

## Mold Allergy

Mold is a live organism that is found both indoors and outdoors. Certain varieties of mold, such as black mold, can act as a poison to human systems. It decomposes dead material and grows by digesting plant or animal material. It spreads by air-borne spores. The majority of molds are transported by the wind. Molds are attracted to and grow quickly in dark, damp places. Such places include garbage cans, basements, or rotting leaves. On food, mold is typically visible by being usually green and fuzzy. Mold can also spread its roots and branches deep into the food making it invisible to the eye. It is for this reason that if you see mold growing on food you should discard it.

Everyone is exposed to some mold on a daily basis. Usually the results of this exposure are not serious in any way. We may be exposed to mold in the air or we may eat food containing mold spores that are just not visible yet. People with mold allergies can tolerate mold up to a point, after which they will have a reaction from being exposed to too much mold at one time.

Some of the symptoms of a mold allergy are sinus problems, itchy or watery eyes, wheezing, and a rash or even hives. With this type of allergy, it is almost impossible to completely avoid mold spores. Mold spores are simply too prevalent, as they are around us all the time. One of the simplest things a person can do to protect themselves is to avoid eating food showing any signs of mold. You should not smell foods that you think may be spoiled because you may then inhale mold spores. You might also be advised to avoid certain foods such as blue cheese, mushrooms, and yeast products.

Other common mold sources are vinegar and foods containing vinegar, yeasty foods, sour cream, sour milk, and buttermilk, and sauerkraut. Anything that is pickled or smoked has the potential to contain mold. Dried fruits are also exposed to mold spores because they are exposed to the air, as well as anything canned. You may want to avoid these items whenever possible so you avoid having an allergy attack.