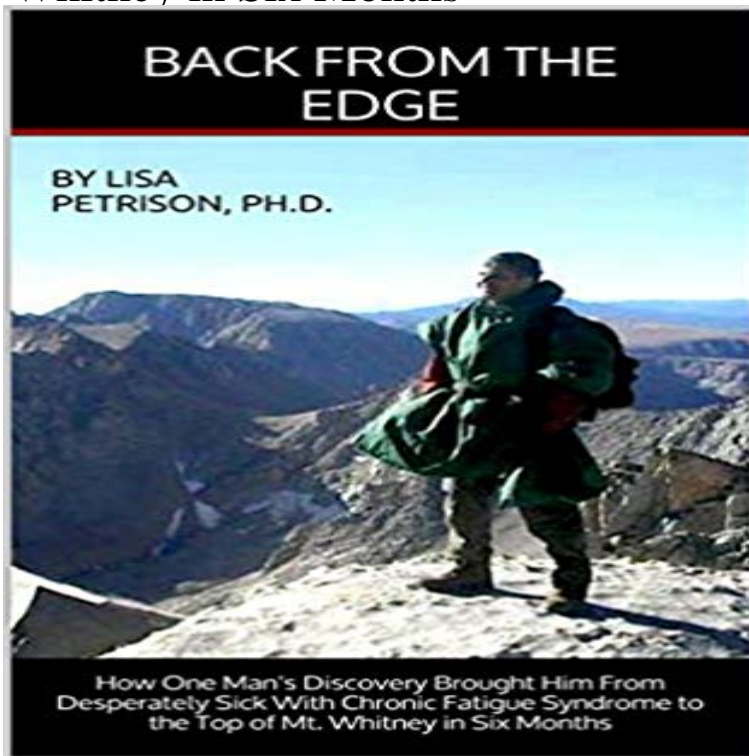


## Back from the Edge: How One Mans Discovery Brought Him From Desperately Sick with Chronic Fatigue Syndrome To the Top of Mt. Whitney in Six Months



Erik Johnson became aware of the negative effects of toxic mold on his health in the early 1970s as a student at Truckee High School in the Lake Tahoe area of California. He later became very severely ill with the disease that went on to be named Chronic Fatigue Syndrome in the Incline Village/Lake Tahoe epidemic in 1985 (and was one of the original cohort patients examined by Dr. Paul Cheney and Dr. Daniel Peterson). He recovered part of his health as a result of mold avoidance in the late 1980s. In 1998, he developed what he calls Extreme Mold Avoidance and has been functionally recovered (including working full-time and exercising vigorously on a regular basis) ever since. Since 2000, he has spent most of his free time helping scientists to understand the role of mold in this illness phenomenon and educating other sufferers with regard to how they can use his techniques to improve their own health. Back from the Edge: How One Mans Discovery Brought Him From Desperately Sick with Chronic Fatigue Syndrome to the Top of Mt. Whitney in Six Months is a straightforward summary of Eriks extraordinary life. For more information about neuroimmune illness such as CFS, about the health effects of toxic mold and other toxins, or about Erik Johnson, visit the Paradigm Change website at [www.paradigmchange.me](http://www.paradigmchange.me).

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