New 'Indoor Air Quality Podcast' Episode Tackles Mold Allergies - Expert Insights from Jeremy Shelton

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Atlanta, GA ? The "Indoor Air Quality Podcast" proudly announces the release of its enlightening new episode, "Managing Mold Allergies," featuring the esteemed Jeremy Shelton, founder of SafeAir Certified Mold Inspection. This comprehensive episode is a deep dive into mold allergies, providing valuable insights and expert advice on identification, management, and prevention strategies.

Host Jeremy Shelton, a seasoned mold inspection expert, established SafeAir Certified Mold Inspection in 2009. A personal encounter inspired his journey into the mold inspection and testing field with a severe mold problem in his own home. This experience led to a series of health issues, including severe sinus congestion and headaches, which were later identified as a direct result of toxic mold spore inhalation. Having enduring doctors appointment after doctors appointment with no diagnosis in sight. Shelton began researching potential causes of his chronic illness. After discovering an extreme toxic mold infestation in his home, Shelton witnessed a dramatic improvement in his health following relocation, Jeremy embarked on a mission to understand and combat mold growth in homes. Shelton's passion for indoor air quality and health as it relates to mold, has led to a love for educating those who may be suffering from similar circumstances.

This episode of the "Indoor Air Quality Podcast" is not just a discussion about mold allergies but a narrative of Jeremy's dedication to learning about indoor mold growth and his journey toward becoming a certified expert in the field. He holds several certifications, including Certified Mold Inspector and Assessor, Water Damage Restoration, and Applied Microbial Remediation. His academic background in Business Marketing from the University of Georgia and his passion for mold study have made him a leading figure in mold inspection and consultation in Georgia.

The episode "Managing Mold Allergies" begins with exploring the causes of mold allergies, focusing on the inhalation of mold spores and how the immune system reacts to them. Jeremy discusses the various symptoms associated with mold allergies, such as sneezing, coughing, and itchy eyes, and emphasizes the importance of identifying and addressing mold growth in living spaces.

Listeners are guided through a series of practical steps for managing mold allergies. This includes strategies for reducing exposure to mold spores, such as maintaining a clean and dry indoor environment and conducting regular inspections in areas prone to mold growth. The episode also highlights the importance of properly maintaining air conditioning units, air ducts, and ventilation systems to prevent mold proliferation.

Jeremy delves into the treatment options available for those suffering from mold allergy symptoms, ranging from over-the-counter antihistamines and decongestants to more advanced treatments like immunotherapy. He emphasizes the significance of understanding and addressing the root causes of mold allergies rather than just treating the symptoms.

"Managing Mold Allergies" is more than an episode; it's an educational tool for anyone looking to improve indoor air quality and protect their health. The episode concludes with a reminder of the continuous need to study and understand mold growth in homes, a commitment that Jeremy Shelton upholds in his work.

The "Indoor Air Quality Podcast" is committed to raising awareness about indoor air quality issues and equipping its audience with the knowledge needed to create healthier living and working environments.

Tune into this must-listen episode, "Managing Mold Allergies," available on YouTube and the company website, and join Jeremy Shelton in the journey towards healthier indoor living.

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SafeAir Mold Testing

SafeAir Mold Testing has been providing Atlanta with high quality mold inspection and testing for more than 10 years. Our indoor air quality experts are the best in the business. Breathe easy with one of our mold analysis reports.

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