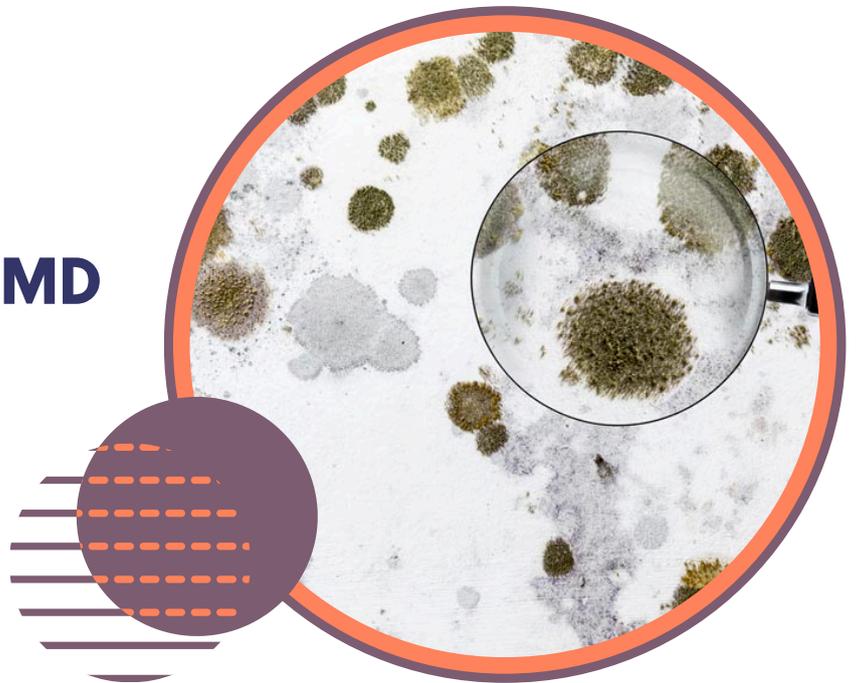




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# THE BEST MOLD TESTS FOR YOUR HOME & BODY

**Diana Stafford, MD**  
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When looking at mold toxins in the body, the **urine mycotoxins test** and the **blood mycotoxins antibody test** have similar accuracy, and the urine test is much easier to obtain.

The information each test offers is described below.

While there is no perfect test for mold or mold toxins, these are the best tests we have. We use them to piece together the puzzle and reliably state whether mold and mycotoxins are affecting you.

We ALWAYS look at these tests in context of symptoms because your symptoms are the focus!

**Urine mycotoxin tests measure the mycotoxins your body has flagged as abnormal and is removing.**

This is helpful for understanding exposure and guiding protocols. I use the mycotoxins test from Vibrant Wellness because it tests for the most toxins. You can order this test [here](#).

**The blood test is an antibody test, which detects your immune system's response to mycotoxins.**

We can order that test from MyMycoLab if you prefer a blood test.

Both urine and blood tests rely on proper immune function to be accurate.



*Urine mycotoxins test results*



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## **Ideally in looking at mold, we also test for colonization with another urine test called an OAT (organic acids test).**

Why? Because it is important to know whether actual mold is in your body, not just the toxins! If you've been exposed to enough mold spores or your immune system hasn't fought it off properly, mold colonies can be in your body, in biofilms exposing you to more mycotoxins from within. You can order this test with the mycotoxins test [here](#).

Other testing for reference: mold allergy testing, CIRS testing, and HLA and MTHFR genetic testing all offer different information but aren't the primary tests that I use.

To put these test results in context of symptoms, we've developed a specialized questionnaire to identify symptoms associated with mold exposure.

We use symptom scores throughout protocols to monitor improvement.

See the questionnaire on the next page!



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Instructions: Please review the symptoms that you or your family may be experiencing, circle the appropriate number, and add up the total points.

\*\*If you don't know or understand a question, include an unusual or similar symptom next to the question and rate the prevalence of that symptom.

	Never	Monthly	Weekly	At Least Daily
Fatigue and/or muscle weakness	0	1	2	3
Headache	0	1	2	3
Poor memory or memory loss	0	1	2	3
Unusual skin sensations or rashes	0	1	2	3
Flu-like symptoms, or irritability	0	1	2	3
Asthma, shuddering breathing, or bluish lips	0	1	2	3
Chronic cough or stuffy nose	0	1	2	3
Blurred vision, changes in vision, red or irritated eyes	0	1	2	3
Depression, anxiety, or mania	0	1	2	3
Abdominal pain or bloating	0	1	2	3
Sensitivity to lots of foods and/or chemicals, food allergies	0	1	2	3
Ringing in ears or hearing loss	0	1	2	3
Static shocks	0	1	2	3
Feeling lightheaded or dizzy, falling into things	0	1	2	3
Unusual weight gain or loss, not hungry	0	1	2	3
Changes in sleep, particularly insomnia or dark circles under eyes	0	1	2	3

Total:

Scoring: 0 to 13: Low likelihood of mold illness  
14 to 29: Moderate likelihood of mold illness  
30 to 48: High likelihood of mold illness

If you have a high score on this questionnaire, seeing a mold-literate practitioner for a workup that can include testing is vital.



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## Testing Your Home and Other Indoor Environments

Since mold thrives in many environments and is often hidden, testing your home and other indoor environments is essential if exposure is suspected and/or you have symptoms.

### Methods include:

#### Professional Mold Assessment

This is the gold standard for comprehensive testing of indoor environments. A mold assessor inspects the building, collects samples, and provides a detailed report with remediation steps. Post-remediation assessments then evaluate the success of the remediation. Costs vary based on house size and inspection scope.

**How to Find a Professional:** Check the list of Indoor Environmental Professionals (IEPs) at <https://iseai.org/iep-list/> and reach out if you don't see one near you!

#### Air Sample Testing

Air sample testing for mold involves capturing airborne spores. It can be useful to provide a snapshot of one area and to compare the indoor air to the outdoor air. [Here is a link to my preferred air sample test.](#)

#### Mold Plates

Mold plates capture airborne spores, providing an estimate of living mold. These are good estimates for one problem area. However, they don't measure mycotoxins and thus often underestimate mold contamination. [Here is a link to my preferred mold plates.](#)





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## Dust Testing

Dust testing, including the ERMI, analyzes mold spores in dust samples. While giving more information than mold plates and air sample testing, these tests primarily detect living mold rather than mycotoxins. If choosing one DIY test, this would be the one that would give the most information. [Here's the link to order an ERMI test.](#)

## Next Steps

Order your mycotoxins and OAT tests from [this page](#).

Contact Dr. Diana Stafford, MD with any questions on testing at 757-799-2032, [doctorstafford.com](http://doctorstafford.com), and [@thedetoxdoc](https://www.instagram.com/thedetoxdoc) on social media.