



Surviving Mold: Life in the Era of Dangerous Buildings

By *Ritchie C. Shoemaker MD*

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Microbes, especially molds and bacteria, growing in water-damaged buildings make people sick. Powerfully written, *Surviving Mold* follows *Mold Warriors* (published in 2005) as the definitive source of information on "mold" illness, its basis in inflammation, its physiology and its links to politics, lawsuits and science. Written by America's most widely published mold-treating physician, *Surviving Mold* has true stories, cutting edge science and a wide open expose of the shenanigans in medicine, governmental agencies and courtrooms regarding this increasingly common problem in the US and around the world. If you have an ill-defined chronic illness, or know someone who does, your first step to return to health might be to ask if there is the possibility of exposure to musty basements, wet bathrooms, leaking roofs, flat-roofed schools, offices buildings with recirculated air or buildings with construction defects. If you already know that you could be sickened by water-damaged buildings, *Surviving Mold* will guide you through diagnosis and treatment, through remediation and return to health. Complete with multiple chapters written by guest authors, *Surviving Mold* is based on Dr. Shoemaker's experience with over 6000 patients he has treated from all 50 states and 30 foreign countries. The science in *Surviving Mold* is all peer-reviewed and published.

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Editorial Review

Review

The world needs awareness of Dangerous Buildings. We cannot fold to pressures of bias and special interests who seek financial gain without regard for human health. Without doctors like you we would all be in peril. I thank you for your continued efforts to protect people. --Tim Corr, Esquire, Michigan

This is a uniquely important book! The science, medicine, and lifestyle advice is transforming for those who suffer from mold illness, for those who have the opportunity to treat them, for those whose work contributes to the design, construction, maintenance, and remediation of the built environment, especially our schools and places of work, and for those of us whose health is compromised by any Chronic Inflammatory Response Syndrome (CIRS) illness. As a chronic ciguatera toxin CIRS sufferer, my life has been made manageable by the diagnostic insights revealed in Surviving Mold and by Dr. Shoemaker's caring treatment. He is an engaging story-teller, sharing with readers the sagas of those afflicted with mold illness and CIRS. His genius at deciphering the puzzles of complex symptoms that baffle so many doctors offers care gives tools and encouragement to expand their contributions to patients' well-being. The chapter on VIP alerts readers to the emerging toolbox of new therapies arising out of Dr. Shoemaker's pathbreaking work. I've seen this firsthand in his treatment of a close relative, who has coped for decades with CIRS, finally to gain some relief via VIP. Bravo Dr. Shoemaker! You deserve a Nobel Prize in our view! --Thomas Harblin, PhD, Syracuse, NY

About the Author

Ritchie C. Shoemaker MD is a practicing physician from Pocomoke, Maryland where he lives with his wife, JoAnn and daughter, Sally. He has written eight books and has published over 50 academic papers. He has lectured throughout the US on chronic inflammatory illnesses caused by exposure to biologically produced toxins, with moldy buildings being the most common source. In 2005, Shoemaker published Mold Warriors, now regarded as the introduction to the struggle for truth in medicine, government and law regarding chronic illness acquired following exposure to the interior of water-damaged buildings. In the last five years, spectacular advances in knowledge have led to new therapies that finally hold the promise of a return to a normal life, one without the daily respiratory problems, cognitive impairment, neurologic disease and musculoskeletal problems mold illness victims suffer. Shoemaker and the guest authors write without pulling punches; physicians who make incorrect guesses about mold illness and government employees who cover up the truth don't fare so well in Surviving Mold. As our indoor environments are shaped by continuously evolving microbes, we can learn what to do and Survive, or not. Surviving Mold is more than just another doctor story; the information here can change your life. Once you see how easy it is to recognize mold illness, and then how to treat it, you will see it all around you. The illness is not rare.

Users Review

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