.

- ❖ People are told to try to find mold-free housing in order to heal. Yet, the tools provided to help people assess their housing, and find new housing, often don't work, and leave people sick. Tragically, if people employ these tools and remain sick, they are told that "mold has been dealt with" and their problem must be something else. This is probably the most important factor that makes the approach in this book different from other mold therapies: the truth that conventionally remediated homes which have been "cleared" as mold free, in many cases, are still not adequately clear of mold for mold sensitive people to heal.
- ❖ People are not told about the many nuances of mold detox and healing, or about the different framework, or paradigm, that applies to those with mold toxicity. The paradigm is so counter-intuitive, and foreign, that people will never figure it out unless they are given access to special information on the topic. Yet, special information isn't provided by Lyme doctors, beyond a very basic approach to addressing mold toxicity.
- ❖ People are not told that outdoor air, and the presence of a few types of "special" outdoor molds, may be keeping them sick, no matter how good their indoor environment is. This was the case with me personally!
- ❖ People are not shown the existence of a massive online community of those who have "failed" normal mold and Lyme treatments, but who are regaining their health through a radical, revolutionary healing approach developed by a person who is one of the prototype cases of Chronic Fatigue Syndrome, Erik Johnson.
- ❖ People are not told that they have the power to single-handedly change their own destinies. Instead, they are being peddled expensive "treatments," standard "doctor appointments," and "mold tests." The medical establishment is trying to fix this problem with treatments, when it is at its root an environmental problem, that

needs to be fixed by changing one’s environment. This is not easily done, so I don’t fault doctors for doing their best with the tools that they have. But it is my job to tell the truth, and the truth is that mold illness, and often Lyme disease, is an environmental illness that needs to be managed as such.

In short, people don’t know that Lyme disease has a dirty little secret. They don’t know that mold may still be their problem, even if they’ve already “treated” their mold. And they don’t know just how profound the mold component of this illness is. In fact, it has been observed that almost ALL chronic illnesses involve mold, and each day new studies are being published on various debilitating neurodegenerative diseases which elucidate the mold component.

How do I know all of this? Because I was one of the people who didn’t know. And if it can happen to me, it can happen to you. Why? Because I’ve researched Lyme disease for a living for more than 15 years. If information can slip through my fingers, it can slip through anyone’s fingers. My hope is that this book saves you the many years which I lost because I was ignorant of Lyme’s dirty secret.

You’ll read about my story in this book, and see how Lyme’s dirty secret kept me sick for years. And you may even discover that Lyme’s dirty little secret is keeping you sick, too.