

## — Immune System Health

### Allergies - Mold & Fungus

Mold and mildew are fungi. They differ from plants or animals in how they reproduce and grow. The "seeds," called spores, are spread by the wind outdoors and by air indoors. Molds live everywhere, and disturbing a mold source can disperse the spores into the air. Inhaling the spores causes allergic reactions in some people. Allergic symptoms from fungus spores are most common from July to late summer. But with fungi growing in so many places, allergic reactions can occur year round. Many molds grow on rotting logs and fallen leaves, in compost piles and on grasses and grains. Unlike pollens, molds do not die with the first killing frost. Most outdoor molds become dormant during the winter. In the spring they grow on plants killed by the cold.

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