**Chronic Inflammatory Response Syndrome (CIRS)**

Symptoms of CIRS are:

* **Cognitive:** Brain fog, memory loss, difficulty concentrating, mood disorders.
* **Physical:** Chronic fatigue, chronic pain, muscle and joint pain, digestive issues (IBS, diarrhea), difficulty sleeping.
* **Other:** Autoimmune issues, mast cell activation syndrome, neuropathy, sinus infections.

Causes of CIRS are:

* CIRS is often caused by exposure to biotoxins, including mycotoxins (mold) and actinomycetes (bacteria) from water-damaged buildings.

" Eight out of 10 types of mold are highly poisonous."

The inflammatory markers that are used to test a person for innate CIRS are TGF Beta 1, MMP9, C4a and C3a. These markers are not included in conventional testing for CIRS.