

# Drinks That Mess Up MOLDIES

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## BEVERAGES TO AVOID

When it comes to healthy diets, we tend to focus on what we eat, while forgetting that the things we drink also impact health. Beverages play a key role in whether mold-sick people conquer mold or not. The beverages on this list either contain fungal elements, are fermented, or feed the fungus sugars to help them grow - all of which make mold symptoms worse. A general rule of thumb is if it tastes sweet, it's best avoided.

ANY sweetened beverage	Fermented beverages
Fruit juices	Ciders
Oolong, Rooibos, black tea	Kombucha
Moldy coffee	Any water except spring water
Alcoholic beverages	

## HELPFUL BEVERAGES

Beverages containing colorful pigments from plants are very helpful for mold-sick people. These pigments are called bioflavonoids, which are known to protect body systems from the harmful effects of mold. Bioflavonoids also repair damage that mold created. The most powerful of these is green tea. Mold also makes it hard to stay hydrated and can deplete electrolytes. Spring water helps to restore the balance.

Green tea	Pomegranate tea
Chamomile tea	Holy basil tea
Hibiscus tea	Pau D'Arco tea
Any berry tea	Spring water

