

AN UNEXPECTED JOURNEY

Laura Linn Knight's new book provides practical guidance on mold toxicity

Laura Linn Knight – parenting educator, author, mindfulness and meditation leader, mother of two, and former elementary school teacher – is devoted to equipping families with the tools they need to create a calm and healthy home.

In 2019, one of Knight's daughters, who was 5 years old at the time, started experiencing anxiety and waking up in the middle of the night screaming. Knight, immediately recognizing that something was wrong, set out on a quest to help her daughter, leading her in an unexpected direction: on a journey to address mold exposure and its profound impact on physical and mental well-being.

To find out what was causing her daughter's suffering, Knight started at ground zero, talking to other professionals, including child psychologists. A functional medicine physician suggested testing for mold toxicity and Knight was astounded to find that there were high levels of mold in her daughter's body and in the family's home. Even more shocking: An estimated 10 million Americans suffer from mold toxicity.

Then came the process of healing and education, which led Knight to author a book on the topic. Titled *The Toxic Mold Solution: A Comprehensive Guide to Healing Your Home and Body from Mold: From Physical Symptoms to Tests and Everything in Between*, the conversational book includes research, expert guidance, case studies, and her experiences with the devastating effects of mold. Though this isn't the first book released on the topic, according to Knight, her book is meant to be an easier read.

"It's difficult to read a scientific book when you're in a stress state," she says. "This is the book I'd want to give to a friend who has questions."

While she never set out to be an expert in this area – and wouldn't wish mold toxicity on anyone – Knight considers it a privilege to be able to give back due to her family's experience. "I do believe that we get opportunities to show up in the world in a helpful way, and oftentimes, it's our pain that helps us do that."

Next, she plans to continue her series of picture books that help children learn emotional regulation, mindfulness and ways to cope with stress.

"We live in an age when so many people are struggling, and so many kids are having a hard time. I think that books can heal people," she says.

BY BECKY ANTIOCO / PHOTO BY CLAUDIA JOHNSTONE

